

# krav maga training and you.

**YOUR FREE PERSONAL GUIDE TO BEGINNING  
KRAV MAGA SELF DEFENCE TRAINING**

**Read inside to find out about...**

- **How people just like you are learning Krav Maga...**
- **The benefits you will gain when you begin training in Krav Maga...**
- **Where you can learn Krav Maga at a pace that suits you...**
- **...and much more including member profiles and the history of Krav Maga.**





Hi, I'm Jon Bullock, UK Director of Krav Maga Global.

Thanks for requesting this guide.

I'm pleased that you are showing interest in beginning Krav Maga training with an approved KMG Global (UK) club and I really hope that this guide may answer any questions that you have and give you the confidence to train in Krav Maga



### Let's start:

You might think that I'll begin this guide with a detailed explanation of Krav Maga, its history, techniques, and top instructors? Actually, all I'm willing to say right now is that Krav Maga is a practical, effective and realistic system of self defence that was developed, and continues to be developed in Israel. I'll talk about this later on in your guide.

Let's start with what's important to you right now!

### How can Krav Maga benefit you and has it helped people just like you?

There is a well-known saying in the Krav Maga world that Krav Maga is for everyone... and to be absolutely honest with you – I disagree!

### Krav Maga is for you if you want to achieve one or all of the following things:

- 1) Improve your self confidence to make good decisions**
- 2) Learn effective self defence skills to look after you or your loved ones**
- 3) Enhance your fitness to be able to cope with situations of conflict**

Learning Krav Maga will allow you to achieve one or all of the above as long as you are a motivated and committed individual, you like to meet and spend your time with like minded people. Above all, you are not someone who starts something and then gives up making excuses as to why!

In fact, I am so confident that Krav Maga will get you the result you are looking for, that if you were training Krav Maga with a Krav Maga Global (UK) club , I'll offer you the following reassurance:

We understand sometimes it's hard, you start off with the best of intentions and things just don't work out. We can provide you with all the opportunity there is to progress but if you don't turn up to train, then there isn't much you can learn and you won't improve. However, if you attend two classes every week for at least 16 weeks we'll guarantee that you will increase your fitness, increase your confidence, improve your knowledge of self-defence and your ability to defend yourself and your loved ones. At any point, you can approach the instruction team to discuss your progress. Sometimes the smallest of corrections or instructions..

Now, I know that's a pretty bold statement, however we sincerely believe in what we are teaching you and we know that what you are going to be learning will give you some fantastic life changing skills.

## Before I tell you more about Krav Maga, the training and what you can expect, I want to introduce you to David Forster...



**David has been training Krav Maga for over 5 years and his story really shows that everyone has very similar reasons and goals for learning Krav Maga, it's just that some actually go out and do it, whilst others don't!**

"I have just entered my 5th year of training in Krav Maga and I'm now at Graduate Level. Recently, I've been thinking about how I got to where I am now, as thinking back to why I began helps me realise how much training in Krav Maga has done for me, the challenges I have overcome and the successes that I have gained.

To be truthful, quite frank and thankful, I cannot say that I began Krav Maga training because of a life-changing incident on the street, I know that many people begin training for this reason and to be honest that's a bit late. I didn't want an incident to occur to make me realise that my safety and that of my family is important!

I work in the City of London and the culture is all about excess, the eating, the drinking and the client liaison. I was always conscious that I needed to balance this lifestyle with healthy activity as I have seen so many friends lose everything from health, wealth and family through various events linked to not taking care of themselves.

I have always been 'in and out' of the gym, without any real focus. I think the problem that most people find when they join a gym is that they don't have a goal... a reason for being there... and a lot of people think that to just join the gym is enough. I know countless people who 'joined the gym' and never actually went... and I think the reason is purpose. You need to have a purpose whether that is to lose a certain amount of weight or to get stronger by setting yourself a physical challenge, to just join and go is simply not enough!

When I found Krav Maga, I felt I had found my purpose and my route to fitness and a healthy lifestyle, whilst at the same time, giving me some skills to protect the people I love the most. My motivation was that of being a Dad,

I have two young sons and I always wanted to ensure I could protect them.

When I was researching what to learn, what inspired me about Krav Maga was the practical approach. I am quite a direct guy, I don't really like learning things that I realise are pretty much useless to me, or I find out that it's going to take me 10 years to get anywhere near being proficient! By that I don't mean I was looking for a quick fix, I know that doesn't exist yet anything practical should be useable in some way shape or form in a relatively short period of time. It doesn't mean I will be perfect at it, yet at least it's useful.

