



# STUDENT MANUAL



# WELCOME TO KMDFW!

Dear Student,

Welcome to Krav Maga DFW (KMDFW). I am happy that you made the decision to join our community and my instructors and I look forward to helping you on your personal journey. We welcome you into our little family, and I hope we will share many fruitful years of training with you.

This Student Handbook is designed to assist you in getting acquainted with KMDFW policies and procedures. Here, I will also cover helpful information based on most frequently asked questions from our new students.

I strongly encourage you to read this handbook in its entirety during your first month of training. Here, I will try to address the most common questions and concerns in this handbook, but if there's anything else you need or if you have any billing or account-related questions, feel free to email me at [info@kravmagdfw.com](mailto:info@kravmagdfw.com).

Welcome again to the KMDFW community. Get ready for a life-changing experience!

See you on the mat,

A handwritten signature in black ink, appearing to read "Daniel Hines". The signature is fluid and cursive, with a long horizontal stroke at the end.

**Daniel Hines**

Chief Instructor/Owner

# ABOUT DANIEL HINES

In 2014, Daniel Hines left a career in the scientific/medical community at UT Southwestern Medical Center to pursue his lifelong passion of training and teaching martial arts and has not looked back since. Daniel is now the owner and Chief Instructor at Krav Maga DFW and works every day to provide all the members and instructors the best training experience possible.

Daniel brings with him over 20 years of extensive martial arts experience and currently holds the rank of 3rd degree black belt in Krav Maga under Krav Maga Alliance founder, John Whitman. He is also a member of the Krav Maga Alliance Training Team; a group of elite instructor trainers who certify new instructors around the world. Keep an eye out for guest instructors from other Krav schools coming to Dallas to complete a certification!

Further accomplishments include;

- KMA Force Certified (Military/Law Enforcement Division)
- Young Warriors Krav Maga instructor
- Certified StrikeFit instructor
- 3<sup>rd</sup> degree black belt in Tang Soo Do
- 1<sup>st</sup> degree black belt in Han Mu Do



# QUICK START

## BEFORE CLASS:

**Training attire** for class is fairly flexible. You are welcome to train in street clothes that you would normally wear, however most students train with a t-shirt and workout shorts/pants. Remember that you will be doing kicks, ground work, falling drills, close quarter combat and clinch drills as well as various exercises. So plan your attire accordingly and appropriately. Please ensure your attire is clean and appropriate for training, and please wear a fresh shirt for each class.

For hygienic purposes, **footwear** for training **MUST** be clean and used exclusively for training on mats. Shoes worn outside the mats, including lobby area and restrooms, are not allowed for on the mat. Proper footwear is recommended for Krav Maga classes, however, some students choose to train barefoot which is also acceptable.

Before your first class you should also purchase the appropriate training equipment for your class:

- Krav Maga: MMA gloves or hand wraps. Boxing gloves and shin pads are required for higher-level classes where sparring drills are common
- Boxing: boxing gloves
- Muay Thai: boxing gloves, shin pads
- Ground Survival: rash guard or other sleeved athletic shirt is recommended
- Heavy Bag: Boxing gloves or MMA gloves
- **Recommended for all classes:** mouth piece and groin protection

It is recommended that you arrive 10 to 15 minutes prior to class starting so you can have ample time to **check-in** at the front desk and start getting ready to train. If you arrive late, please check in with the instructor so they can put you where you need to be.

# QUICK START

## BEFORE CLASS:

For safety among many other reasons, students should take extra care in maintaining **proper hygiene** prior to training.

The list below defines **hygiene expectations** for all KMDFW members:

- Fingernails and toenails should always be trimmed with no sharp edges
- Any open cuts or wounds should be properly sterilized and covered while training
- Clean shirts should be worn for each class when attending multiple classes
- No heavy cologne or perfume
- No outside shoes on the training mats (no exceptions)
- Shower prior to training if excessively dirty
- Do not come to class if sick or contagious



# QUICK START

## DURING CLASS:

First, it is important that you are mentally ready to train and learn. To be mentally ready means that you are willing to leave all of your problems as well as any ego at the front door.

All classes (except conditioning classes) will begin and end with a **“kida”**, which is Hebrew for “bow”. At KMDFW, everybody bows together at the beginning of class to show respect, that we are all part of the same team, and that we are all ready to learn. At the end of class, we bow again to show respect and appreciation to one another.

While injuries do happen, **safety in training** is undoubtedly our number one priority. We ask that every student member prioritize their safety as well as their training partner’s safety while training.

The list below defines some of the **safety expectations** for all KMDFW members:

- All jewelry and watches must be removed while training
- All items must be removed from pockets while training
- No weapons of any kind on the mats
- Notify instructor and training partners of any current injuries
- Always use proper technique when holding striking shields or pads. If you have questions, ask!
- Listen for instruction and safety tips from the instructor or experienced students
- If you’re learning a technique that’s new or unfamiliar to you, ease into training and learn the proper technique before going hard
- If you feel light-headed, short of breath, need water, etc. TAKE A BREAK! Push yourself hard but don’t wait for instructor permission to take yourself out of the class for health reasons. If you have to leave the mat, however, please notify an instructor so we can keep an eye on you.



