



Krav Maga Combatives



INTENSIVE KRAV MAGA

BOOT £747

CAMP

**Self Defence
Workshop**

This intensive bootcamp will prepare you for any episode of inter-personal violence.

“ If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not your enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle ”

Sun-Tzu

Chinese General (544 BC - 496 BC)

Delivered by experienced self protection specialists who have a wealth of realtime experience dealing with the realities of self defence and personal protection.

Unlike many other schools or organisations, our instruction team members have been in the firing line on a regular basis dealing with aggressive behaviour and episodes of extreme violence while working in various aspects of defence services and frontline security duties.

They are NOT "dojo" or "gym" experts but specialists in delivering security solutions that work in real life situations.

Our Bootcamps are held several times per year in the beautiful location of Spains Costa Brava. The cost of the program is inclusive of:

- Flights from any European airports that service Barcelona Girona or Barcelona El Prat airport, - Transfers in Spain from and to the airport
- Accommodation (2 people per room)
- Three meals per day (self service breakfast)
- Insurance
- Certification by the British Combat association

Who should attend?

This course is targeted towards anyone wishing to develop or enhance their personal protection/self defence gameplan. It doesn't matter if you are a total beginner or a seasoned combatant, this extreme intensive approach to realistic self defence is suitable for all skill and fitness levels.

While our instruction team will endeavour to push you to the limits of your potential, they also understand that some have more experience than others and cater for this reality. At Krav Maga Combatives we help you become the best that you can be - it is not a competition!

Benefits of Attendance

Upon completion of this course, students will be able to:

- Confidently deal with multitude of common street attacks and counter them in an effective manner
- Recognise the warning signs and understand the psychology or mindset of the attacker.
- Effectively control their bodies adrenal response to danger and channel it to their advantage.
- Understand the legal and ethical consequences of their actions and how to deal with them.

Pre-requisites

While the intensive program is open to all skill and fitness levels, we do encourage participants to develop some stamina and fitness prior to attending, this is due to the long days and intensive nature of the program.

A pre-program of some bodyweight exercises and fitness drills along with a mindset programming tool are distributed to each participant on booking a place.

Course Outline

Cardio and conditioning

1. Morning jogs/runs along scenic coastal routes
2. Bodyweight conditioning drills on one of many local beaches.

Releases and Breakaways

1. Escape combatives from a multitude of grabs, holds and chokes that are common during violent attacks (including ground defence)
2. Drilling of effective counter measures to these attacks to turn from a defence to an offence and control the situation.

Combative mindset programming

1. Understanding the mindset of the attacker
2. How to develop a combative mindset for optimal survival.
3. Understanding "the attack cycle"
4. Conflict management and de-escalation

Defensive tactics against hot and cold weapons

1. Defensive tactics against edged weapons (knives)
2. Defensive tactics against blunt weapons (sticks, bats)
3. Defensive tactics against firearms (pistols, carbines)
4. Utilization of improvised weapons (torch, keys, pen)
5. Utilization of captured weapons (knife, stick, gun)
6. Weapon retention tactics (how to keep your weapon)

Stress and trauma drills

1. Stress drills against single attacker
2. Stress drills against multiple attackers
3. Diminished to "no Light" stress drills
4. Confined spaces stress drills

First aid and self triage

1. **CPR, wound dressing, fractures**
2. **Self triage**

Specifications:

Location	Llanca Girona, 17490, Spain
Whats Included?	Flights from/to U.K, Transfers, Accommodation, food
Course Duration	5 Days
Course Progression	<ul style="list-style-type: none">• Advanced Intensive bootcamp• Specialised firearms and weapons courses• Specialised Survival courses• Krav Maga Combatives Instructor Program• Btec Level 3 Close protection Operators course• Level 4 Private Security Detail Program