

Q&A

5 Day Intensive Training & Instructors Courses

Will I be able to teach Krav Maga if I pass the Instructors course?

Absolutely, the certification we offer will allow instructors to gain the relevant prerequisites and insurances to set up their own clubs and to start teaching the basic Krav Maga syllabus as shown below.

If I do decide to become an instructor what help can KMSD provide?

We will provide you with help and guidance in setting up your own clubs as much as we can with regards to CRB checks, registration to a UK wide martial arts association such as NAKMAS or the British Combat Association who will provide you with your public liability/sports insurances etc for you and your future students. We'll help and advise you on setting up your own training premises or hiring halls, the equipment you may need and any health and safety concerns that you may have.

I'd like to teach, but not full time, maybe just seminars and the odd class?

Sure this is possible and its a good way to start and probably the best way of offsetting the costs of the your own training. Again we'll offer you whatever advice you may need and depending on how many hours a week/month your looking at teaching we could even put you on our books as one of our own instructors to save and reduce any start up fee's you may have such as insurance etc.

Are new instructors allowed to do gradings and sell merchandise as well?

If an instructor wishes to grade their own students and issue KMSD certified certificates then they must attain the grades themselves via continued training prior to grading their students. Until then we would carry out the grades for you and your students. Regarding merchandise your free to sell whatever you like although we retain the rights on all our logos and as such if you wish to reproduce these logo's on your own merchandise then you must seek permission from us first. These permissions and rights will apply for so long as you are affiliated to us. We're also able to supply KMSD t-shirts and other items to you at trade prices if you wish.

I live close to you, could I use your training centre to teach from?

This can be arranged. If you're looking for somewhere to teach a few private classes during the day and providing your insurances are in order I'm sure we could arrange something providing you sweep up after yourself. In fact if you're teaching under our banner we could even pass on names of people seeking private classes to you.

What kind of intensity will the course be run at?

Initially the emphasise is on teaching good and proper techniques, so for the first couple of days the intensity will be kept low while we draw out the bodies own natural instinctive body movements for defence and counter while at the same time training the mind to react to the overall situation. Over the period of the course we'll increase the intensity as your knowledge increases and in accordance with your comfort zones.

What kind of level of fitness is requested for the intensive course?

Couch potatoes would find the course very hard, otherwise most normally active people should be fine.

Are the courses open to all levels?

Yes absolutely. All levels, male and female age 18 or above. Previous experience isn't required.

Does previous experience count for anything on the course?

This often depends on what you have done. Students with no experience will have the advantage of an “open” mind and as such should take to the techniques relatively easily where as occasionally students from a traditional martial arts background may find themselves having to adjust their mind set to allow for a little “reprogramming”.

Can we come to your weekly classes once our training is over?

Not a problem. You can actively train free of charge or just watch to gain a better insight as to how Krav is taught so as to broaden you own knowledge and understanding for when you start teaching.

What training equipment will I need?

Certainly a groin guard and maybe some arm pads and a gum shield . The club has some arms pads and shin guards which can also be used. Anything else which may be needed will be provided for you.

Can you help with a online presence?

Yes, we would add your contact details to our own websites and set-up any back linking to any sites you may have. In fact if you haven't already got a site we can even set up a 3 to 4 page, search engine optimised, website detailing who you are, where you teach and who you teach to get you started free of charge. The website would be based on our www.KravMagaSelfDefence.org template with your own personalised text and any pictures which you can take in a gallery area. We'll also teach you how to amend it and keep it up to date. However you would be responsible for the payment for hosting the website (www.zen.co.uk/) at about £5.00 per month and purchasing your own domain name (£10.00).

Is the course recognised by other organisations in the UK or in other countries?

The instructors certification will allow graduates to set up their own schools and as such is accepted by organisations such as NAKMAS, AMA and the BCA. However it does not stand that a KMSD instructor qualification is recognised by any of the Israeli Krav Maga associations such as KMG, IKMF, IKMA, Itay Gill or Avi Nardia etc. Indeed non of these organisations recognise the others qualifications or certifications.

How good could I be after only five days of intensive training?