# QUICK START

## DURING CLASS:

In order to provide a safe and optimal learning environment, it is important that students follow all instructions from the instructor and please keep your training focused on what the instructor tells you to do. All talking should cease and attention given when the instructor calls **"time"** at any point during class. This aids in class management and helps keep classes safe.

Be courteous and respectful towards all members during class. Train hard, have a good attitude, and promote an environment of mutual safety, learning, and respect.



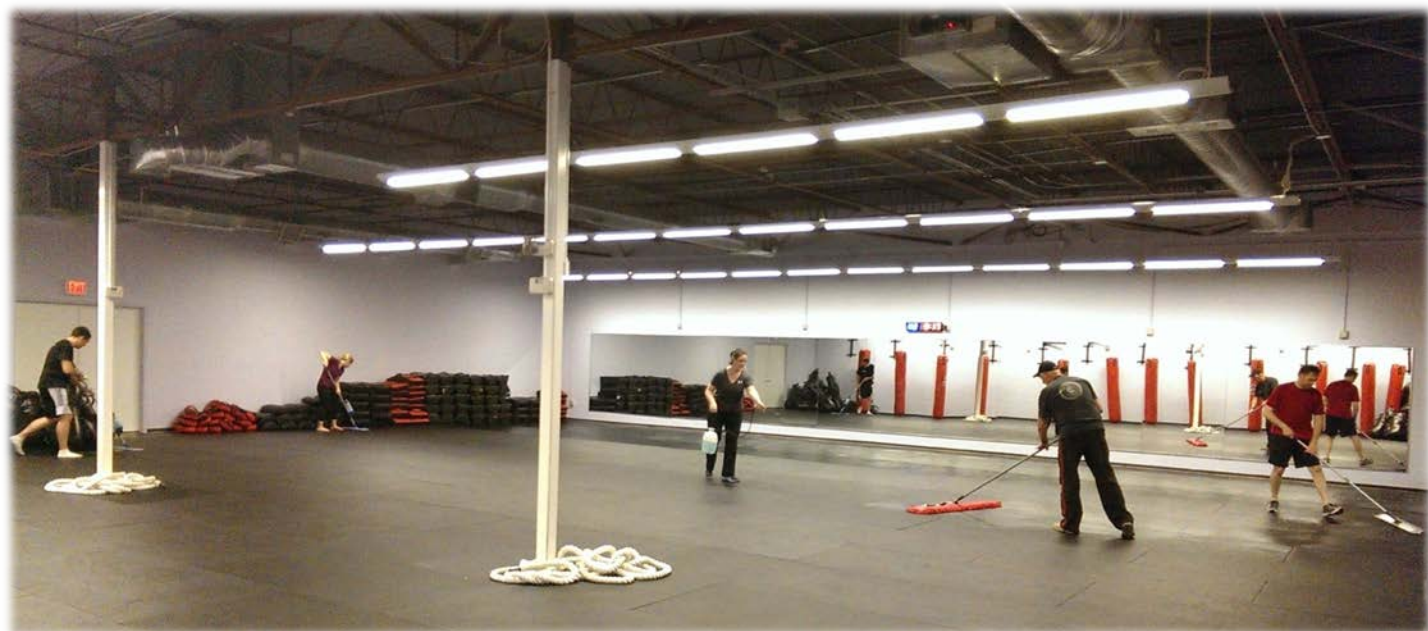
# QUICK START

## AFTER CLASS:

We request that all students sanitize and organize any equipment used during class. This includes any heavy bags, striking shields, focus mitts, mats, etc., that were used during the lesson. That way, we ensure the next class has a neat, safe training area. **Cleaning stations** with paper towels and cleaning spray are located throughout the studio. Additionally, students should throw away any of their empty drink bottles and other trash accumulated during class.

*Please treat the studio with respect and leave it cleaner than you found it.*

Any items left overnight will be moved to the **lost and found** bin. Any unclaimed items over 30 calendar days may be thrown away or donated at KMDFW discretion.





# KMDFW GYM RULES

- Sign in at the beginning of each class
- No outside shoes. Violators may be groin-kicked.
- Stop immediately when the instructor calls "time"
- Obey all commands from the instructor
- Practice only what you're told by an instructor
- No jewelry (besides wedding bands)
- Treat all gym equipment with care and respect
- Members must be clean and have good hygiene
- Fingernails and toenails must be kept short and clean
- Wear a fresh, clean shirt for each class
- Use white sweat towels for sweat, not equipment
- Be courteous and respectful to instructors and students
- Work hard and promote an environment of safety and learning. No jerks allowed.



**KRAV  
MAGA** | **DFW**  
STAY SAFE • STAY FIT • STAY HEALTHY

**\*\* Safety is everyone's 1st priority! Be aware of walls, poles, stray equipment, other students, or anything that could cause injury. Bring any safety concerns to the attention of a staff member immediately \*\***

# CHECKING IN

All KMDFW locations have a computer terminal for checking in. All students are required to sign-in prior to the beginning of class. Any alerts received at sign-in regarding membership status should be addressed with the staff directly or by emailing [info@kravmagadfw.com](mailto:info@kravmagadfw.com).

