

# IMPACT MARTIAL ARTS & FITNESS

# KRAV MAGA

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. It is also the preferred system for U.S. Military and law enforcement personnel. Krav Maga is based on simple principles and instinctive movements. This reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and bear hugs, as well as weapons. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter. Krav Maga's practical approach to self-defense will make you safer and more secure.

## **Krav Maga Classes:** Effective 12/6/21

**Mondays:** 9:00am – Regular Class (Zoom Only)

5:45pm – Regular Class

**Tuesdays:** 6:00pm – Striking Class

**Wednesdays:** 7:15pm – Regular Class

**Thursdays:** 9:00am - Regular Class

7:30pm – Sparring Class (Orange Belts and above)

**Saturdays:** 11:45am – Kali Stick Fighting (Invite Only)

12:15pm – Regular Class

## **DOJO GUIDELINES**

- Always demonstrate your respect with a formal **bow** as you enter and exit the dojo and mat.
- Please keep your **Krav Tee and workout attire**, clean and odor free.
- For your safety and the safety of others, **no jewelry** may be worn on the training areas.
- You may attend unlimited classes a week, however, we recommend at least 2 classes each week to ensure proper progress.
- Please **arrive 5-10 minutes** prior to class.

## **GO TO:**

**Virtual classes will be held on Zoom. Please go to our Team Feidt Members Page for instructions and meeting code.**

(TeamFeidt.com then click Login/Sign up)

