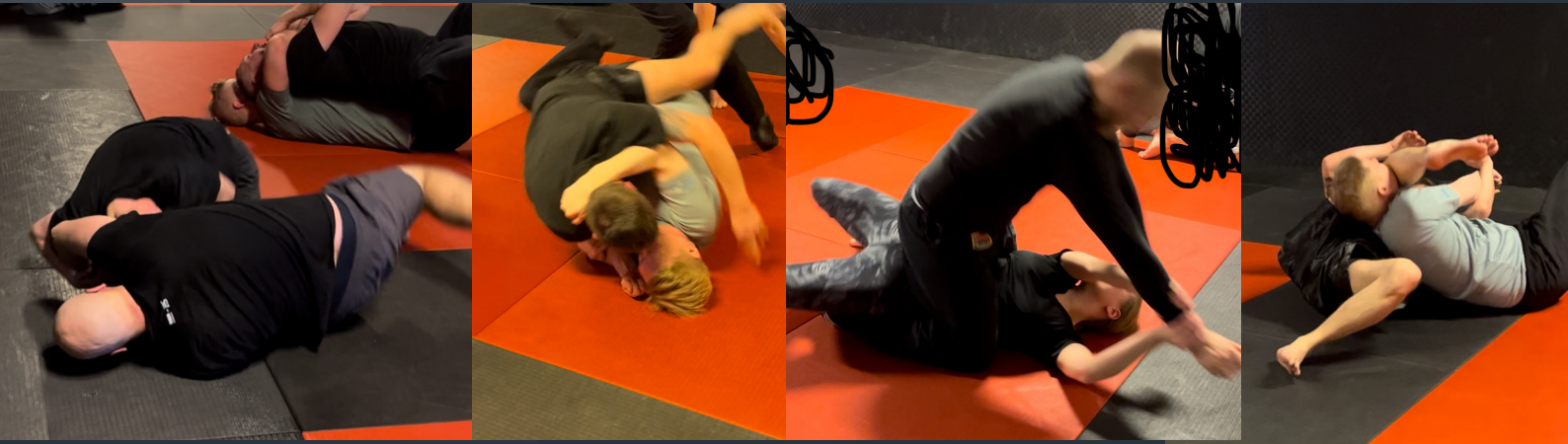


GROUND FIGHTING SEMINAR

SUNDAY APRIL 21., FROM 14.30-18.00@PRIMEFIGHTERS, HELSINKI, FINLAND



WHILE MECHANICS MAY FAIL, THE PRINCIPLE WILL PREVAIL...

Krav Maga is a principle-based self-defense system that relies on human natural responses.

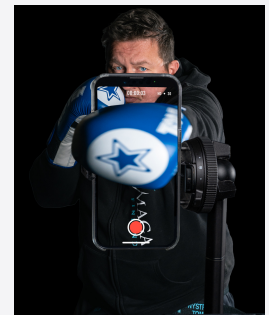
The principle of “similar type of problem, similar type of solution” is a tool that is easily applied once trained smartly.

Taking into account EVERY aspect of physiological and psychological elements of the attack/defense added with the skill accelerator -training method provides fast-track learning and excellent skill-level in a very short time period.

Details

- *Attacking when on the ground*
- *Attacking while getting up*
- *Understanding the environmental constraints*
- *Effective movement and the use of principles while pinned to the ground*
- *Responding to the fast-changing positions and attacker's actions on and from the ground*
- *Contact drills: “wrestling with a twist”*

Seminar Head
Instructor Tommi
Nystrom, 5th Dan Krav
Maga, FIMA
Representative for
Finland



Price 65 € (norm 90€)!

Registration: team@kravmagacoach.com