

KRAV  PRO
MARTIAL ARTS

**STUDENT
HANDBOOK**



WELCOME TO KRAV PRO TRAINING CENTER!

You are now training in the #1 rated self-defense system in the world. We are excited to provide you with not only top of the line instruction and training but also great customer service.

Krav Pro will supply you professional, courteous, friendly, and highly proficient Krav Maga instructors. We pride ourselves in knowing our students' needs and exceeding them. Over the years we have blended the philosophy of Martial Arts with the physical application of Krav Maga to create a perfect harmony between knowledge in the mind, honesty in the heart, and strength in the body.

Krav Pro's mission is to '**Give More Than We Take**'. Give more to our community, Give more to our students, and to teach people how to 'Give More Than You Take' to anyone who tries to harm you or your family.

Mr. Richard Swords
4th Degree Black Belt Instructor with
Krav Maga Alliance



A BRIEF HISTORY OF KRAV MAGA

Krav Maga (pronounced “*krahv MuhGAH*”, meaning “contact combat” in Hebrew) is the official defensive tactics system of the Israeli Military. The system is simple, practical, aggressive, and based on instinctive movements. Because the techniques are closely aligned with the body’s natural instincts, they are easy to learn and, more importantly, easy to remember under stress. The system was purposely created to be accessible to men and women of all ages and abilities. Krav Maga is designed to bring each student to a high level of proficiency as quickly as possible.

Krav Maga was first developed in the late 1940’s by Imi Lichtenfeld. Imi developed a hand-to-hand combat system that would be taught quickly to new soldiers of all ages and abilities and easily remembered by battle weary troops with no time for refresher training. To answer the needs of the hard-pressed Israeli military, Imi developed an instinct-based, integrated system that focused on fewer techniques that applied to more variations. The fewer the techniques, the less likely you are to be confused and hesitate, and the more likely you are to act decisively and aggressively to protect yourself and your loved ones.



KRAV PRO MARTIAL ARTS

Established 2009

KRAV MAGA ALLIANCE

John Whitman co-wrote the Krav Maga books with Darren Levine and helped create Krav Maga Worldwide. John served as the president of that company for eight years and helped make it a global leader in Krav Maga Training. In 2009, he formed Krav Maga Alliance, an international network of top Krav Maga schools and instructors dedicated to improving themselves and each other.

The Krav Maga Alliance works to ensure we are providing the highest level of training available. To that end, we maintain official relationships with the Israeli Defense Force counter-terrorist operatives (including a former instructor at the Israeli counter-terrorist school), U.S. military combat veterans, and U.S. law enforcement officers.



KRAV PRO TRAINING CENTER ETIQUETTE

(Please read carefully)

- Students must always show respect to their peers and instructors. Please help us create a respectful atmosphere by treating everyone with courtesy.
- All students share the responsibility of keeping the Training Center safe and clean. Always show respect towards the center and the equipment.
- No obscene language or ill-tempered behavior is allowed inside the Training Center. Anyone acting disrespectfully will be asked to leave.
- Please do not enter the mat area late or leave class early without permission from the instructor.
- Class begins with students lining up with their attendance cards in-hand.
- No talking while the instructor is showing a technique.
- Safety for yourself and your fellow classmates is vital. Never consume drugs or alcohol before training
- Students must wear proper attire in class. This includes a complete, clean Krav Pro shirt and belt. Krav Pro Shirts are to be worn at all times within the Training Center (change in shower rooms/bathrooms). Shirts are not to be cut or modified in any way
- Talking on the mat should be kept to a minimum and relate to the techniques being taught.
- No hats, jewelry or outdoor shoes are allowed on the mat. (The training center is not responsible for lost, broken, or stolen items.)
- All guests must remain in either the lobby or spectator area. Please refrain from loud conversations and silence all cell phones.
- For the safety of everyone, all small children must be under control and supervised by their parent(s). Please, NO running in the Training Center.
- NO food or chewing gum is allowed in the Training Center.
- All students must maintain good personal hygiene - the martial arts we teach are contact activities. Keep your uniform clean and odor free.
- All students must report any injury, health restrictions or contagious skin conditions to their instructor before class. Any potentially contagious skin condition should be immediately brought to the instructor's attention before class begins.
- Keep fingernails and toenails short for everyone's safety.

Krav Pro is here to serve our wonderfully diverse community. Social or racial discrimination will never be tolerated. Any student or guest not willing to follow the rules of the Training Center will be asked to leave. Thank you for helping us make this a place we can all appreciate.

POLICIES AND PROCEDURES

ADVANCEMENT

Students at Krav Pro show their progress in the art by the color of the belt they earn. Each color belt is a step toward the goal of Black Belt. The progression towards Black Belt is as follows:

YOUR JOURNEY OF PROGRESS

White → Yellow → Advanced Yellow
→ Orange → Advanced Orange
→ Green → Advanced Green
→ Blue → Advanced Blue
→ Brown → Red/Black → Black

TESTING PROCEDURES

Foundations Students

At the beginning of your Krav Maga journey, we want to reward you for consistency in training. At 6, 12, and 18 classes, you will receive a stripe on your belt. At 20 classes, you will earn a yellow belt, or an instructor will let you know what you need to work on to get that yellow belt.

Advanced Students

Once you get into the advanced class, you will take a progress check on week 4, 8, and 12 of each training cycle. The purpose of the progress check is to make sure each student is progressing on schedule. During each progress check you will need to earn a stripe on your belt by showing knowledge and skill in defending yourself. After you have earned three stripes, you will go through a special performance review and graduate to your next belt color.