Krav Maga is no nonsense, which suits me down to the ground! I like the approach that Krav Maga takes as there are no rules to what you must learn, as you must learn anything that will help keep you safer.

Krav Maga also brings out the 'inner you' that person deep inside you that rarely comes out, and would only come out if you are in a situation of danger. I am a very passive person, yet through training I know that I can protect my sons if I need to, that my 'inner person' exists and can 'come alive' if and when I have no other choice.

To be successful, I believe you need goals, be that short, medium or long term. To reach any goal you have to invest the time, so I thought it might be useful to let you know what my goals are:

1. To attend training on a regular basis, at least twice a week
2. Attend as many additional training events that the KMG (UK) arranges each year to further my knowledge.
3. Attend those sessions that are specific to my current experience.
4. Go to Israel and train

"The only one of the above I have not yet achieved is number 4, however that is on the cards"

I am often asked by people who do not train in Krav Maga 'can I fight'... it's a pretty lame question... every situation can be so different, so being able to fight is one thing yet being able to avoid it is completely different and, to be honest it's just as valuable.

To give you an example... after starting Krav Maga, even after the first couple of months of training, I now find myself doing the following...

ALWAYS knowing who is around me and what's going on around me as I travel around

Move to another train carriage if I don't like a certain situation or an individual who is near me

When I use public transport I make sure I have at least two exits away from a potential situation

"Does this make me paranoid? ABSOLUTELY NOT, it just shows that I am aware"

So the answer to the question is YES I can fight, and I am also damn good at not getting in that fight... and that suits me just fine!

I am also asked questions such as 'Am I a black belt?'

Focusing towards my next grade is great for my progression, it gives me my medium term goals. I will achieve my Expert Level 1 (the Krav Maga equivalent of Black Belt). A belt doesn't dictate how I respond, my grade is more a reward for showing what I know at a given moment in time... it doesn't dictate my reaction in a difficult situation... as every situation is so different... I might have to adapt my skills to the environment.

When you first start training in Krav Maga it is new, it is different and you feel out of your comfort zone... soon that feeling goes and is replaced with a much better feeling of being part of something.

Sometimes you have to drag yourself to training, we are all human, and you'll never regret having done so. Overcoming our 'lazy' emotions is tough sometimes with the pressure of life... yet push against it and you'll come out on top and feeling great!

Look, it's a journey... we all should have a journey that needs to be enjoyed. I have trained with some inspirational and interesting people. I have made some fantastic friends and shared some great experiences with them.

Why do I get on with these people? Simple... We share the same values and are like minded. We have become part of a community much the same as your community at home or at work...we share common goals and a passion for Krav Maga.

I'm nearly finished so stay awake so I can say one thing. It is VERY easy to find excuses to not do something, and the classic one is that of 'I can't afford it'... and for some people, that may be the case... and for many, you can find them sitting at home watching Sky Sports night after night, or down the pub every weekend... and if that is you, either accept that's who you are and don't say 'I was going to train in Krav Maga but, but, but'... or take a look in the mirror, step out of your comfort zone and give it a go... who knows, you may enjoy it!

So to finish... I am 50 years old this year, I keep getting better and better! I feel fitter and more confident than I ever have before.

Thanks for reading this, I hope it helps... and I really look forward to meeting you at Krav Maga training some day... you won't regret it!

Stay Safe

Dave Forster

**There are a lot more people like Dave – and like you – learning Krav Maga.**

**I guess its time you found out what Krav Maga actually involves and what you will actually learn.**



To make this easier, it's probably better to let you know what Krav Maga isn't... and give you a brief history of Martial Arts training in general

### **Martial Arts can be separated into 3 categories:**

**Sporting Systems** - Systems designed for sporting purposes, such as Boxing, Thai Boxing and Tae-Kwon Do. The aim is to WIN something, status, money, a belt or a trophy.

**Traditional Systems** - Systems created mainly from Japan or China many years ago such as Karate, Kung Fu and Jiu Jitsu which are often for spiritual reasons or, to help combat a specific problem that existed many years ago in these countries.

**Reality Based Systems** - These are modern systems devised for the modern world. There are no traditional or sporting elements, they are practical systems designed to increase the chance of remaining safe in a situation of conflict in a difficult environment.

**As you will have guessed, Krav Maga is a reality-based system.** We do not have any traditional aspects (long, complicated movements) and you cannot compete in Krav Maga, there is no sporting element. The reasons being, we train without rules, without limitations.