The course offers 40 + hours of training back to back. If you were to attend the standard one weekly class each week it would take you over 6 months to amass this many hours but then you would have to work out your level of information retention. Also bare in mind how much time you save by not having to spend 20 minutes of each class doing a warm up and other general repartition techniques. In truth 40 hours of intensive training is equivalent to 120+ hour's of normal training.

If I attend the 5 days course could I also teach Krav Maga?

No, your certificate will be for a Krav Maga Practitioner NOT a Krav Maga Instructor. To become a qualified instructor you have to undergo the specialist Instructor training. Just because someone plays football doesn't make them a football coach.

What if I fail the instructor assessment?

Worse case scenario is we'll invite you back free of charge to repeat the full course. However more than likely it will just be a few minor things that you need to work on so we'll send you away to practise for a couple of weeks and then ask you to come back for assessment.

This is a level 1 course! How many levels are there?

There are 3 instructor levels. Our level one course is designed to qualify instructors to teach the basic techniques and principles of Krav Maga to civilians as per the outlined syllabus below. As with all the Krav Maga Instructor courses currently available in the UK and Israel it will not give you the experience or knowledge required to become an expert in Krav Maga. This can only be achieved with further and continued training. A Krav Maga instructor affiliated to KMSD should consider Avi Nardia's wise words, "Always a student, sometimes an instructor but never a master". If they believe this saying is true then they are welcome and no doubt well suited to the KMSD organisation.

What about future advancement?

Future advancement is achieved by further training; such as attending our weekly classes, seminars, trips to Israel and our level 2/3 courses etc. Also as KMSD students and instructors you'll qualify to attend our free advanced training sessions and where possible you'll be invited to attend future level 1 instructor courses for refresher training.

Do you charge affiliation fees for instructors who pass your course?

Affiliation is based on training, once you complete the course you'll be automatically affiliated for 1 year. For this to be renewed we would expect you to attend 10-20 hours of training per year either via seminars or other courses etc. You'll pay for your training but that's it.

Which evening session will training take place on

Most likely Friday.

I'm still unsure about the courses, what else can I do before deciding?

Simple! come and train with us, make arrangements to attend maybe a seminar or if you live local try and come to a few weekly classes to get to know us.

The basic out-line syllabus, This is what you will learn

THE BASICS

Outlet Stances

Passive Stance (Neutral Outlet Stance)

Fighting Stance (General Outlet Stance)

Training Stance (Outlet Stance for Outside Defences)

Where to Look

Basic Movement

PUNCHES

- How to Make a Fist
- Throwing a punch
- Throwing a low punch
- Straight Punch
- Open Handed Punch
- Open Handed slap
- Hammer Punch
- Round House/Hook Punch
- Uppercut Punch
- Educational Stop
- Deadly Stop
- Punch Combinations

ELBOWS

- Horizontal
- Vertical

KNEES

- Regular Knee
- Defensive/Push Knee
- Sideways/Round house Knee

KICKS

- Regular Straight Kick
- Regular Straight Kick to Groin
- Stomping Kick
- Forward Defensive Kick
- Backward Defensive Kick
- Side Kick
- Round House Kick
- Shin Kicks
 - Movement (Increasing the Range)
 - Sliding
 - Skipping
 - Full Step
 - Switch Step
 - Cross Stepping

- Division to Families

- Kick Combinations

MULTIPLE COUNTER ATTACKS

DEFENCE WITH ARMS

- Outside Defence (Extended)
- Outside Defence (closed)
- Inside Defence
- Using Outside Defence Against Straight Attacks
- Hands Down Defence
- Two Handed Defence
- Slapping, Tapping & Scooping
- Sliding Defence
- More Blocks and Counters Against Punches
- Defence Against Left & Right Combination
- Defence Against Upper Cuts

DEFENCE AGAINST KICKS

Defending With Legs
Substitution
Against a Straight Front Kick
Against a Round House Kick
Defending With Knees
Defending with stomping kick
Defending With Arms
Defence Against Kicks to The Groin
Defending Against Knees When Pulled Down
Defence Against Stomping Kick or High Regular Kick
Defence Against High Roundhouse Kick or Sweeping Kick

