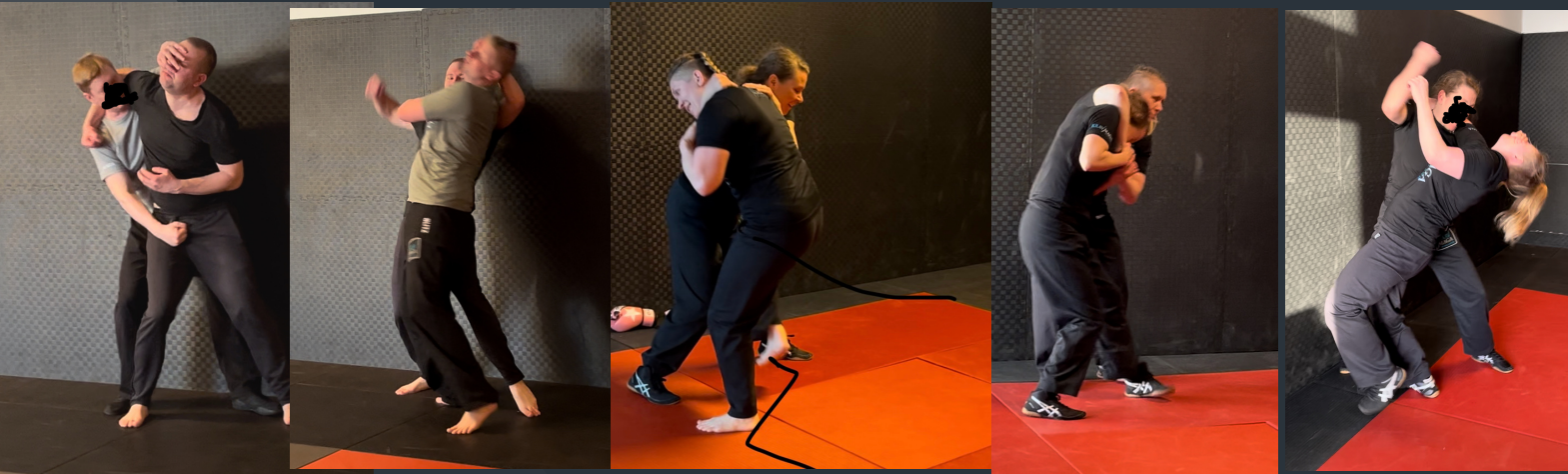


DEFENDING AGAINST HOLDS, GRABS AND EDGED WEAPONS THREATS

SUNDAY MARCH 3, 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

- Chokes, holds, cloth-grab- defenses using the similar type of solutions
- **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