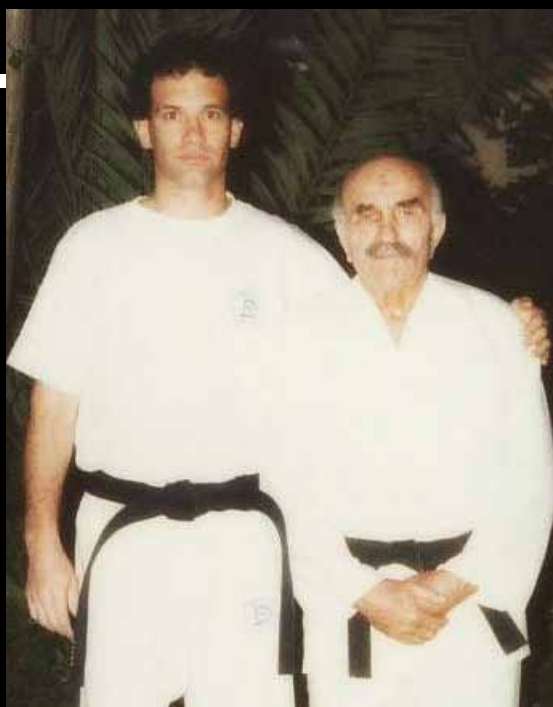
Training without rules or limitations DOES NOT mean that each session you are hurting

each other, far from it. You are simply training yourself to do whatever might be necessary to protect you or your loved ones... you are not giving your brain a limit to what it may be willing to do... if you train with limitations, and never practice everything that 'may' be necessary it could put you at a disadvantage.

So why do we train without limiting thinking... SIMPLE... you need to always prepare yourself for the worst case scenario...because let's be honest...anything less than 'worst case' is a bonus right?

### **I want to ask you 4 simple questions to help you understand about worst-case scenarios.**

1. Which is worse? Being involved in a conflict situation in the day or the night?
2. Which is worse? The conflict situation involves one or more than one person who is trying to hurt you?
3. Which is worse? The person(s) trying to hurt you having some level of skill in fighting or they have no skill?
4. Which is worse? The person(s) trying to hurt you 'may' or may not have access to some type of weapon such as a knife?



## THE HISTORY OF THE SYSTEM

### 1 / IMI LICHTENFELD

Imi Lichtenfeld was born into a Hungarian Jewish family and grew up in Bratislava. His father was a Chief Inspector in the police force and owned a gymnasium where he taught self-defence. As a young man, Imi was a successful boxer and wrestler. In the 1930s, riots threatened the Jewish population of Bratislava. Imi helped to defend his Jewish community against gangs and realised that sport had little in common with real combat, and began developing a system of practical self-defence for life-threatening situations.

In 1940 Imi left his homeland to serve in the Czech Legion and then settled in Israel. Israel's leaders immediately recognised Imi's fighting skills and he began to train Israel's first fighting units in military close quarters combat. This training included fighting fitness, sentry removal and any other military-oriented problems that required a creative solution. He became the Chief Instructor of Physical Training in the Israel Defence Forces and it was during this time that his system came to be called Krav Maga.

The simple answers to the simple questions

I am of course hoping that your answers to the questions are..

...That the worse case scenario is being in a situation at night

...involving more than one assailant

...who have some level of fighting skill

... and they do have access to a weapon.

That is pretty much a worse case scenario for you right? It certainly is for me!

So that's how we are preparing you for conflict... when a situation begins... we want you to be thinking that 'There MAY be more than one person' involved. "They MAY have some level of skill" and "They MAY have access to some type of weapon".

To help prepare for that worse case scenario, Krav Maga gives you skills that you learn at your own pace in the following areas

Those skills are **SELF DEFENCE TECHNIQUES, FIGHTING SKILLS AND DEFENSIVE TACTICS**

Self Defence Techniques are physical skills such as blocks, movements and how to get yourself out of certain holds and grabs as quickly as possible.

This includes self defence techniques to use if you are on the ground, if you slipped or fell and found yourself in a difficult position

The techniques also involve how to protect yourself in a situation where some sort of weapon may be present.

You'll learn these techniques in every situation and practice for what might occur!

All of these techniques that you will learn are practiced in every position that you could end up in... standing up, sitting down, on the ground, in a crowded area or when with a loved one... we must practice for what is likely to occur!

Krav Maga builds your instinctive reaction - don't try and change what is already in you!

Every skill that you learn is built on your instinctive reaction. You cannot change instinct;

it is in you... so Krav Maga doesn't change your instinctive reactions. It improves on what you do naturally, to give you the highest possible chance of protecting yourself or somebody else.

