

Flower Mound Krav Maga
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7 AMAZING SECRETS OF KRAV MAGA

A SIMPLE SELF-DEFENSE SYSTEM FOR THE REAL WORLD



It's a sad fact that crime can happen to anyone, anywhere, at any time. No one is 100% immune to crime not even U.S. Presidents, movie stars and musicians.

And violent crime is on the rise.

The facts speak for themselves and come from the FBI's Uniform Crime Reporting Program:

- *In 2016, an estimated 1,248,185 violent crimes occurred nationwide, an increase of 4.1 percent from the 2015 estimate.*
- *When considering 5- and 10-year trends, the 2016 estimated violent crime total was 2.6 percent above the 2012 level and 12.3 percent below the 2007 level.*
- *There were an estimated 386.3 violent crimes per 100,000 inhabitants in 2016, a rate that rose 3.4 percent when compared with the 2015 estimated violent crime rate.*
- *Aggravated assaults accounted for 64.3 percent of violent crimes reported to law enforcement in 2016. Robbery offenses accounted for 26.6 percent of violent crime offenses; rape (legacy definition) accounted for 7.7 percent; and murder accounted for 1.4 percent.*

Perhaps you've been a victim of an attack or know someone who has.

While these facts may look discouraging, there are some encouraging things you can do to protect yourself and your loved ones.

One such thing is Krav Maga training.

Krav Maga has been considered as one of the most effective mixed-martial arts in self-defense because it is specifically designed to prepare people for defending themselves in real world situations.

Here, I've highlighted 7 Stunning Secrets of Krav Maga that can maximize your chances of surviving an attack of any kind.

SECRET #1: YOU'LL KNOW HOW TO PROTECT YOURSELF

Ask yourself this: Do I feel safe? Safe on the streets? Safe from people at work?
Safe when I'm at home?

If you've ever been the victim of an assault or a home invasion, you'll most likely be more aware of other people and your surroundings in the future. Even when you're at home, it's good to be acutely aware of household objects you can use as potential weapons against an intruder(s) in case of a break in.

Things like keys... as you can wedge the teeth between your fingers and attack the intruder's face. You can use a vase to break it on the intruder's head and use the shards to stab him. Even a glass of water can distract an attacker when you throw water in his face, then break the glass on his head. There are several easy to learn Krav Maga moves that are meant to weaken the assailant and give you enough time to get away including:

- Bear Hug
- Hair Pull
- One Arm Choke
- Rape
- Arm Pull
- Wall Choke
- Ground Choke

When it comes down to it, keeping yourself and your family safe trumps most of the other things in life we put priority in. Krav Maga offers a disciplined approach that trains you to notice your surroundings, fight back when necessary and keep calm when you do so.

That peace of mind alone is priceless.



