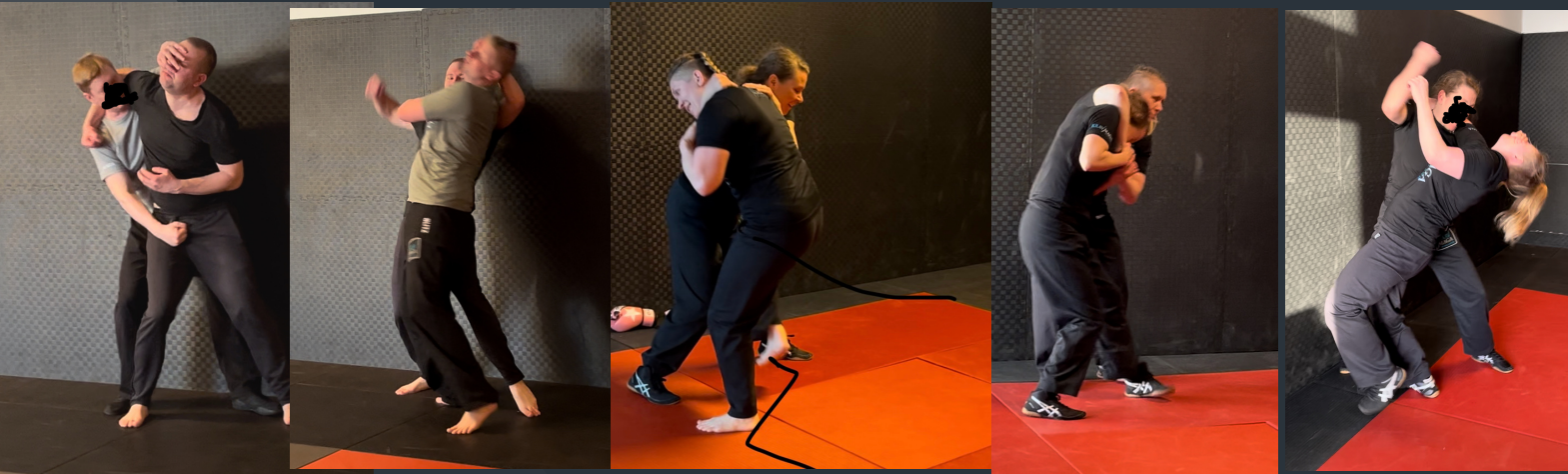


DEFENDING AND USING HEAD-LOCKS AND TAKEDOWNS IN SELF-DEFENSE SUNDAY MARCH 24., FROM 14.30- 18.00@PRIMEFIGHTERS, HELSINKI, FINLAND



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

- Defending and using headlocks and takedowns by using the **similar type of solutions - principle**
- **Simplifying the complex** by building the whole image of the attacker’s motivation and movement
- Taking advantage of **one’s natural responses** to an ambush
- Using distraction, deflection, disabling and disengaging tool
- Contact drills

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



Price 65 € (norm 90€)!

Registration: team@kravmagacoach.com