When dealing with a situation you MAY, need to continue defending yourself even after the initial conflict is over... so Krav Maga training will build your fighting skills to be able to do this.

Krav Maga teaches you how to use your body's natural weapons for self defence, your hands, legs, feet, knees, elbows and fingers were designed for self-preservation... to help reduce injury to yourself... if you trip over in the street what do you naturally do? You place your hands out to reduce the impact of the fall! This is an instinctive reaction... and you need to build on those reactions, which is exactly what Krav Maga training does!

When a football team play a match, they have tactics - methods they will use to defeat the other team that work in-line with their strengths!

This is the unique defensive tactics training of Krav Maga... how you think, act and behave to avoid or deter the situation... what do you do after the situation... where do you go? Who do you call? Who do you need to help? Are there any other dangers?

Krav Maga is about gaining the right skills and having the correct attitude and abilities to cope when fast moving, scary events happen. You'll surprise yourself at how are you able to carry out what you learnt when it really matters and to make good decisions in stressful situations

Having said all this...

**PLEASE REMEMBER EVERYBODY IS DIFFERENT!**

Everyone is different in age, height, weight, size, strength, flexibility, fitness and confidence levels...

## THEREFORE KRAV MAGA TRAINING IS AT A PACE THAT SUITS YOU

Krav Maga can be adapted to suit you and any limitations you might have... to say that Krav Maga is only for those who are 21 years old, fit strong and flexible is ridiculous as the system would be completely flawed... unfortunately, we're only 21 once!

Krav Maga is for everyone...meaning that it can always be adapted! There is a fantastic clip on YouTube of a guy who is in a wheelchair... learning to effectively defend himself using Krav Maga... how many limitations does he have? Many... yet the system adapts for the individual!

Your journey so far... if you're ready to start your Krav Maga journey then scroll to the end of this guide to see a special offer, otherwise read on.

Up until now you have learn about how Krav Maga is taught, the skills that you will learn, the attitude and ability that you will develop... HOWEVER, now it's important that you understand WHY you need these skills...

### Why should you learn Krav Maga?

#### I want to tell you a story about my dog, Vallie!

Yes, that's right... I am going to tell you about my dog; I'm another annoying pet owner!

Vallie is 3 Years old. She is a fantastic, placid and well tempered dog and from a distance can seem quite intimidating as she looks strong and just loves to run at people!

Every morning, like clockwork Vallie goes into the garden to do what dogs do. One morning, I let Vallie out as normal without realising my neighbour's cat was sitting in the middle of the grass intently enjoying the sun. Now, Vallie sees the cat and runs straight up to her, and just stands literally wagging her tail. Meanwhile, the cat hasn't realised Vallie is right behind her. Just so you know there is no way in the world Vallie would attack the cat, she just wants to play.

So oblivious to the danger the cat turns around, and finds herself face to face in the worst case scenario, right in front of her is a Dog!!

What does the cat do? And how does this relate to Krav Maga training?

For a spit-second the cat FROZE... just momentarily – she did nothing...

It then looked around for somewhere to run... and decided she could not...

With no other choice, the cat made a loud screeching hissing noise, raised its paws... made itself as big as possible and looked damn angry!

## THE HISTORY OF THE SYSTEM

### 2 / EYAL YANILOV

Eyal Yanilov began practicing Krav Maga in 1974, at the age of 15, under the personal tutelage of the system's founder, Imi Sde-Or. Eyal eventually became the Grandmaster's closest student and assistant. He is the only individual to whom Imi personally awarded both the Founder's Diploma of Excellence and the then-unprecedented rank of Expert Level 8 — the highest rank in Krav Maga.

Together, Imi and Eyal wrote a series of books laying out the principles of the Krav Maga system in an accessible format, aimed at the civilian sector. Soon after, as head of the Israeli Krav Maga Association's professional committee, Eyal created a new curriculum for Krav Maga, and transformed it into an organized, formal system built on principles of action and unique instructional methods. Alongside

efforts to spread the discipline of Krav Maga among the general public, Eyal was also training anti-terrorist units in Israel according to the principles of combat as expressed in Krav Maga.

Eventually, Eyal traveled abroad and began to teach the system in many countries around the world. In the United States and Europe, Eyal taught Krav Maga to special military and law enforcement units, as well as to civilians. In order to manage the challenge of making Krav Maga truly international, Eyal founded an international federation and served as its president, under the tutelage and with the support of Grandmaster Imi. In practice, Eyal has personally trained all of the world's first-generation Krav Maga instructors.