SECRET #2: YOU'LL BECOME CONFIDENT, BOLD & TOUGH

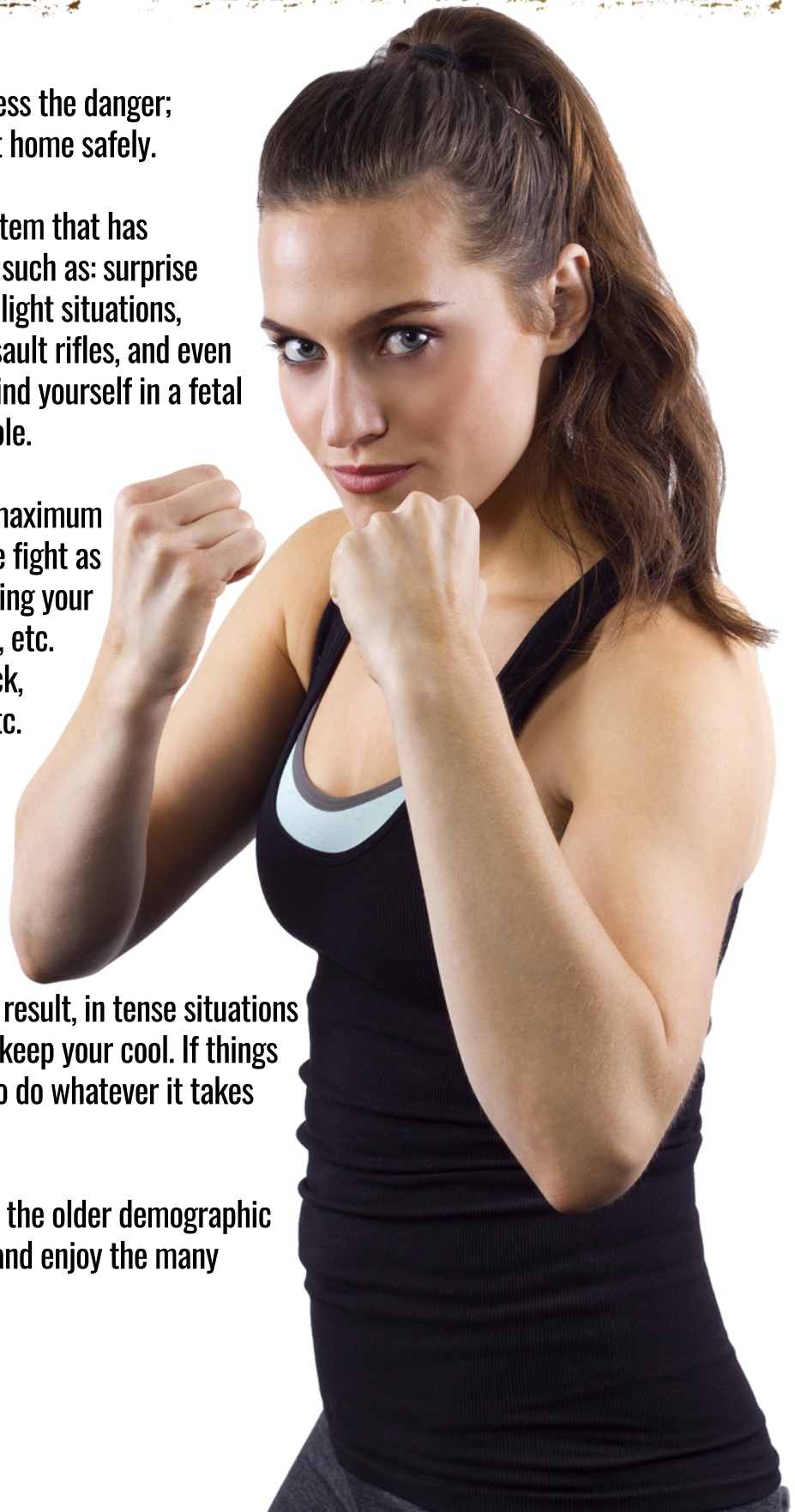
The core principles of Krav Maga are: 1) Address the danger; 2) Immediately counter the attack; and 3) Get home safely.

There is no other well-known self-defense system that has effective strategies against special situations such as: surprise attacks, multiple attackers, car-jackings, low-light situations, enclosed spaces, knives, tire irons, pistols, assault rifles, and even unthinkable things like how to escape if you find yourself in a fetal position while being kicked by numerous people.

The basic principle of Krav Maga is to inflict maximum damage to the opponent(s) in order to end the fight as quickly as possible. Brutal counter-attacks using your most effective tools - knees, elbows, weapons, etc. to target your opponent's weakest areas - neck, throat, eyes, knees, ribs, solar plexus, groin, etc. are the focus.

Nothing boosts courage, confidence and testosterone levels like knowing you are physically and mentally prepared for whatever may arise. Very few people have any formal self-defense or fight training. As a result, in tense situations where most people lose it, you will be able to keep your cool. If things do escalate, you'll be ready, willing and able to do whatever it takes to protect yourself.

Krav Maga's practical techniques enable both the older demographic of the population and children to participate and enjoy the many benefits, including more physical agility.



SECRET #3: YOU'LL LOSE WEIGHT & GET FIT

Krav Maga has become an increasingly popular form of fitness and self-defense across the world, including the United States, where it is a trendy and challenging way to get in shape.

It's a high-intensity form of martial arts that burns calories and builds muscle tone. Like most exercise classes, Krav Maga sessions begin with a warm-up and end with a cool-down period, with plenty of training and aerobic exercise in between.

A training session includes kicks, punches, and other vigorous aerobic moves that tone muscle. It's a good way to boost strength and stamina, and lose weight. Physical fitness is incorporated into every training session and includes cardiovascular and strength building exercises. Stretching is also part of a training session to increase flexibility, with emphasis put on speed, agility, endurance, strength, accuracy and coordination.