## How to check in:



Scan your card or type your name to sign in.

**Scan keycard or Search by name**



Daniel Hines

- ☐ [12:30PM Kettlebell Conditioning \(North\)](#)
- ☐ [6:00PM KM Intermediate \(North\)](#)
- ☐ [6:00PM Muay Thai I \(North\)](#)
- ☐ [7:00PM Krav HIIT \(North\)](#)
- ☐ [7:00PM Ground Survival \(North\)](#)
- ☐ [7:00PM Boxing II \(North\)](#)
- ☐ [8:00PM KM Beginner \(North\)](#)

SIGN IN

CLOSE

Window will close in 15 seconds.

**Check the box for all classes you plan on attending and click "sign in"**

# STUDENT PORTAL

Active KMDFW students will have access to the "Member Log-in" area at [www.kravmagadfw.com](http://www.kravmagadfw.com). There, students will have be able to sign-in to classes, access account information, visit history, upcoming events, shop at our online store, and more. Once your account has been verified you will have full access to your member account.



[Daniel Hines | logout](#)

**My Profile**

**Daniel Hines**

**Staff Membership #10513**  
5/14/18 - 6/14/18  
Unlimited Classes



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# What is Krav Maga?

Krav Maga, pronounced "KRAHV muh-GAH", translates to "contact combat" in Hebrew and has a reputation worldwide for being a simple, intuitive, and brutally effective. Krav Maga was founded in the late 1940's for use with the Israeli Defense Forces, who needed a fighting style that could bring as their troops to a high level of proficiency as quickly as possible.

Krav Maga training focuses on principles rather than techniques because no two attacks are ever the same. No two people are the same. And, in fact, the same person confronted with a certain threat will react differently one day compared to another day. Our goal is to condition our students mentally, physically, and emotionally to do what is necessary to end a fight. We also teach a comprehensive self defense system, meaning that in addition to techniques we teach the ethics of using force. We want to make sure our students are responsible when they need to defend themselves, so we teach everything from walking away from an encounter all the way up to overwhelming aggression towards an attacker.

The Krav Maga system is based on several core principles including:

- Techniques should be movements based on natural instincts.
- Techniques must address the immediate danger.
- Techniques should defend and counterattack simultaneously whenever possible.
- Each defense should be "multipurpose;" they must work against a variety of attacks.
- The system should be integrated so that movements learned in one area of the system complement, rather than contradict, movements in another area.
- Techniques must work from a position of disadvantage.
- Training must include the stress experienced in real attacks.



# What is Krav Maga?

Krav Maga is not a sport. Rather, it focuses on real life self-defense and hand to hand combat situations, which are not always fair fights. Therefore, we emphasize stopping threats quickly and getting away safely. We believe that once an altercation has crossed into physical violence, it is to everyone's benefit that the fight stops as soon as possible. Basic goals of Krav Maga are simple. Practitioners are taught to avoid harm, but they need to be able to neutralize attackers by any means necessary. Brutal attacks to sensitive parts of the body like the groin, eyes, neck, and fingers are used because these areas are very difficult to condition and elicit a response from just about anyone.

Further, situational awareness and the use of available objects as improvised weapons is also encouraged when appropriate. The bottom line is that when fighting is about survival, rules of fair play go completely out the window. A Krav Maga practitioner will defend him or herself using any means necessary and will never, ever quit until they are safe.





# Founder Imi Lichtenfeld

Imi Lichtenfeld was born in Budapest in the Austro-Hungarian Empire in 1910. However, he grew up in Pozsony, which is now called Bratislava. His father, Samuel Lichtenfeld, had a great influence on his life. Samuel was a chief inspector with the Bratislava police force and was known for a considerable and impressive arrest record. Samuel taught self-defense and young Imi trained under him, eventually becoming a successful boxer and wrestler with national and international championships. Eventually, Imi even became a member of the Slovakian National Wrestling Team. During the 1930's Imi was forced to protect himself and sometimes his community against fascists. His experience in the streets combined with sport fighting and training with his father all came together for him. Imi realized that real world self-defense was not the same as sport fighting and began to build a repertoire of useful techniques as a result of this.

Unfortunately for him, the effectiveness of those techniques made him quite unpopular with authorities in the World War II, Nazi-fearing society of the late 1930's. Therefore, he was forced to flee his homeland for Palestine in 1940.

Soon after his arrival, Imi began teaching self-defense to a paramilitary organization called Haganah while helping his comrades create the independent state of Israel.



# Founder Imi Lichtenfeld

When the Haganah eventually incorporated into the Israeli Defense Force, Imi became the Chief Instructor of Physical Training and the foremost teacher of "Krav Maga," how his martial arts style had become known. All experts in Krav Maga lived in Israel at that time, and prior to 1980 all instructors were trained under the Israeli Krav Maga Association. However, in 1981 a group of six Krav Maga instructors brought Krav Maga to America, starting their own facilities stateside and training their own students. This spiked American interest and compelled 22 Americans to travel to Israel in 1981 to attend a basic Krav Maga instructor course. Those that passed this rigorous course brought what they had learned back to the U.S., incorporating Krav Maga into the fabric of American culture.