“I loved the realistic techniques and the ‘do whatever it takes’ approach to self defence and knew then this was the best fit for me and I booked an quick-start class for the Hertfordshire region—and have not looked back!” [Charlotte, London Club Member](#)

Vallie at this point was very surprised, she jumped backwards and the cat ran off and over the fence.

### **So where's the Krav Maga?**

Simple, you are an animal; we all are... just we are slightly more developed than others. However, our reactions in conflict are just the same as the cat... The only difference between the cat and humans is that the cat is constantly aware, looking for dangers in the form of people, cars and other animals. Most humans aren't that aware of their immediate surroundings.

Ask yourself this question, if the cat had seen Vallie from a distance running out of the back door what would the cat have done??

What did she do first? She froze just for a split second. In a conflict situation you will freeze.

The second thing that the cat did was to attempt to run.

This is what you should do when I say run, I don't mean you attempt to copy Usain Bolt and run 100m in under ten seconds, it might just mean not getting in to a certain carriage on the train, it might mean walking away from a taxi rank where you can see some trouble... or indeed it might be running fast... it just means to move yourself away from the conflict.

If all else fails, if you cannot avoid the conflict you may have to protect yourself, to fight for your safety

### **FLIGHT, FIGHT, FREEZE – These are our primitive stress responses!**

Remember... Flight is to move away

Fight is to protect yourself which could simply mean shouting, it doesn't always mean immediate physical self defence...

Freeze... this is doing nothing... we will ALL freeze... for how long we freeze is different matter...

Generally you would get hurt in conflict if you

freeze too long. The situation you are faced with is so unfamiliar, so scary, fast moving and so unknown that you are not able to cope with what is going on in your body, the release of adrenalin and having to make a good decision as to what they should do!

**So what is the simple, effective aim of Krav Maga training?** Yes, you are correct to reduce the freeze. Learning to not freeze in tricky situations is only the first step, Krav Maga teaches you to make good decisions, quickly and effectively, giving you the best possible opportunity to remain safe. Why's this important?

Because those who desire conflict with you have a plan!

They may have made their plan 3 seconds ago when they saw you in the street or in the pub or in very worse case scenarios they may have been planning this confrontation for a long time...

Your job, your first task, your mission is to break their plan; disrupting their plan at the earliest possible moment. With this in mind I want to share with you another story to highlight the aim about training in Krav Maga with Krav Maga Global (UK).

Learning Krav Maga the right way means learning the right response first!

About a year ago I was asked by a Krav Maga Instructor in another part of the country to go and review his lessons and how he was teaching. He is a very committed instructor and is always looking for advice, guidance and feedback... for that, he should be commended as it is very rare to find someone of his calibre without a large ego in the Martial Arts world.

I went to visit the instructor. I watched his lesson. He was an inspiration to watch, his skills were sharp, quick, focused and he looked impressive.





On the particular day that I went to watch him, he was teaching a group of beginners how to release themselves from the very tricky situation of being grabbed around the neck or throat. This is of course is a very dangerous position to be in, so he went about explaining how to get out of this situation through using a Krav Maga technique. His demonstrations were very good and he got the students performing well.

At the end of the lesson we sat down and he was keen to know what I thought...

I initially said to be honest, your technical skills are very good indeed, impressive to watch and you got everyone doing the technique to a good standard. However, the method in which you taught them was... quite frankly hazardous! His face was a picture. This isn't exactly what he wanted or expected to hear. What did I mean by hazardous?

He spent the whole lesson teaching people too watch someone approach them, then grab them by the neck, then practice the technique. Now, this is fine, yet what were they supposed to be learning? These are beginners remember. That's right they were supposed to be learning how to make good decisions. Now, I don't know about you, however letting a stranger grab me by the throat seems like a poor choice!

My point to the instructor was that this group of students needed to learn not how to deal with a situation before it had escalated to physical contact. They need to understand how to

evade that contact first then learn how to deal with it, if and only if, it became inevitable. In the scenario being taught the instructor had not considered how to disrupt the assailant plan. Remember what I said earlier they have a plan? In this case to grab the throat. So what should he have taught?

### **That's right – how to break the plan!**

As the person approached you...what could you have done? Moved away, shouted, push them back, stopped them from grabbing you or, if necessary, used force against them first!! (Don't worry it's perfectly legal, I'll explain why in a moment.)

My final advice to the instructor was that students learning techniques is good yet learning about decision making, so that when someone approaches you take some action, do something, including if necessary doing nothing physical, just moving away and being aware.

You cannot prevent everything of course, once you have learnt what you could prevent, you should THEN learn the techniques to get out of that situation.

Does that make sense? Is it what you expected?



