KRAV MAGA FOR TY STUDENTS

6 WEEKS SELF DEFENCE COURSE



THE COURSE CONTENTS SPECIAL PROGRAMS



- ☑ Disco
- ☑ Home Invasion
- ☑ Robbery
- ☑ Safe Shopping
- ☑ Awareness
- ☑ ICE

... and more

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Course run by
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KMG Expert Instructor
Garda vetted

Program Overview

Krav Maga eXplode started its Self-defence for TY course with a clear agenda, and that was to equip TY students with the skills to defend themselves, avoid dangerous situations and raise situational awareness.

Our dedicated instructor, has received specialised instructions, drawing from international experts and training specifics for the needs of TY students in this area.

Structure

The TY Program contains the fundamental skills set required for self-defence. The program includes but is not limited to:

- **Movement and Tactical Behaviour**
- **Striking**
- **Defending Strikes**
- **Disco (when, where, what you should do or not to be safe)**
- **Home Invasion (how to not let a stranger in and how to behave when one breaks in)**
- **Robbery (where to place your money, a thieves methods, life threatening situations)**
- **ICE (In Case of Emergency)**

Scenario Training

The Program will include scenario training so the student can test their skillset under realistic stresses and pressures.

Training Etiquette

To ensure that your training is both fun and informative we have the following training protocol:

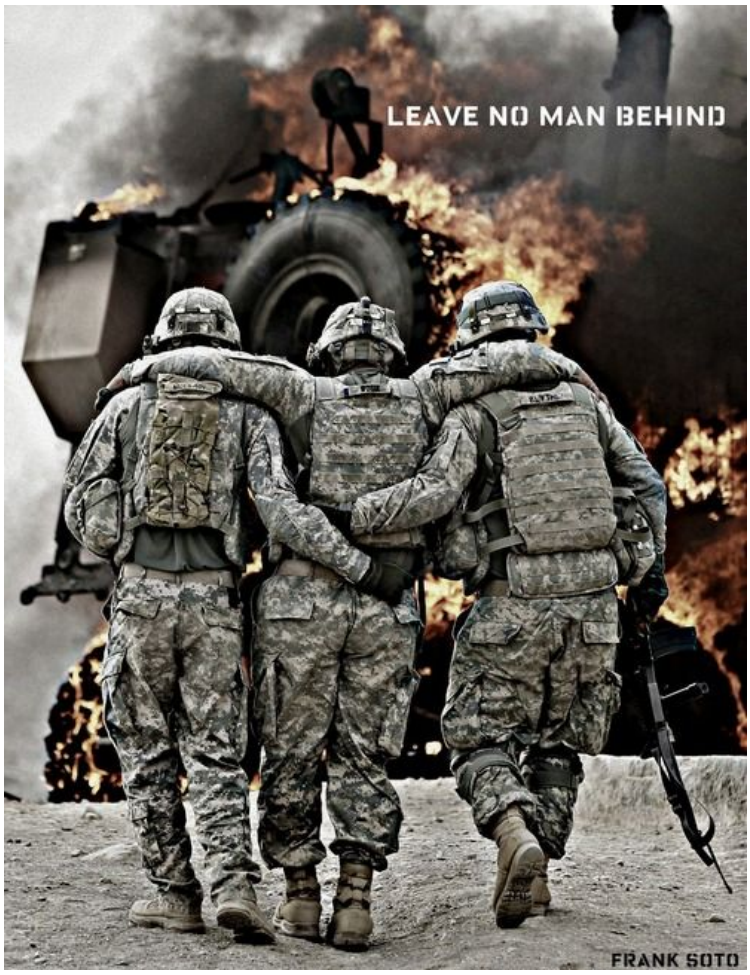
1. **Please listen to the Instructors**
   We are there to assist you, and help you with your training. Generally when we are talking or explaining something, it's for your benefit.
2. **You're the Master of your own Ship**
   Each individual knows what they can handle physically and psychologically. If there is something we are trying to get you to do that you know you can't do, then don't do it. We are there to push you to achieve your maximum potential, but you know your limitations, old injuries etc. Please step in and out of training as you require, and let us know your abilities so we can tailor the training program to suit you.
3. **Inform us of any injuries**
   If you get injured please let us know so we can attend to it.
4. **Only do what we ask you to do**
   This is important, please only train the techniques we show you, that way we can insure everyone's safety.
5. **Hydrate**
   If you are thirsty, please hydrate you do not have to ask permission, however we would ask that you pay attention when we are talking.
6. **Use the bathroom as required**
   You don't have to ask, just go when you need to, however please let your training partner or instructor know when you go, so we know to look for you if you disappear for a long time.
7. **Be a Good Attacker !**
   If you want to help your training partner, please attack them as we describe, you are not helping them by not attacking them properly.
8. **Hygiene**
   Please keep your nails short if possible, nails can scratch and cut and become very annoying to your training partner, if you cannot cut your nails, you may be asked to wear gloves for certain techniques.
9. **Deodorise**
   Training can be sweaty business, help yourself and those around you by deodorising to avoid any unpleasant smells.
10. **Jewellery**
    Please remove all jewellery before training, if you cannot remove it, let us know.
11. **Have fun !**

Session 01

Disco

1. **Going to:**
   -Preparation

2. **Being There:**
   -How to behave
   -How to defend yourself and your friend



3. **Aftermath:**
   -Way home
   -Consequences

Session 02

Robbery

Knife Threat

o Complaining
o Giving the money
o Defending knife threat to throat

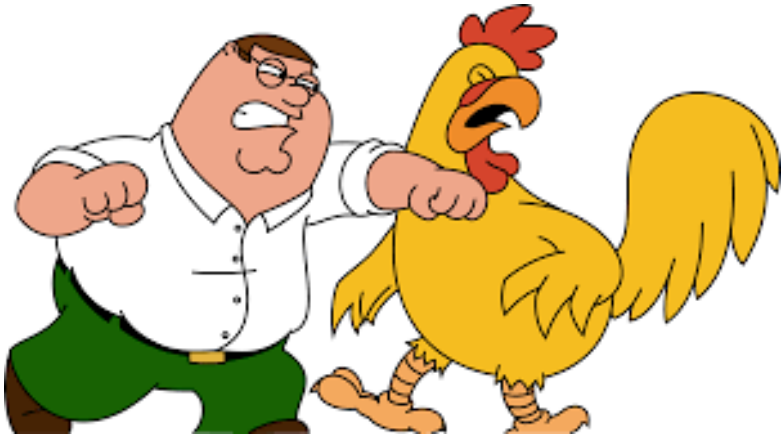




Defending Knife Attacks



Defending punches



Session 03

Dangerous Grab



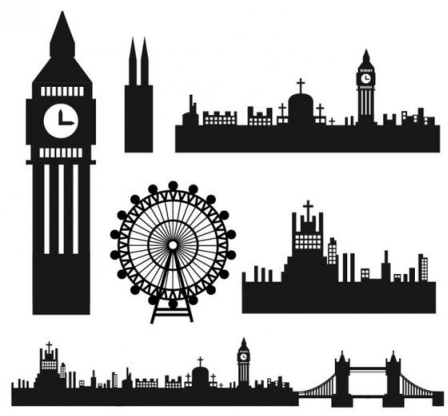
Kidnapping



Emergency Call / Numbers



Landmarks in Case of Kidnapping



How to Describe People and Places



Session 04

Defending on the ground









Headlocks

From the rear



From the side



Session 06

Blunt Weapon





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