SPARRING

KNIFE ATTACKS & HAND DEFENCES

General Points
Types of Knife Holds And Attacks
Escape to rear
Defence against Regular/Overhead Stab
Escape to live side (knife side)
Escape to dead side
Itay Gill full control
Regular Knife Attack from Side
Oriental Stab
Oriental Knife Attack from Side
From Left Side, Knife in Right Hand (vica versa)
From Left Side, Knife in Left Hand (vica versa)
Option 1. Step to Inside
Straight Stab Upper Torso
Attacker Straight On
Attacker at Diagonal
Straight Stab to Lower Torso
Slashing Attack
General Points
Attacker Maintaining Distance, Attacking with sharp quick and bidirectional attacks

KNIFE THREATS

General Points
Front/Side - Threatens Straight Stab
Slap and kick
Medium Distance to Front
Straight on, Knife to Body/Throat – Close Range
Straight on, Knife to Outside of Throat, Over the Top Control
Sideways - Knife to Outside of Throat, Under Arm Control
From Behind
Knife to Back – Medium Range with Attacker Holding
Threat from behind close range with shoulder grab
Knife to Back/Side – Close Range with Attacker Holding
Knife to Throat - Attacker Holding from Rear. Hostage Situation

Option 1

BASIC KNIFE FIGHTING

General

Knife Fighter's Stances.
Distance and Ranges
Tactics
Defang the snake
All out (full extension lunge)
Areas to Attack (see also Vulnerable Areas)
 Fatal
 To Incapacitate
Examples
Drills
Damage control
Timetable of Death

HANDGUN THREATS

Weapon Retention
Gun to Front – Basic - All Heights, All Angles Medium Range
Gun to Front – Low/Medium Height
Gun to Front of Body – Medium Range Being Pushed Backward
Gun Low to Side of Body In Front of Arm
Gun to Rear of Body – Medium Range
Gun to Rear of Body – Medium Range Being Pushed Forward

DEFENCE AGAINST STICK ATTACK

General Points
Overhead Swing
Inside Defence 1 Handed
Outside Defence 1 Handed
Outside Defence 2 Handed
Sideways Swing 1 or 2 Handed Passive Stance

DEFENCE WITH A LONG STICK

CHOKE HOLDS WITH HANDS TO NECK

General Points
Natural Instinct Method
Release from Front – Two Handed Pluck
Release from Front – One Handed Pluck With Inside Counter
Release from Front – One Handed Pluck with Outside Counter
Release from Behind
Release from Side

ON-COMING ATTACKER AVOIDANCE TECHNIQUE

RELEASE FROM HEADLOCKS

General Points
Release from Side
Release from Behind
Release from Guillotine Headlock

ROLLS AND FALL BREAKING

General Points
Forward Roll
Forward Fall Break
Backwards Fall break
Sideways Fall Break
Combinations of Rolls and Fall Breaks

GROUND FIGHTING

Defending Whilst On The Ground

Standing from a Ground Position

Defending Punches

Defending Kicks

Shrimping

Delivering Kicks and Punches.

Release From 2 Handed Choke – Attacker in Front Mount

Release From 2 Handed Choke – Attacker in Guard Position

Release From Front 2 Handed Choke – Attacker at Side

Release From Rear 2 Handed Choke – Attacker Sat On Back

Knife Threat To Inside Of Throat – Attacker Sat On

Knife Threat To Outside Of Throat – Attacker Sat On

RELEASE FROM A HAIR PULL

SEATED ATTACKS AND DEFENCES

General Points

Against Punches

Against Straight Kicks

Against Knife Attacks

ATTACKS FROM BEHIND

Wake up

Movement

ANGLES OF ATTACK

VULNERABLE STRIKING AREAS

TEACHING TECHNIQUES

Mutual Respect

Teaching Points

Warm Up Techniques Suggestions

Directional Boxing

Shadow Boxing

Sphere Boxing

Slow Boxing

Warm Up Game Suggestions

TEACHING AN EXERCISE

AGGRESSIVE TRAINING TECHNIQUES