# Krav Maga Alliance

## Krav Maga Alliance and Founder John Whitman

Krav Maga Alliance (KMA) is an organization dedicated to maintaining consistency in technique and teaching quality among Krav Maga practitioners across the globe. It offers certifications for civilian and police/military instructors, as well as advanced-level training. While KMDFW is our own autonomous, independently-owned business, our affiliation with KMA requires us to maintain their high standards of excellence. In return, our instructors receive continual updates on technique and training methods which we use to maintain our high standard of excellence.

The Krav Maga Alliance was founded by John Whitman, a sixth degree black belt in Krav Maga. John is the former president of Krav Maga Worldwide, and earned instructor degrees from the Krav Maga Association of America, Krav Maga Worldwide, and the prestigious Wingate University in Israel. He is the first person to have earned a Senior Instructor diploma from Wingate in Israel. He has trained thousands of civilians and hundreds of law enforcement and military personnel, including the Air Force's Office of Special Investigations Antiterrorist Specialty Team. John is the co-author of COMPLETE KRAV MAGA and KRAV MAGA FOR BEGINNERS. He was a leading participant in the creation and refinement of the Instructor Training Program used by Krav Maga Worldwide, a program he headed for over 7 years. For more information about KMA, visit: [www.kravmagaalliance.com](http://www.kravmagaalliance.com).



# Krav Maga DFW

## HISTORY OF KRAV MAGA DFW AND FOUNDER JACK BOLOWSKIE

To be a great instructor, one must first be a great student. To truly understand the legacy of our founder, Mr. Jack Bolowskie, we must first look at the genesis of his own 30 year martial arts journey.

Jack's journey began in 1984 when he decided to start training martial arts at the age of 36 under Master Hee Doak Park. The following year, Jack embarked on his first of three trips to Korea where he would become a part of the "1<sup>st</sup> USA – Korea Tae Kwon Do Friendship Tour".

Mr. Bolowskie continued his training and received his 1<sup>st</sup> Dan Certificate in Moo Duk Kwon Tae Kwon Do in 1988. During this time he also trained in Aikido under Instructors Bob Mason and Joe Birdsong. In 1993, Jack began his studies in Tang Soo Do under Grandmaster Darryl Khalid.

Jack's second trip to Korea came in 1995 which included training with Grandmaster Hwan Kee, founder of Moo Duk Kwon during the "50<sup>th</sup> Anniversary of Moo Duk Kwon" ceremonies. Upon his return, Jack began his training in Han Mu Do (Hapkido) under Grandmaster He-Young Kimm and Grandmaster J.R. West.

In 1997, Mr. Bolowskie took his third trip to Korea, this time with the World Han Mu Do Association. During this trip, Jack was provided an opportunity to be one of the first Westerners to train in Sun Do with Grandmaster Han Pul. During this trip, Jack also trained in the art of Kyung Ju with Buddhist monks at Kol Kuk Su Temple as well as training in swords and long pole techniques from Grandmaster Lim Dong Kyu in the mountains near Kyung Dang.

By 1998, Jack Bolowskie had received his 4<sup>th</sup> Dan Masters Certificate in Tang Soo Do, 5<sup>th</sup> Dan Masters Certificate in Tae Kwon Do, and 2<sup>nd</sup> Dan Certificate in Han Mu Do.

# Krav Maga DFW

## HISTORY OF KRAV MAGA DFW AND FOUNDER JACK BOLOWSKIE

With all of his martial arts accomplishments, Jack continued his training; this time in an Israeli self defense system called Krav Maga, which was not yet widely known. Jack Bolowskie ultimately became a member of The First Class of U.S. Certified Krav Maga instructors in 1999 under Darren Levine, founder of Krav Maga Worldwide and John Whitman, founder of Krav Maga Alliance.

Jack Bolowskie, who was already a 10 year owner of Family Martial Arts Center, started Unlimited Martial Arts in 1999 teaching traditional martial arts and Krav Maga to his students.

By 2005 Jack opened the doors to Krav Maga DFW, which was the first full-time Krav Maga studio in Dallas. By this time, Jack was a certified Personal Defense Readiness Instructor and a Ballistic Micro Fight Instructor under Tony Blauer. He also received certifications in Fierce Israeli Guerilla Hand-to-Hand Tactics (F.I.G.H.T.), Ground Survival, and Tactical Knife Fighting under Mike Lee Kanarek.





# Krav Maga DFW

## HISTORY OF KRAV MAGA DFW AND FOUNDER JACK BOLOWSKIE

Jack Bolowskie has positively influenced thousands of people during his martial arts career. Today Jack is retired, having trained thousands of students and instructors to carry on his knowledge. His students excel not only in physical technique but also in the ability to handle any situation mentally and emotionally. Through the years, those of us fortunate enough to have crossed paths with him and his teachings will carry on this legacy; passing it on to the next generation of martial artists.