## THE KRAV MAGA GRADING SYSTEM

### 1 / PRACTITIONER

The Practitioner Levels of Krav Maga are the core of the system. You'll learn how to defend against the most common attacks, as well as building on your fighting skills and learning how to avoid a situation or what to do after a confrontation. Training also improves fitness, strength, flexibility and mental determination.

### 2 / GRADUATE.

You are eligible to move into the Graduate program 6 months after completing your P5 grade. More advanced skills are taught at G level, including dealing with more complicated situations. You are expected to have a full understanding of all the P grades and continue to keep those skills at a high level whilst you progress through the Graduate program.

### 3 / EXPERT

Expert Grades are held by very experienced instructors who have a complete understanding of Krav Maga, after passing the coveted Expert Test. E Levels are normally also qualified to teach in more specialist areas such as the Military, Law Enforcement or Security Sector. You can take your Expert Level exam in Israel 1 year after passing your Graduate Level 5.

“I really enjoy training with KMG Global (UK), the best thing for me about Krav Maga is the sense of confidence the system gives you, knowing what to do in difficult situations...” **Remi, London Club Member**

Every situation unfolds like a story, something happens, someone moves towards you maybe they say something or do something? If your mind is not moving, not calculating what your best choice is right there and then... then you are freezing too long... and that's what gets you grabbed.

**At Krav Maga Global (UK) you learn in the following way...**

**A. Don't be in 'that' situation where possible**

**B. If the situation starts, take some action as EARLY AS POSSIBLE**

**C. If you do not react early enough, use self defence skills quickly and efficient as you can**

During training we are developing your ability to make decisions, skills to defend yourself and improving your fitness to help cope with those situations.

Talking about fitness, I haven't mentioned that too much.

Rarely does a boxer go into a boxing match unfit...why? Because he has to last, he has to be able to carry on, and make decisions as to what he is going to do next... he doesn't want to give up....

It is very much the same for self defence situations you need to increase your fitness, to be able to carry on protecting yourself or your loved ones. You need be fit enough to be able to clearly decide what to do next and not so tired that you choose to give up.

The only difference is that if the boxer gives up, it's just his pride that is lost and maybe a little hurt. If it's becoming too much for him, and he's about to get hurt, his coach can 'throw in the towel' or the referee will decide when he has had in enough.

In conflict situations, we don't have these luxuries... we have to be strong and able enough, to do what is necessary!

Fitness is very subjective, for an example, if

you want to be fit enough to swim 40 lengths, research suggests you should go and swim regularly and work up to 40 lengths.

If you want to run the marathon, start running long distances. It's not rocket science is it? This is called the SAID principle, which stands for, Specific Adaptation to Imposed Demands, simply your body adapts to what you ask of it.

**The website Athlepedia says:**

“SAID is a training principle that explains that a certain exercise or type of training produces adaptations specific to the activity performed and only in the muscles (and energy systems) that are stressed by the activity. It stands for Specific Adaptation to Imposed Demands.

To go one step further, according to the SAID Principle, the body adapts in a specific fashion to the specific demands that are placed on it.”

For example, if one does figure skating a lot, one will adapt to the specific skill and strength demands of figure skating (he or she will develop lower body hypertrophy, strength, explosiveness, agility, etc.). In short, to develop a better golf swing, one should train the golf swing; to develop endurance for a marathon, one must train by running long distances.

By studying Krav Maga you will develop the fitness specific to surviving conflict situations. Krav Maga will make you fitter, you will lose weight (of course your diet has to play a large part in this too) and you will get fit enough to survive conflict. Fit enough to make good decisions, fit enough to carry on if you need to, fit enough to be able to pick up your child, your bag or help your friend to safety.

**Self Defence, the Law and You – often a mis-understood subject!**

During your Krav Maga training you will build the confidence to make good decisions. You will learn self defence skills to keep you or your loved ones safe and you will become fit for that very purpose. Your instructors are dedicated to helping you achieve these goals.

I am sure the question about what you can do to protect yourself has come to mind. Am I actually allowed to defend myself? What does that law say about learning these fighting skills and can I hurt someone to protect my family and myself.

The scary thing is that most people don't know that answer to these questions. In fact, prior to Krav Maga I spent some time in other martial arts and NOT ONE of the instructors I learnt with could tell me what the law says about defending yourself.

I'll make it simple, remember, if it's not simple you are unlikely to remember it when you need it!

### **I want you to remember these three words:**

√ **Reasonable**

√ **Necessary**

√ **Proportionate**

Whatever you do must be Reasonable meaning, if any normal human being without any agenda, were to be told how you had defended yourself and they were given an explanation as to what happened... would they respond with something like "Seems reasonable".

