

# SELF DEFENSE AND IKMF KRAV MAGA SEMINAR WITH GABY MICHAELI



**DATE:** 20/November/2010 (Sat)

**TIME:** 19:00 – 22:00

**PLACE:** Ookubo sports plaza (Tokyo-to Shinjuku ku ookubo 3-7-42)

**FEE:** 12.000 円

**INFO:** Avi Mazalto: avi\_mazalto@yahoo.com or 090-7194-1718

**THINGS TO BRING:** some clothes easy to move in, water, towel.

**INSTRUCTOR:** **GABY MICHAELI**

- Shotokan karate 7-Dan international.
- Israel national karate team coach
- Self defense and Hand to hand combat (Krav Maga) senior instructor at the Tel-Aviv University and Academy for combat instructors.
- Real fire arms shooting instructor.
- Ex- Israel military hand to hand combat instructor.
- 9 times Israel karate champion



Mr. Michaeli is a graduate of the physical education program at Wingate Institute. He is an expert in unarmed combat and shooting instruction. Gaby's fields of expertise are instruction, training, establishing civilians as well as security units and consultation pertaining to developing instruction and security systems. Training in self-defense is a defense against a threat involving weapons, release from various situations, seizing of weapons and rescue. The summary part of the course is a summing up exercise which includes elements of pressure, concentration, fitness and aggressiveness.

Mr. Michaeli is highly appreciated in Israel for his long term experience of more than 20 years, both in the army and as a civilian, establishing improved, modern, updated combat methods (both armed and unarmed), which combine hand to hand combat krav maga ' karate, judo, shooting for self defense, procedures and tactical warfare methods.

## SEMINAR PROGRAM:

- 1- Basic defense against punches & kicks
- 2- Basic defense against knives
- 3- Simulations