# KRAV MAGA/SELF DEFENSE

Our Krav Maga program is meant to focus only on practical self defense, meaning that in addition to effective techniques to incapacitate your attacker we also teach responsible use of force and de-escalation. A self defense situation isn't about "winning," but instead about ending the threat. If you can end a fight by walking away or talking to someone, that's what you should do. Our training reflects that. However, often you don't have that option and your only means of defending yourself is to physically neutralize your attacker.

Our instructors each have several years' experience as a student of Krav Maga and receive years of extensive training specifically addressing how to relate concepts to students. As instructors we strive to make each student realize their own potential and continue to improve the wonderful community we've created.

Krav Maga training includes simple but powerful strikes, straightforward self defense techniques and realistic drills meant to simulate the stress of a real attack. It takes time to develop the physical attributes necessary to survive a fight, but through dedicated drills and focused, individual coaching we strive to accelerate that process as much as possible



# KRAV MAGA/SELF DEFENSE

A new student to KMDFW is considered a White Belt (level 0) practitioner. A White Belt may attend the following classes: Krav Maga Beginner, Krav Maga Open, Impact Weapons, and Soft Techniques (please make sure you have the appropriate training attire for each class).

## **Krav Maga Beginner (covers Yellow and Orange Belt curriculum)**

This class is designed for beginners, so students of any fitness or experience level are welcome. With a rotating lesson plan, students will learn the basics of self defense including simple strikes, choke defenses, basic ground fighting, and an introduction to unarmed weapons defense. Students at this level will become familiar with the key principles of Krav Maga as well as develop safe training habits. Drills in this class may simulate aspects of street fighting under relatively low to moderate stress conditions.

## **Krav Maga Open**

This class is open to students of all levels at KMDFW and is a great supplement to the level-specific classes. Lesson plans are individually planned by the instructor and will primarily include Yellow Belt to Green Belt material. One of the greatest benefits of this program is that it allows students to see techniques and principles of Krav Maga as they are applied in higher levels of the system and in a wider variety of situations.



# KRAV MAGA/SELF DEFENSE

**Soft Techniques:** Based on Hapkido and Han Mu Do, this class will give students practical expertise on lower-force techniques such as joint and pressure point manipulation. This goes far beyond what is learned in basic Krav Maga classes and is a great place to learn passive restraint tools and other means of resolving a physical altercation without throwing blows. All members of the Krav Maga/Self Defense program are invited to attend.

**Impact Weapons:** Students will learn how to use blunt objects defensively. This class borrows extensively from popular stick fighting styles such as the traditional systems in Filipino Martial Arts (Eskrima, Kali, and Arnis). This class also teaches the use of the everyday carry folding tactical knife for defensive purposes, specifically where it is used to counter other lethal force threats such as firearms and other knives. Students must bring their own practice folding knife, preferably one that resembles what they would carry on an every-day basis. All members of the Krav Maga/Self Defense program are invited to attend.





# FIGHT PROGRAM

The aim of the fight program is to prepare students for competition in combat sports. The mindset behind the tactics and training for boxing, Muay Thai, and BJJ are completely different than self defense, and we teach the classes in the Fight Program in a way that reflects that. We realize not everyone who attends these classes will want to compete, and we totally respect that. When you train in these classes, you'll learn the sport, get in great shape, and be a part of a tightly-knit fight team family.

You'll start with level 1 classes where you'll learn the fundamentals, but as you progress you'll do more and more sparring drills and ultimately, if you're interested, you'll start doing amateur competitions and beyond. We focus on technique and skill development, so much of our sparring is done at a technical pace where everyone, even beginners, can work comfortably and learn.





# FIGHT PROGRAM

## **Boxing I (boxing gloves required)**

This class is your introduction to the sweet science of boxing, where you'll learn correct punching technique, footwork, and fight tactics. This is also a conditioning-heavy class where you can expect to spend a good amount of time working a heavy bag or doing focus mitt work with partners to get you into fighting shape. We don't just give you combos and send you on your way – we will actually give you individual feedback so right from the start you're practicing good technique.

## **Muay Thai I (boxing gloves and shin pads required)**

The Art of Eight Limbs is much more than the traditional notions of "kickboxing." For the Nak Muay, training is a spiritual journey where competition, courage, and physical prowess are supremely important. The beginner Muay Thai class teaches you the basics of striking, clinch work, and fight tactics. We also embrace the unique culture of Muay Thai training, where everyone in class is your brother or sister. We train hard, respect each other, and have fun!

## **Ground Survival (rashguard or sleeved shirt required)**

This program teaches all Krav Maga ground fighting techniques with supplemental knowledge from wrestling, judo, and Brazilian JiuJitsu. You will learn how to gain and maintain good position, learn techniques to submit your opponent, how to incorporate striking on the ground, and how to defend against weapons on the ground. Classes include technical instruction, guided practice through drills, and a "free rolling" component where students are allowed to practice what they want with guidance from the instructor.