Between the drills and the conditioning, you're guaranteed to get one heck of a workout. You wouldn't think that three minutes of throwing punches or knee strikes, or three minutes of burpees is exhausting, but believe me, it is.



SECRET #4: YOU'LL SHARPEN YOUR MIND & REDUCE STRESS

Specific mental training is taught in Krav Maga drills and techniques that help you to:

- Improve your determination, controlled aggression, perseverance and courage.
- Increase awareness of your surroundings, widen your attention span and your ability to sense and identify the intention of your opponent.
- Practice being calm and controlled, manage your stress level and focus your mind, body and internal dialogue.
- Find balance between arousal and calmness, relaxation and positive tension.

No doubt, Krav Maga is an excellent way to become more aware of and connect with your body, mind and spirit.

In today's fast-paced world, stress has become ingrained into our lifestyles. Krav Maga training is a great way to release stress and enjoy life in a more relaxed way.

Aside from the peace of mind you develop by being prepared for trouble, the workouts are phenomenal. Most physical workouts reduce stress from everyday life, but Krav Maga workouts go a step farther. In addition to the "rush" you get from hitting, kicking, and throwing your partner to the ground, you'll know every move you make is making you better, stronger, more relaxed and safer.

Being prepared is empowering and with every workout, you'll be adding another layer of calm and safety to your day-to-day life because you'll be better with each lesson.

With Krav training, you'll learn to function under stressful conditions and practice stress management. Krav will improve your decision-making skills when under stress, by making it more accurate, more efficient and faster.



SECRET #5: YOU'LL GET PRACTICAL & INTUITIVE TRAINING

Most martial arts are strongly based in ritual and, as a result, often incorporate different forms or strange techniques or require a special uniform to participate.

Krav is different. You can wear your usual comfortable workout clothes

Brutal efficiency is the one and only concern in Krav. For this reason, Krav Maga techniques are designed to be as simple to learn and execute as possible and are generally based on instinctual reactions that are made more effective through training (e.g. plucking a choke, a more effective version of the instinctive grabbing and pulling).

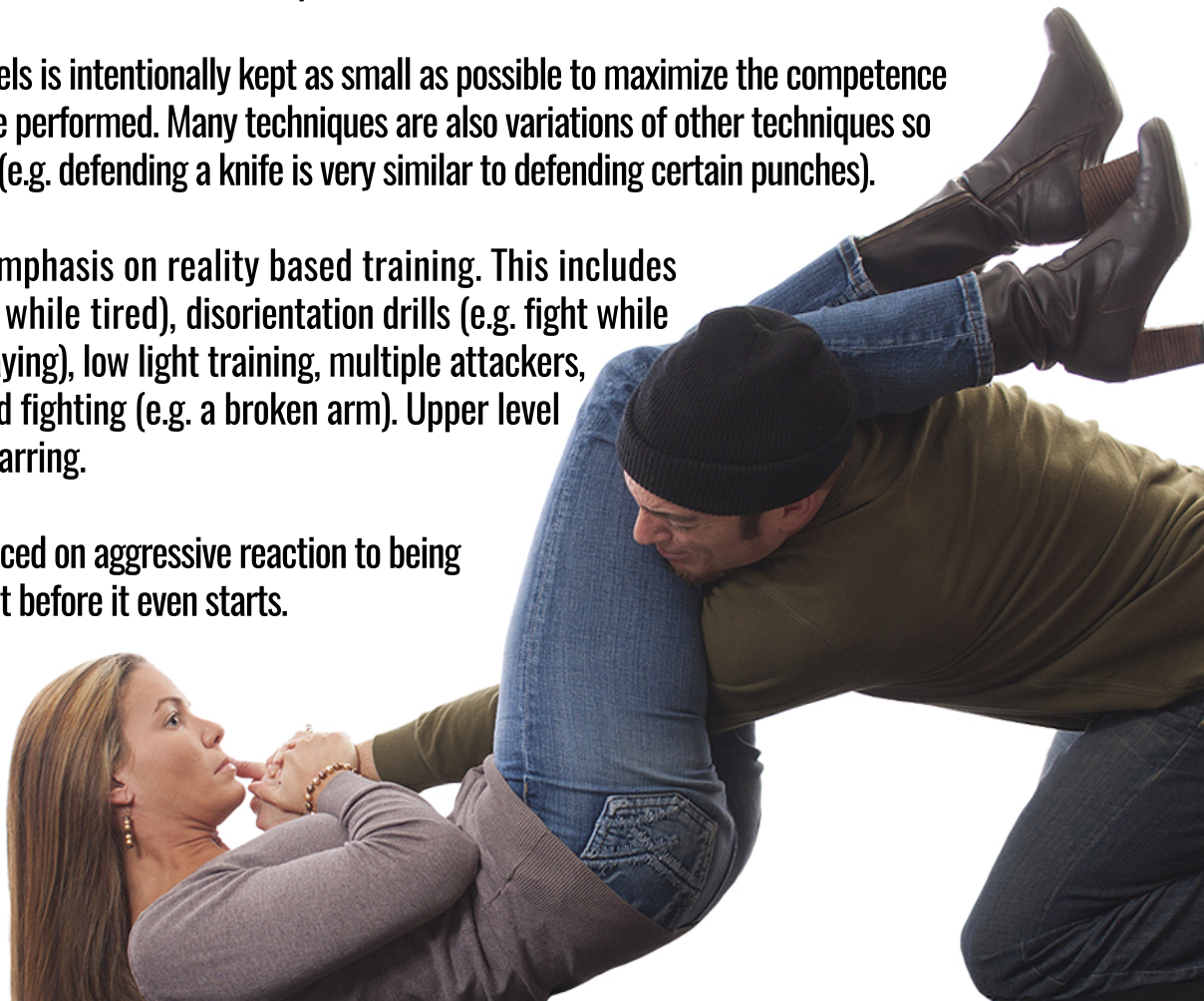
Because of this, it is much easier to learn quickly and effectively than more complex techniques.

