



ISRAELI KRAV MAGA - CHERRY HILL

WEEKLY TRAINING SCHEDULE

| <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> |
|--|--|--|--|--|
| <u>10:00 – 11:30 a</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> | | | <u>10:00 – 11:30 a</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> | |
| | | | | |
| | <u>4:30 – 5:15 p</u> Junior Krav <i>(ages 7-12)</i> | | <u>4:30 – 5:15 p</u> Junior Krav <i>(ages 7-12)</i> | |
| | | | | |
| | <u>6:00 – 7:30 p</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> | | <u>6:00 – 7:30 p</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> | |
| | <u>7:30 – 8:00 p</u> FIGHT CLASS required: 16oz gloves, cup, shin guards, mouth guard | <u>7:00 – 8:00 p</u> Kravist 1 <i>(Beginner Level)</i> | | <u>7:00 – 8:00 p</u> Kravist 1 <i>(Beginner Level)</i> |
| | | <u>8:00 – 9:00 p</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> | | <u>8:00 – 9:00 p</u> Kravist 1 & 2 <i>(All Levels Welcome)</i> |

Kravist 1

- ◇ Beginner / Novice Level Training
- ◇ Training on various aspects of Krav Maga, including core combatives, self-defense techniques, ground fighting, weapon defenses and Retzev.
- ◇ Focus is on the core Yellow Belt curriculum
- ◇ Fight conditioning using functional strength exercises and techniques along with dynamic flexibility
- ◇ Class will target core muscular strength combined with cardiovascular endurance

Kravist 2

- ◇ Intermediate Level Training
- ◇ Street fighting applications & *mischa krav* (play fighting & sparring).

Fight Class

- ◇ Sparring
- ◇ Fight Drills with light contact
- ◇ Protective gear required: 16oz gloves, shin guards, mouth guard & groin protection

Junior Krav

- ◇ Krav Maga training for kids, ages 7-12

Specialty Seminars/Belt Testing

Weapons and specialized seminars including, but not limited to:

- ◇ Women's self-defense
- ◇ Law Enforcement Training
- ◇ Private Lessons
- ◇ Belt testing for eligible students

Guest Instructors

Special guest instructors include, but are not limited to:

- ◇ Israeli Grandmaster Haim Gidon
- ◇ Master Israeli Instructors
- ◇ Senior American Instructors from Imi Lichtenfeld's 1981 course
- ◇ Former Krav Maga Chief Military instructors
- ◇ Counter-terror experts

Dress Code

- ◇ Krav Maga T-Shirt
- ◇ Appropriate Israeli Krav Maga exercise pants
- ◇ Clean sneakers
- ◇ Groin Protection for male students