



ISRAELI KRAV MAGA - BORDENTOWN

WEEKLY TRAINING SCHEDULE

<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Saturdays</u>
				<u>10:30-11:30 am</u> Kravist 1+2 <i>(all levels welcome)</i>
<u>12:00-1:00 pm</u> Kravist 1+2 <i>(all levels welcome)</i>				<u>11:30-12:30 pm</u> Kravist 1+2 <i>(all levels welcome)</i>
<u>6:00-7:00 pm</u> Kravist 1 <i>(beginner level)</i>		<u>6:30-7:45 pm</u> Kravist 1: Novice <i>(basics & combatives)</i>	<u>6:00-7:00 pm</u> Kravist 1 <i>(beginner level)</i>	
<u>7:00-8:00 pm</u> Kravist 2 <i>(intermediate level)</i> <i>(advanced + sparring)</i>	<u>7:00-8:30 pm</u> Kravist 1+2 <i>(all levels welcome)</i>		<u>7:00-8:00 pm</u> Kravist 2 <i>(intermediate level)</i> <i>(advanced + sparring)</i>	

Kravist 1: Foundations

Krav Maga basics: body positioning, fighting stance, basic combatives, footwork, basic defenses.

Kravist 1: Beginner

Beginners and students new to Krav Maga.

Kravist 2: Intermediate/Advanced

Sparring and weapons classes by instructors' choice. Yellow belt and higher or by instructor permission.

Sparring Class & Mista Krav

Street fighting applications & *mista krav* (play fighting & sparring).

Specialty Seminars

Weapons and specialized seminars including but not limited to: (1) women's self-defense; (2) executive self-protection, (3) anti-abduction; and (4) law enforcement.

Guest Instructor Seminars

Senior guest instructors include but are not limited to: Israeli Grandmaster Haim Gidon, Master Israeli Instructors, Senior American Instructors from 1981 course, former Krav Maga Chief Military instructors, Israeli counter-terror operatives.

Dress Code

Students are required to wear issued Israeli Krav Maga training shirt with appropriate exercise pants and flat soled, clean sneakers. Male students are suggested to wear groin protection. Sparring requires 16 ounce gloves. During any sparring or contact drills, mouth guards are required and shin guards are highly recommended. Gloves must be worn when working with heavy bags. Jewelry must be removed before entering training area.