# FITNESS AND CONDITIONING

## **Heavy Bag/Dutch Kickboxing (boxing gloves or MMA gloves required)**

Develop greater endurance and striking power with a healthy dose of heavy bag training! Throughout this session you will work on striking combinations including punches, kicks, elbows, knees, and many other fighting movements; all meant to improve your technique while also improving your power and endurance. No matter who you are or what shape you're in, this class will push you to your limits.

## **Ground and Pound (boxing gloves or MMA gloves required)**

Fighting doesn't just happen when you're on your feet, so it's important to know how to strike on the ground. Grappling also involves different muscles than stand-up fighting, so we have a class specifically designed to improve your strength and coordination on the ground. Most of the class will involve exercises and striking on a grappling dummy, but a good portion of the class will also focus on transitions between standing and ground positions, as well as other essential movements. This is a must for any serious grappler, MMA fighter, or seeking a well-rounded conditioning program.

## **Kettle Bell Conditioning**

Want to build explosive power and killer core strength? Anyone familiar with the Russian-designed kettle bell can tell you how brutally effective this tool is in a conditioning workout. Each routine is focused around gaining technical knowledge of key kettlebell movements, and while you will get stronger as a result you will also learn how to use your existing strength more efficiently. This program is designed to build functional, explosive strength and fighting endurance in a format that is also fun and engaging.



# FITNESS AND CONDITIONING

## **Yoga (yoga mat recommended)**

Because focusing only on intense workouts can lead to all sorts of problems, we have sessions dedicated towards balance, recovery, and releasing tension. These classes serve as an excellent accompaniment all of our other classes, and with regular participation you will see increased flexibility, reduced risk of injury, and possibly even an improvement to your mood!

## **Fighter Conditioning (MMA gloves required)**

This is a fun, fast-paced workout focusing on high-intensity interval training. HIIT training has been proven to improve anaerobic performance (which is crucial in a fight), explosive strength, and calorie burn. You will use everything from heavy bags to bodyweight exercises, kettlebells, resistance bands, grappling dummies, and wide variety of other equipment to target cardiovascular conditioning.





# LAW ENFORCEMENT

**\*\*This class is reserved for current law enforcement ONLY\*\***

**KMA Force** is the military and law enforcement division of the Krav Maga Alliance, dedicated to providing training for law enforcement and military organizations around the world. We realize police have their own specific technical and legal requirements and training should reflect the inherent differences in their mission, mindset, and tools.



Therefore, our Force curriculum and LEO-only classes cater specifically to the needs of law enforcement personnel using the principles of Krav Maga. Training topics include weapon retention, defending against an armed attacker, arrest and control techniques, and more.

This training is **FREE** to any active LE personnel. Non-members welcome. All departments and experience levels welcome. If you are an officer or you know of an officer who is interested, we hold free classes every month. Please contact [info@kravmagadfw.com](mailto:info@kravmagadfw.com).



# RANK PROGRESSION

The timeline below displays the average length of training time before progressing to the next level. This timeline may be longer or shorter based on the individual student. Very few students ever reach the advanced levels (fewer than 1% reach black belt), but for those that do it's still imperative to keep training on beginner-level technique. Because we recognize that most of our students want to train to a high level of practical proficiency quickly, most of the scenarios that are more common in real life are addressed in the White, Yellow, and Orange phases of training.





# BELT TESTING

A Krav Maga belt test is a thing of beauty. Each test lasts over four hours and is a showcase for each student's physical, technical, mental, and emotional strength. During the test, your limits will be tested, but at the end you will have the privilege of receiving a Krav Maga DFW Certificate of Rank and you will be able to attend higher-level classes. For more advanced belts, the test includes much more sparring, ground fighting, defenses against armed attackers, and fighting multiple attackers. Check the event schedule on the KMDFW website (<http://www.kravmagadfw.com/upcoming-events.html>) for information and to register.

**\*\*Instructor approval is required to register for a belt test\*\***

- The fee for belt tests is a one-time, non-refundable \$50. If you have to re-take the test you will not be required to pay again.
- Train hard and come prepared! Bring lots of water and a few snacks. Sparring gear is required for more advanced tests.
- You will receive a certificate upon completion of your belt test. Hang it somewhere all your friends and family can see!
- A midterm is available to any students training at or above the curriculum covered. You must register in advance to attend the midterm.



# RANK PROGRESSION

Krav Maga is not a traditional martial art or a sport martial art; rather it is a self-defense and combat system. While there are 6 levels/belts in the Krav Maga Alliance system, KMDFW does not necessarily require its student members to participate in a belt test for advancement to upper level classes. We realize this is either not practical or desirable for each student, so we provide an alternative means for advancement.

