

# Krav Maga

## - Hardcore -

An Intense Weekend of Self Defence, Fitness and Combat Training



Two days of intensive Krav Maga Defensive Tactics Training including Escapes from Chokes/Strangles, Punch Defences, Striking Techniques, Kick Defences, Pressure Testing, Edged Weapon Training, Handgun Defences, Combatatives, Machine Gun Defences, Conflict Management, Multiple Attackers, Stick Defences, Pain Theory, Control/Restraints, Bottle Defences, Environmental Training, Baseball Bat Defences, Groundfighting, Grenade Defences, Takedown Techniques, Combat Basics and Fighting Fundamentals, and so much more all in one weekend of as much training as we can possibly fit.

**When:** 19<sup>th</sup> / 20<sup>th</sup> September 2009

**Where:** North Yorkshire

**How Much:** £70

**Who:** Open to anyone/everyone

**More:** [info@kravmagaleeds.com](mailto:info@kravmagaleeds.com)

**Call:** Jon 07732 435952



**This course is for anyone who has a interest in self defence training. Open to:**

- Complete Beginners
- Martial Artists from other styles
- Krav Maga Students from all associations
- Anyone over 18 years old