POLICIES AND PROCEDURES

Attendance

Attendance is key to progress. Two classes per week are required to gain the benefits our school offers, and we allow up to three classes each week. Please feel free to communicate any obstacles you may have so we can assist you in overcoming them. Overcoming obstacles and experiencing the exhilaration of victory is one way we teach our students how to build self-discipline, confidence, and perseverance.

TEAMWORK IS ESSENTIAL!

Krav Pro realizes that our students maintain very busy schedules. It's for this reason that our school offers each of our classes at least 5 times per week. To maintain consistent progress, all you must do is pick two classes per week to attend, and they don't have to be the same two classes every week.

Workshops

A great way to get ahead or make up some classes you missed is to attend a workshop. A workshop counts as 4 classes and is designed to go over the techniques we have covered in the last 4-12 weeks. They meet once a month on a Friday evening. Check the schedule for upcoming workshops!

Attendance Procedure

Each student is given an attendance card to track his/her attendance. Please be sure to present your attendance card at the start of each class to obtain credit for your training.

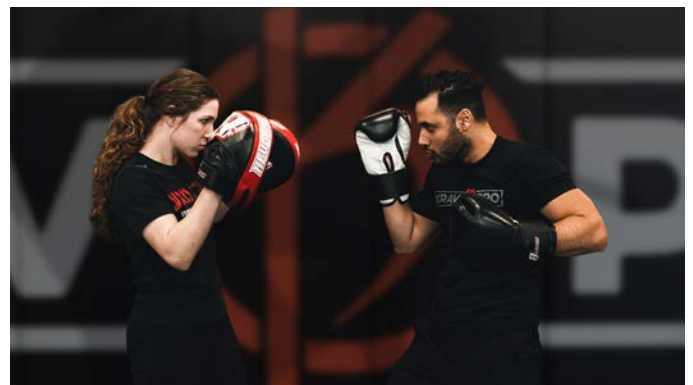
Students need to attend a minimum of 6 classes per month to pass their monthly progress check. A minimum of 18 classes is required per belt rank.

Krav Pro Dress Code

We require that you wear a clean Krav Pro t-shirt, Krav belt, and training pants or shorts. More uniform choices & back-ups may be purchased at our pro-shop.

We leave it up to you whether you want to wear shoes while you train. If you do wear shoes, please dedicate a pair of shoes strictly used for the mats.

Bring a clean workout towel. You will sweat, and we kindly ask you to be as hygienic as possible.



POLICIES AND PROCEDURES

Safety Equipment/Gear

For the safety of yourself and your training partners, we require that you have the following protective equipment for our new member class:

- MMA Gloves available from our pro-shop are required.
- Mouth Guard recommended.
- Groin protection is **STRONGLY** recommended!

Please purchase the certified gloves at the pro-shop. Using the wrong or low-quality gloves can hurt or break your wrists or hands, we will not allow gloves other than what we recommend in class.

Extra Help

If for any reason you feel that you need extra help, please see your instructor. Achieving goals at Krav Pro is one of the most vital instruments used in building our students' confidence. Communication, teamwork, and action are essential for the benefits to be obtained.

Private lessons are also available from any instructor upon request. For information on fees or scheduling a private lesson see your instructor.

Holiday Schedule

On occasion we do follow a holiday schedule. Notification of all holidays are made in class and we notify through text/email as well. Please feel free to ask the front desk or an instructor for any closings.

Vacation or Extended Absences

If you will miss class for any reason for more than 2 weeks, please notify us through email (info@kravpro.com) or the front desk. Time you miss for vacations or extended absence can be made up with an instructor.

Monthly Payments

Students who budget their programs will make all payments to a billing company. If for any reason you are changing bank accounts or credit cards, please see the front desk to update new billing information.

Referrals

Most of our students at Krav Pro come to us by way of referral. It's for this reason that Krav Pro provides our students with our referral incentive program. Any student who recommends our school to a friend, and the friend enrolls in the foundations program will receive a gift certificate for the Krav Pro-shop.

POLICIES AND PROCEDURES

Communications

If there are important announcements, we do our absolute best to make sure everyone knows. We will make posts in our Facebook groups as well as send texts and emails. Please make sure that we have the correct cell phone numbers and email addresses so that we can notify you.

Facebook

We utilize Facebook for communications and to help create our online community. We have Facebook groups for all our programs. These are “closed” Facebook groups which are only available to students and parents.

KRAV PRO: KRAV PRO STUDENTS



KRAV KIDS: KRAV KIDS



Pro-Shop

The Pro-Shop is in the lobby of our school and carries a variety of merchandise including uniforms, t-shirts, and other related items including safety equipment. We can also assist you with special orders and answer any other general questions you may have related to safety equipment.

Family Memberships

Krav Pro offers a substantial discount to allow families to enjoy the benefits of martial arts together. If more than one family member plans to join, please make sure to inquire about our unique family savings plans.

Kids Classes

Krav Pro is proud to teach kids of all ages with world class instructors. Our classes for kids combine physical activity with goal setting. We use martial arts to teach respect, discipline, and perseverance. Kids learn self-defense and leadership abilities transforming them into the leaders of tomorrow.

Kids Class Benefits

- Motor Skills and Muscle Memory
- Confidence in Themselves
- Respect for others
- Learn to say “no” to negative peer pressure
- How to overcome challenges
- Rock solid goal setting

CURRENT DRESS CODE

MEN:

ANY KRAV PRO SHIRT



LOOSE FIT PANTS



SHORTS



SHORTS OVER LEGGINGS



*SPANDEX SHORTS MUST BE WORN UNDER SHORTS

WOMEN:

ANY KRAV PRO SHIRT



LEGGINGS



SHORTS



WEAR YOUR BELT IN CLASS