If you had to defend yourself, it must be Necessary. You must have no other choice, no option to avoid the situation, no option to move away or take some other action except physical self defence.

What you do must be Proportionate, if the best choice is to simply raise your hands and move away do that, don't do anything more. If you have to make physical contact with someone, whatever you do must be proportionate in the circumstance meaning "don't use a sledgehammer to crack open a walnut" it is not necessary, you could be effective with a whole lot less!

In conflict situations action beats reaction take the initiative, you are allowed to!

In Law, one of the most mis-understood concepts is the belief that you have to wait for physical contact to be made before you can respond, the 'been hit first' myth. It's wrong and you should ignore those that say otherwise.

You are able to take action first, if you have a genuine, honestly held belief of imminent danger, and that the danger is happening

right there, right now, if you have no other choice, you can take the first action.

So, what action can you take? You guessed it! An action which is reasonable, necessary and proportionate for the given situation.

I'm sure that an example would help here, right? and let's not play the 'What if' games, the basics are...

If you are a 5ft tall female with no Krav Maga experience and you have the need to protect yourself against a 6ft strong male, what you may need to do in that situation is very different to what a 5'8 male with several years of Krav Maga experience may need to do. If you are a 55 year old male with a knee injury with restricted movement, what you may need to do to protect yourself is very different to that of a 23 year old University boxing champion may need to do.

Based on your abilities, your limitations, your disadvantages you must take the appropriate action to keep yourself safe and when the danger is no longer imminent, when you have time to run, the time to do something else, the time to move away that is when you must cease using physical force.

## **So how does Krav Maga fit within the law?**

Krav Maga gives you more options, choices and the ability to make the Right decision, giving you the best possible chance of protecting yourself.

Krav Maga gives you the knowledge to decide if the danger is imminent and the confidence to make the right decision appropriate to your skills helping to ensure you remain safe. The Law is always there to help you and if you understand the difference between protecting yourself and just simply hurting someone, then the Law is quite simply, on your side!





Let's now deal with the Million Dollar Question. What do you think is the Million Dollar question that everyone who asks about Krav Maga, who has not read this guide asks? You guessed it...

**'How long does it take me to get good at Krav Maga?'**

Let me change the question slightly, if someone were to ask you how long it took you to get good at your job? Could you give them a simple number in years, months or days it would take them?

Probably not... as Everyone is different...

To get good at anything you need to invest time, you need to be focused, you need to want to learn and above all have the attitude to succeed. Krav Maga is heavily promoted by some on the Internet as easy to learn, let me just explain what is actually meant by this.

As you read earlier, Krav Maga builds on your instinctual reactions. It takes the reactions that are already natural to you and improves them. It makes them sharp, it makes them quicker and it adapts them to ensure they help you as best possible.

So yes, in some respects Krav Maga is easy to learn, you can pick up the concepts and the principles quickly as they are useful right away yet we cannot escape the fact that to get good at something you need to practice, you need to train, you need to attend class and listen to the instructor and constantly work on improving what you know. Much like the gym, if you just join, don't go and don't learn... you won't get good! There are no short cuts to anything in life.

Throughout this guide I've given you the chance to scroll to the end and apply to be a member of Krav Maga Global (UK) and join in what is undoubtedly the most popular and effective self defence and fitness training system to

date.

We would love to have you join us, to introduce you to our members who are just like you and help you progress and reach the goals the same as they have. Remember at the start I guaranteed you that we understand sometimes it's hard, you start off with the best of intentions and things just don't work out. We can provide you with all the opportunity there is to progress but if you don't turn up to train, then there isn't much you can learn and you won't improve. However, if you attend two classes every week for at least 16 weeks we'll guarantee that you will increase your fitness, increase your confidence, improve your knowledge of self-defence and your ability to defend yourself and your loved ones. At any point, you can approach the instruction team to discuss your progress. Sometimes the smallest of corrections or instructions

If you take me up on this guarantee then I would like you to reciprocate by agreeing to the following:

- **You are a committed and motivated person who wants to learn a new skills with likeminded people.**
- **You are willing to invest time and some money in your training to able to progress towards your goals.**
- **You must want to learn Krav Maga for the 'right reasons', for essential skills that you hope never to use for the protection of you or your loved one.**

# Training safely gets you the best results, much faster! Krav Maga Self-Defence training is always carried out with safety as the most important aspect.

To gain the necessary skills to cope with a situation of conflict you have to train yourself both physically and mentally. The objective is for you to participate in training without getting hurt.