## **Students who want to progress without testing are required to:**

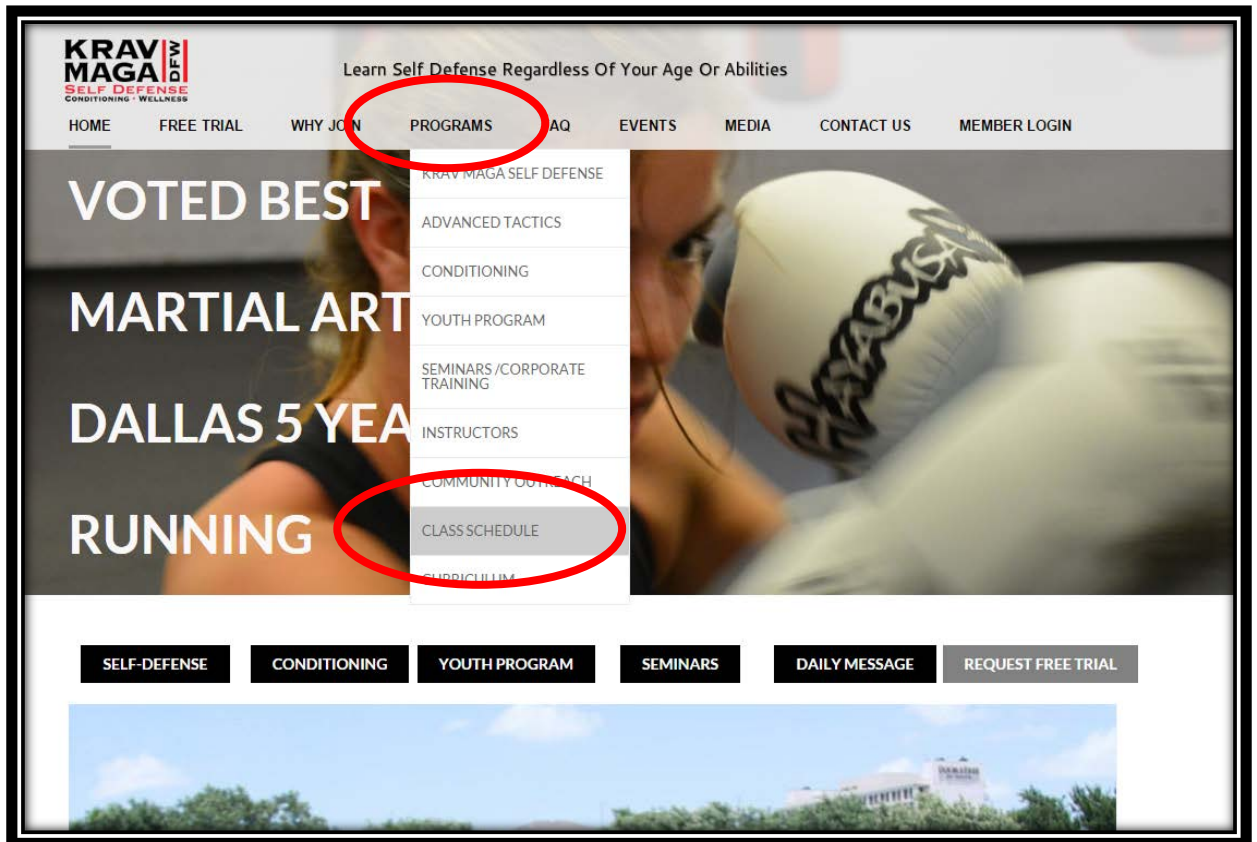
- Participate in 60 Krav Maga classes in their respective level.
- Attendance in Krav Maga Open classes will be given consideration on a case by case basis.
- Attend a mid-term review session.
- Display competency in technique and mindset.
- Receive instructor approval.

It is important to understand that you will not be recognized as an official rank/belt with Krav Maga Alliance or KMDFW if you decide to progress without participating in belt tests. Therefore, if one of your goals is to become an officially ranked Krav Maga practitioner, you must participate in belt tests and successfully pass the test in addition to fulfilling all of the requirements listed above.

At KMDFW, we take your progress seriously and committed to giving our students honest and realistic feedback.

# CLASS SCHEDULE

Class schedule for both locations can be found at [www.kravmagadfw.com](http://www.kravmagadfw.com)



Stay informed of schedule changes, cancelation, and special events by following our Facebook account, subscribing to our newsletter, and going to the gym and asking!

# SEMINARS AND EVENTS

As a larger and well-established gym, we are privileged to host other teams and instructors throughout the year, and seminars and special events are a big part of what we do. To get an idea, here are some of our previous events:

- Home invasion
- Carjacking
- Reading body language and pre-event indicators
- Active shooter/3<sup>rd</sup> party protection
- Fighting with concealed carry
- Women's self protection
- Guest coaching in Krav Maga, Boxing, Muay Thai, BJJ, Wrestling, and other martial arts from a variety of guest instructors

