EITAN KRAV MAGA

FREE 3-Hour Street Defence Course | 19.00 Monday 11th April @ DCSC

FEKM-UK 2016 Master

Hello everyone

Thank you for your interest in our 3-hour **Street Defence Course** at Dulwich College Sports club.

The defence system you will be learning is Krav Maga, created in the 30's and 40's by Imi Lichtenfeld and later used by the Israeli Defence Forces. In Hebrew Krav Maga means Contact Combat. It is a direct, simple and highly efficient self-defence system that can be learnt in a relatively short time. It is a no-rules, reality based system designed to counter threats against armed and unarmed aggressors in real life situations.

What to do next: We have made exactly 8 places available for members of DCSC for this Course on Monday the 11th April. Secure your place by emailing us at team@eitankravmaga.com email. If you intend to bring a guest, please send us their contact details immediately.

What to expect: In the 3-hour training session we will practice the Krav Maga 360° defence system, strikes from both a neutral posture and correct guard position - the jab/cross, palm heel strike and finger strike - and direct Krav Maga kicks to vulnerable parts of the body. Finally, we will work on real-life defences against chokes and bats. We will end with an introduction to front gun defences.

What to Wear: A T-shirt, long gym/track pants and trainers.

What to bring: A small gym towel, bottle of water and an energy snack. We will have any additional equipment you may need.

Where/when to come: Trevor Bailey Building, Dulwich College Sports Club, 32 Dulwich Common, London SE21 7EX. Map below. Free car park. Nearest Station is West Dulwich. Arrive 18.45 for registration. Training starts 19.00 and ends 22.00.

Any questions - simply email us at team@eitankravmaga.com. See you in the Trevor Bailey building at 18.45 on Monday!

The team
Eitan Krav Maga
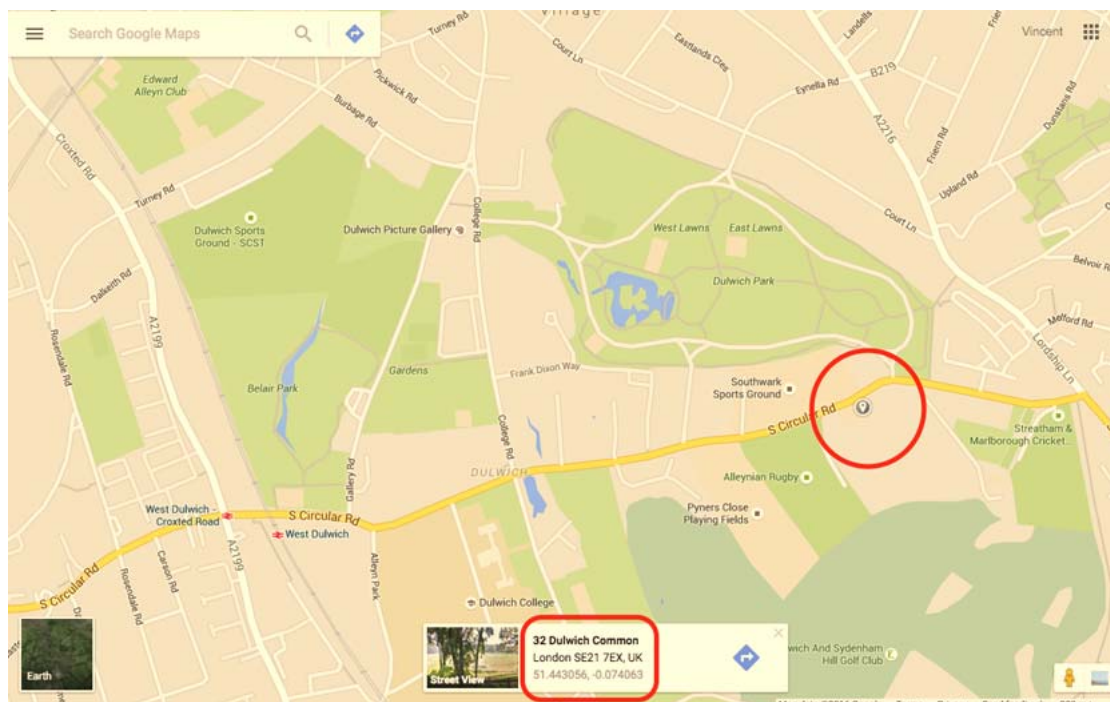
Eitan Krav Maga - South London Krav Maga Training

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