

KRAV MAGA 101

Krav Maga is a self-defense system developed by the Israeli army. In Hebrew, Krav Maga literally means "contact combat." Developed by Hungarian boxer and wrestler Imi Lichtenfeld in the 1930s, the system was first used by Israeli underground paramilitary organizations such as Haganah. When Israel became an official country in 1948, Lichtenfeld was appointed Chief Instructor and Combat Trainer for the Israel Defense Forces (IDF). Since then, Krav Maga has spread, and it's now practiced in over 30 countries around the world. At first view, Krav Maga may look like a martial art, but it's actually a form of combat with no rules and no limitations. Martial arts such as Judo, Karate, and even wrestling are considered sports; Krav Maga, on the other hand, is a regulated form of combat. In fact, the point of Krav Maga is to take the enemy down as quickly as possible. Some instructors of Krav Maga explain it as "**the art of going home alive**," which means doing *what ever* it takes to go home.

Principles of Krav Maga:

***Neutralize the threat -Avoid injury- Defend and Counter attack simultaneously-
Use the body's natural reflexes-Strike any vulnerable area-Use any tool or object nearby
Do what ever it takes to go HOME!***

Krav Maga, Fight Class & Grappling Rules & Etiquette

- **Always show respect to your instructor, training partners, and fellow human beings. Respect in training means: do not seek to harm fellow students physically or emotionally. Respect also means that you must train seriously and hard enough for you and your partner to improve his or her skill, conditioning and fighting spirit. Not giving your best during training detracts from both you and your partner's experience.**
 - **What happens on the mat stays on the mat**
 - **Tap before it hurts**
 - **Do not strike joints, we kick low but nobody needs a blown out knee**
 - **Use control & technique before muscle**
 - **Fingernails and toenails must be clipped to avoid scratches**
 - **No food is permitted on the mats, drinks are allowed**
 - **Absolutely no street shoes on the Krav Maga mats.**
 - **All students must wear fight gear approved by RMSDF**
 - **Wear a clean uniform and bathe, nobody wants to partner with a smelly person**
 - **Show respect to each other. For example, before you spar you should touch gloves, bow or give each other a nod of respect. Similarly before you roll/grapple shake hands or "knuckle touch".**
 - **Accidents and injuries happen and usually come as a result of impatience. Don't be greedy. Slow down. Ask questions. Ask for help. Upward progression in technique, strength, speed and ability WILL COME.**
 - ***Listen to your Coach.***
 - **Do not talk while the instructor is talking.**
- It is disrespectful to those who are trying to learn and to the instructor.**
- **If your partner is being overly enthusiastic or acting in a manner that makes you uncomfortable ask them to stop/slow down. If they don't notify your instructor. Please remember not everyone wants to train at a million miles an hour**
 - **Remember if you look after your partner they will look after you.**