To maximize your success in learning these skills, you need a suitable training venue, proper equipment, a code of behaviour that is understood by everyone combined with a gradual approach to training to enhance learning and allow you to increase intensity as you progress and gain experience.

Krav Maga training is supervised by qualified instructors who are fully insured and certified through the UK governing body, Krav Maga Global (UK). They are trained first aiders yet rarely need to use these skills because there is nothing to be gained by training in a manner that increasing the risk of injury. We all have to be able to go to work next day.

## **Prevention is better than cure...**

Injuries can occur during physical activity due to lack of a proper warm up. The purpose of a warm up is to prepare your body and mind for Krav Maga training. An effective warm up increases your heart rate and body temperature facilitating blood flow to the muscles. This improves the elasticity of the muscles and joints, promoting a neural reaction within the brain to prepare for physical activity, and provides better lubrication of the joints. The overall effect is to reduce the likelihood of injury.

With the general lifestyle of most people being 'desk bound', the process of warming up and getting the body ready is extremely important. Your instructors and follow a structured warm up process that ensures you are fully prepared.

## **First impressions count...**

Krav Maga is not a traditional martial art, as you read earlier, whilst it doesn't pay homage to ancient feudal codes of etiquette, there still remains an element of respect that should be maintained towards your instructors and your

training colleagues; who will soon become your good friends.

Uniforms in Krav Maga are made up of your club training t-shirt and light weight training trousers that are normally given to you as part of your quick-start package. By ensuring everyone is similarly dressing your instructor can be confident that the risk of injury from zips, pockets, etc. is reduced. Of course, it also looks good!

When did you last walk bare foot down the road?

Krav Maga training should always be carried out in foot wear to simulate reality... I doubt you can remember the last time you walked home from work barefoot! Krav Maga practitioners can often be seen wearing shoe styles that aid in grip and also give enhanced ankle support.

Training barefoot is no longer relevant to our lives. Very few people wander around barefoot, I'll bet that you'll probably wear at least one or two different types of shoes per day and what you're wearing will affect how you can move; a woman in high heels has a limited range of movement compared to the same woman in wearing ballet shoes or trainers.

## **Vary the Environment**

The venue where you will be training Krav Maga must always be appropriate; generally it means a space designed for physical activity. Of course, it is rare that real confrontation will occur in an 'ideal space' yet you have to balance the need for reality with that of the health and safety regulations in regard to regular activity.

*It doesn't hurt to sometimes move away from your comfort zone.*

As well as your regular training, Krav Maga training gives you the opportunity to step outside of your comfort zone and to learn to practice your skills as close to reality as possible.

Quite often, Krav Maga training events are organised in varying environments to help

you further understand how the skills you are learning need to be adapted for your environment or, to whatever limiting factor that may be present.

These events are called MasterClasses and take place in local parks, nightclubs, car parks and other relevant areas where the chance of conflict occurring is increased.

MasterClasses also aim to give you more variety in training by teaching you how to adapt your skills to varying factors such as training in 'normal clothing' or training with a bag on your shoulder... you get the idea... to try and bring your training as close to reality as possible, to help you prepare to be able to react as effectively as possible.

**Would you go rock climbing without a helmet and a rope?**

Protective equipment that you'll wear and use form a fundamental part of safe training.

Equipment such as striking shields, focus pads and rubber training aids to simulate different types of situations involving weapons are provided by your Krav Maga club.

Personal protection equipment that you need to wear will be recommended by your Krav Maga club and will be provided for you within one of the joining packages available online, so you know you have everything you need to begin training.

Most training equipment and clothing can be found on the UK Krav Maga Online store [www.kravmagaukshop.com](http://www.kravmagaukshop.com)



## A MESSAGE FROM THE AUTHOR

Dear Reader, Thank you, for taking the time to read through the guide. I hope that it has been useful and you learnt something. The Sunday Times stated that "Krav Maga was the most effective self-defence and fitness training system in the UK" and I wanted to offer you the opportunity to experience this training. It's a maxim of the Krav Maga world that knowledge is passed on but experience is acquired only through action.

I do understand, starting anything new can be unsettling, especially something so profoundly life-changing as Krav Maga. Perhaps, you're not quite ready to jump straight in and begin immediately. If you are, then great, please contact the approved school that provided you this guide or just follow the link at the bottom of the page to find a club in your area. I look forward to seeing you at training soon.

**Stay Safe**  
**Jon Bullock**



[www.kravmagaglobal-uk.com](http://www.kravmagaglobal-uk.com)