A lot of emphasis is placed on repetition and most of the basic components (punches, kicks, punch and kick defenses) will be drilled over and over to ensure that they are performed automatically.

The curriculum for upper levels is intentionally kept as small as possible to maximize the competence with which everything can be performed. Many techniques are also variations of other techniques so that they are easier to learn (e.g. defending a knife is very similar to defending certain punches).

Krav Maga places heavy emphasis on reality based training. This includes exhaustion drills (fighting while tired), disorientation drills (e.g. fight while dizzy or with loud music playing), low light training, multiple attackers, and even training for injured fighting (e.g. a broken arm). Upper level training will also include sparring.

Lastly, heavy emphasis is placed on aggressive reaction to being attacked and ending the fight before it even starts.



SECRET #6: YOU'LL MEET LIKE-MINDED PEOPLE & HAVE A FUN HOBBY

Krav Maga can be easily learned and implemented quickly. This system is accessible to anyone interested in learning self-defense techniques with the objective of protecting themselves.

Krav Maga can be learned as a hobby once or twice a week and the outcome will still be extremely effective. That's because the most evident advantage Krav Maga training is how quickly and easily one acquires self-defense know how.

Krav training was built and based upon natural responses and reflexes that most anyone can do. With a willingness to learn and consistent practice, you'll quickly experience progress, which is extremely satisfying.

You'll be surrounded by people like yourself - of all ages, shapes and sizes - who are there to learn the most effective self-defense system offered today. The Krav Maga community has spread far and wide. Training with like-minded individuals provides the foundation for lifelong friendships.



SECRET #7: YOUR WHOLE LIFE WILL BE TRANSFORMED

With regular practice, you'll hone your skills, increase your confidence and boost your capabilities. That sense of accomplishment is empowering and will spill over into other parts of your life, too.

You'll find yourself being less afraid to step out of your comfort zone and try new things, meet new people and take more risks.

In addition to having the courage and confidence to know what to do in a real-life situation, the strength conditioning and drills will sculpt your body, strengthen your mind and rev up your spirit so that you'll be able to accomplish great things in life with effortless ease.





As you can see, Krav Maga offers many benefits and it's not hard to find a training center anywhere in the world. In fact, one Google map indicated that there are over 140 training centers worldwide.

One word of caution though. Make sure you train somewhere with certified, experienced instructors. Some locations have turned Krav Maga into nothing more than a cardio exercise experience, with little focus on technique.

That's why I'd like to invite you to come try out our classes.

We're more than happy to answer any questions you may have or schedule a time for you to stop by and see how we train our students.

Hope to see you soon, and help empower you to profound protection and a healthy, happy life!



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