

KRAV MAGA FINLAND BELT TECHNIQUE SEMINAR MAY 5TH 2024, FROM 13.30-19.00 @PRIME FIGHTERS, HELSINKI, FINLAND



GRADUAL AND SYSTEMATIC APPROACH TO SKILL ACCELERATION IS BUILT ON REALISTIC AND CHALLENGING EXERCISES, TRIAL AND TESTING.

The Finnish Krav Maga Federation syllabus is built on tradition of krav maga with the Scandinavian and Baltic twist of realism. By nature we are all about the result, less about the form.

The Belt Technique seminar holds all elements of self-defense from perception to action and one's ability to solve the problems given while understanding what needs get done in order to survive.

Understanding how to apply the principles of krav maga and take them to action, gives a wholesome measurement of individual's skill level in self-defense.

Details

- Training groups set by the current level of expertise and knowledge
- Each group will focus on the key perception and movement requirements at the designated level and move forward to more challenging problems
- Training the solutions to given problems and testing the level of expertise
- Everyone will be given individual feedback on the key development areas for the next training season and the current status regarding the belt-level.

IF You want to take advantage of our top of the art, "high techie-techie", SELF-TRAINING TOOL, Kravmagacoach.com do check it out! All the movement drills and training philosophy is found there!

Price 70 € !
Registration: team@kravmagacoach.com

The FINNISH Syllabus can be found at
<https://kravmagafinland.com/en/belt-system/>