



CKM INSTRUCTORS COURSE -2012

FROM JANUARY 8 / 2012 ON SUNDAYS STARTS INSTRUCTORS COURSE OF COMBAT KRAV MAGA IN COMBAT SPORTS CENTER. THE COURSE WILL TAKE 6 WEEKS. FOR MAKING LEVEL 1 INSTRUCTOR YOU MUST HAVE PREVIOUS EXPERIENCE WITH OTHER MARTIAL ARTS AT LEAST 3 YEARS OR 1 YEAR PREVIOUS TRAINING IN KRAV MAGA. THE COURSE INCLUDES ALL THE TEACHING MATERIALS + LICENCE (DIPLOMA) OF LEVEL 1 INSTRUCTOR.

IMPORTANT: THERE WILL BE EXAM FOR ENTERANCE TO INSTRUCTORS COURSE EXAM WILL BE FOR FREE. FOR THOSE WHO FAIL IN THIS ENTRANCE EXAM THEY WILL NEED TO PARTICIPATE IN AT LEAST 10 LESSONS FOR PREPARATION TO COURSE. EXAM IS INCLUDING 3 PARTS:

- 1- PHYSICAL TEST
- 2- MENTAL TEST
- 3-TECHNIQUE TESTS

BENEFITS OF THE COURSE:

AFTER FINISHING THIS INSTRUCTORS COURSE WITH SUCCESS YOU WILL GET DIPLOMA OF LEVEL 1 INSTRUCTOR IN COMBAT KRAV MAGA MEANS YOU WILL BE ALLOW TEACHING FOLLOWING SUBJECTS: BASIC SELF DEFENSE AGAINST CHOKES, BEAR HUGS, GRABINGS, AND BASIC ATTACKS, BASIC SPARRING TO BEGINNERS ONLY.

INFO

PLACE: CSC

START DATE: 8 JANUARY-2012 SUNDAY.

HOURS: 13:00 - 19:00

FINISH DATE: 12-FEBRUARY-2012 SUNDAY.

COAST: 108.000 YEN

TOTAL HOURS TRAINING: 36

REGISTRATION DEAD LINE: 6 JANUARY 2012

PS: FOR MORE INFORMATION PLEASE CONTACT MR. AVI MAZALTO.

PHONE: 090-7194-1718

E-MAIL: avi_mazalto@yahoo.com or cotact@combat-sports-center.com

WEB: www.combat-sports-center.com

(SEE FOLLOWING FOR MORE INFO ABOUT COURSE INGREDIENTS.)



CKM INSTRUCTORS COURSE

INSTRUCTORS COURSE SUBJECTS

A- STUDY SUBJECTS:

LEVEL 1 INSTRUCTOR YOU MUST KNOW THE SUBJECTS 1 TO 8 PERFECTLY.

(BL) **BEGINNERS LEVEL**

- 1- LESSON MANUAL LESSONS 1~5 (SIMPLE SELF DEFENSE)
- 2- BLOCKING TECHNIQUES (360 DEGREE BLOCKS)
- 3- BASIC ATTACKS:
 - a) PUNCH
 - b) KICK
 - c) KNEE
 - d) ELBOW
- 4- DEFENSE AGAINST GRABBING TECHNIQUES
- 5- DEFENSE AGAINST BEAR HUGS
- 6- DEFENSE AGAINST CHOKES
- 7- DEFENSE AGAINST HEAD LOCKS
- 8- BASIC SPARRING

LEVEL 2 INSTRUCTORS FROM 9 TO 15

(IL) **INTERMEDIATE LEVEL**

- 9- KICK DEFENSES
- 10- ATTACK TECHNIQUES + COMBINATIONS.
 - a) PUNCH
 - b) KICK
 - c) ELBOW
 - d) KNEE
 - e) HEAD
- 11- DEFENSE AGAINST MULTIPLE ATTACKERS
- 12- GROUND TECHNIQUES
- 13- INTERMEDIATE SPARRING
- 14- DEFENSE TECHNIQUES AGAINST STICKS BASEBALL BAT ATTACKS
- 15- DEFENSE AGAINST KNIFE THREATS

LEVEL 3 INSTRUCTORS FROM 16 TO 22

(AL) **ADVANCED LEVEL**

- 16- DEFENSE TECHNIQUES AGAINST KNIFE ATTACKS
- 17- DEFENSE AGAINST GUN THREATS
- 18- HOSTAGE SITUATIONS
- 19- NEUTRALIZING AND DISARMING TECHNIQUES
- 20- MENTAL TRAINING (SITUATION CONSIDERATION)
- 21- ATTACK COMBINATIONS AND FINDING THE WEAK POINTS OF BODY
- 22- ADVANCED SPARRING



B-COURSES INGREDIENTS:

(FIRST WEEK)

- 1- INSTRUCTORS STATUS
- 2- GENERAL ISSUES OF BEING INSTRUCTOR
 - a- USE OF VOICE TONATION
 - b- USE OF EQUIPMENT
 - c- SAFETY INSTRUCTIONS
 - d- EYE CONTACT WITH STUDENTS
 - e- MAKING DEMONSTRATIONS

(SECOND WEEK)

- 3- SYSTEMATIC TEACHING
- 4- HOW TO MAKE WARM UP

(THIRD WEEK)

- 5- HOW TO MAKE STRETCHING
- 6- HOW TO MAKE SPEED EXERCISES

(FOURTH WEEK)

- 7- HOW TO MAKE POWER EXERCISES
- 8- HOW TO MAKE CARDIOBASCULAR WORKOUT

(FIFTH WEEK)

- 9- HOW TO PLAY GAMES TO BUILD DIFFERENT ABILITYS
- 10- HOW TO SOLVE PROBLEMS DURING AND AFTER THE TRAINING
 - a- SINGLE NUMBERS OF STUDENTS
 - b- PROBLEMATIC STUDENTS AND DIFFERENT SOLUTIONS
- 11- TEACHING TO KIDS

(SIXTH WEEK)

- 13- FIRST AID APPLICATION IN ACCIDENTS
- 14- HOW TO BUILD LESSON PROGRAM FOR ONE LESSON
- 15- HOW TO BUILD LESSON PROGRAM FOR LONG TERM (MONTH)

PS: AFTER EACH LESSON THERE WILL BE QUIZ. PERSON WHO GETS LESS THEN 75 PRECENT WILL NEED TO REPEAT THAT LESSON AGAIN AN OTHER DAY.