

8-Week Boot Camp Gleason's Gym / X-Fighting Krav Maga SELF-DEFENSE COURSE

Mission: To develop a heightened stable state of security by instilling courage and confidence to participants through; situational awareness training, risk assessment training, strength and combative technique training.

Instructors: The training will be conducted by the boxing's former World Champion Yuri Forman and Krav Maga instructors who trained in Israel and have been certified by the Chief Instructors for the Israel Defense Forces, Jackie Atkins, Norm Steiner and Dan White.

Program: Participants will attend 8, 60-minute classes. One class per week. The first course will start on Sunday, February 16th at 10am-11am and run for 8 weeks. A second class will start on Sunday, March 1st at 1pm-2pm. The cost for the 8-week course will be \$240.

A special Wednesday Drop-In class will also be offered every Wednesday from 6:30pm-7:30pm. Classes will be taught by Dan White. The cost of each class is \$40.

If you miss a class during your eight week course you may make it up at the Wednesday "Drop in Classes". You can make up a maximum of two classes.

Eager students who want to excel faster can attend the Wednesday Drop in Classes.

Discussion: Each class will begin with a short theory discussion including; situation awareness, risk assessment, types of threats, identification of threats, use of techniques and safe exit strategies. A review and assessment of recent anti-Semitic attacks will occur including an analyses of the reactions and what an appropriate defense would have been.

Warmup: The warmup session will be based around the type of techniques that will be learned that day. Reaction time, working under stress, situational awareness, and aggressive trigger theory, use of technique and safe exit strategy will be incorporated in the warmup.

Techniques: The majority of the class will be devoted to learning combative techniques. The techniques will be movements based on natural instincts that address the immediate danger that work against a variety of attacks, that are accessible to the average person, and that work from a position of disadvantage. The training will include the stress experienced in real attacks. The approach will be using general movements that deal with as many variations of attacks as possible. A demonstration of the combative will be done, a step by step breakdown of the combative will follow, the participants will practice under supervision with corrections. There will be an emphasis on:

- 1) Identifying the immediate danger,
- 2) Operating under stress,
- 3) Defending and counteracting simultaneously.

- 4) Overcoming obstacles.
- 5) Awareness training.
- 6) Transfer of knowledge (the principals build on themselves, so that early lessons you use for one defense will carry over and be built on for later defenses).

The combatives will practiced by the class under stressful circumstances to develop the reaction time, aggression trigger and reliance on muscle memory.

Brief Description of some of the curriculum:

Defenses from a neutral stance,

Fighting stance, movement in fighting stance, strikes from fighting stance.

Punch mechanics, palm heel strikes, punches with advance, punches with retreat, various hammer fists, various elbow strikes, head butts.

Front kick, push kick, round kick, knee strike,

360 degrees defenses (blocks), inside defenses.

Punch defenses.

Choke from the front defense (two-hand pluck), choke from the front defense (one-hand pluck).

Headlock defense.

Bearhug defense (arms free and arms caught).

Ground fighting.

Weapon defenses (stick, knife, and gun).

Drills: The combative will then be further drilled with participants playing the role of aggressor and defender. Emphasis will be placed on all aspects of risk assessment, reaction, neutralization and safe exit.

WEEKLY SYLLABUS:

Basic class structure:

1. 10-minute warm up designed to incorporate krav techniques in preparation for the day's lesson plan,

2. 20-30 minute instruction including demonstration, breakdown, practice and correction of the techniques on the day's lesson plan,

3. 15-20 minute drill of techniques.

Equipment we will use: Tombstone Pads and Body Shield Pads Provided, Participants are encouraged to wear groin protection and mouthguard for the drills.

WEEK 1: Basic Strikes: Punches, Palm Heel Strikes, Elbows 1-3, Groin Kicks, Knees.
Defense for the day: Choke from the front.

WEEK 2: Basic Strikes: Punches, Palm Heel Strikes, Elbows 1-3, Groin Kicks, Knees.
Defense for the day: Headlock From The Side (& review of defenses previously learned).

WEEK 3: Basic Strikes: Punches, Palm Heel Strikes, Elbows 1-3 , 360 Defenses, elbows, Groin Kicks, Knees.
Defense for the day: Bear hug from front arms free (& review of defenses previously learned).

WEEK 4: Mid-Course Review and Analysis of participants achievements to enable better progress in remaining Lessons. All Combatives and Defenses learned to date will be reviewed.

WEEK 5: Back Fall Break, Basic Strikes and Movement from the Ground, Front Kick From the Ground.
Defense for the day: Trap and Roll Defense from Full Ground Mount.

WEEK 6: 360 Defenses, Groin Kick.
Defense for the Day: Overhand Knife attack.

WEEK 7: Elbows, Groin Kick.
Defense for the Day: Bear hug from behind (& review of defenses previously learned).

WEEK 8: All Strikes.
Defense for the Day: Bear Hug from the Front, Arms Trapped, (& review of defenses previously learned).

Test.

This Boot Camp is designed to give a basic understanding and practical use of the incorporated materials. Ideally, a student needs to train for a longer amount of time to fully understand and master the defenses in this syllabus.