

Civilian Krav Maga Training

For men and women 16-years and older, you just can't go past Krav Maga for self-defence & defensive tactics training. Whether you are serious about your personal safety, want to improve your current skills, or just want to do something different to keep fit, Krav Maga is for you!

We build your skills, confidence, ability, determination, and focus when it comes to surviving an attack from single or multiple opponents, whether armed or not. Just as importantly, we train you to reduce the chance of injury to yourself.

Whether your goals are to protect yourself, others, or just for fun and fitness, we will help you achieve them!

Civilian Topics include

- Defending against multiple attackers
 - Defending common attacks
 - Effective punching, kicking and defending
 - Stopping attackers and further attacks as quickly as possible
 - Surviving violent encounters
 - Defending against chokes and headlocks
 - Defending attacks on the ground
 - Defending against stick/club-type attacks
 - Defending knife threats and knife attacks
 - Determination building
 - Confidence building
 - Appropriate use of force
 - and much more!
- NOTE: Do not think that you are only training in "Civilian" Krav Maga, or that you are getting a "weak watered-down" version of the "good stuff". This is simply not true! There is nothing soft or weak about training in Krav Maga, regardless of what area you are entitled to train in. It is the most realistic, no-nonsense self defence system around! Come in and see for yourself. We have an open door policy with all our regular classes and public workshops.