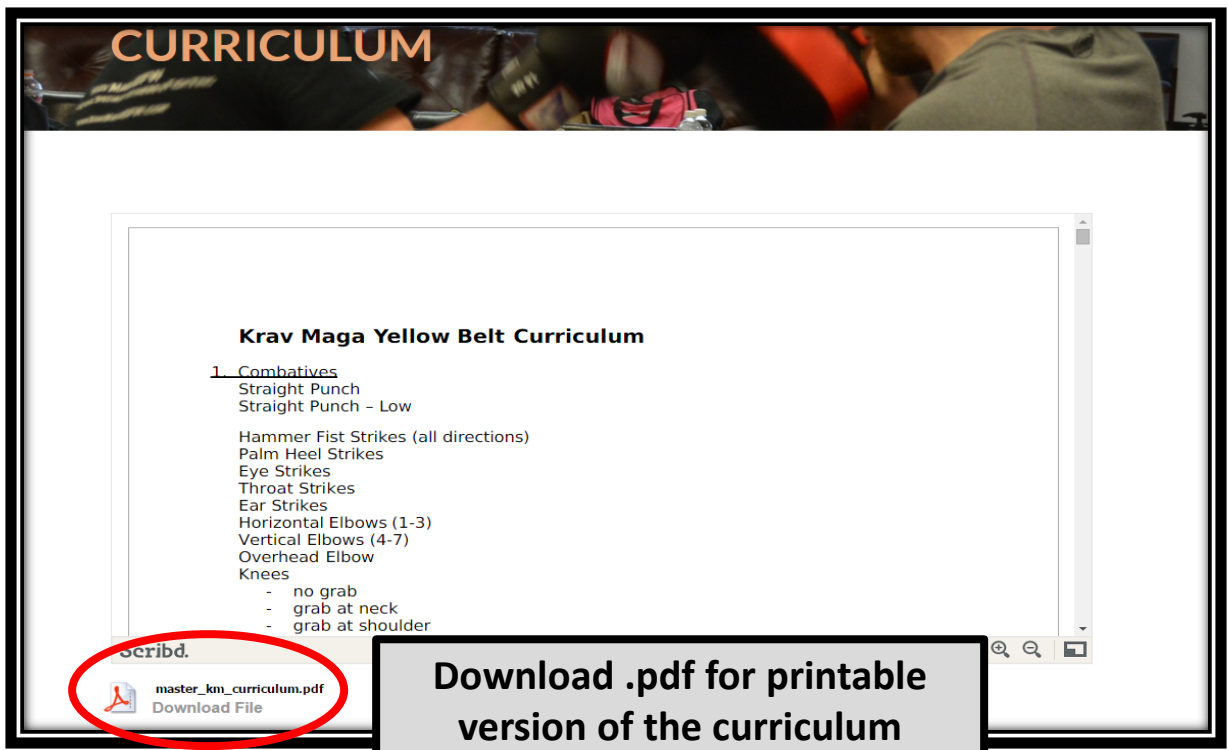
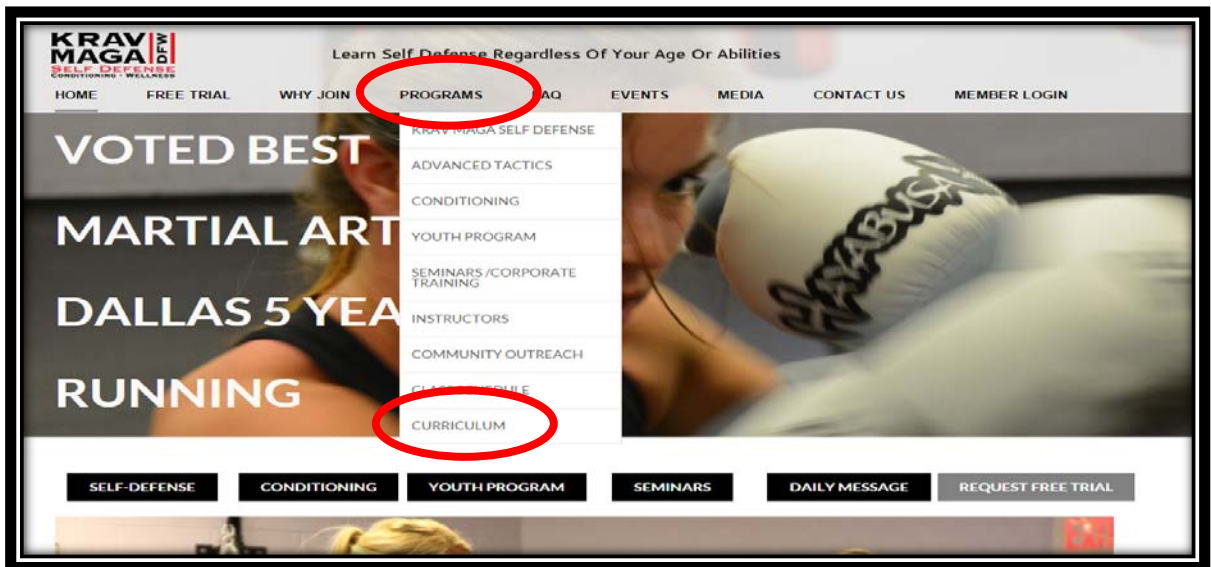
We also have a lot of social events throughout the year, including movie nights, charity 5k runs through the KMDFW run club, and regular fitness challenges. We actually like each other most of the time and we act like it!

To stay in the loop with current events check the newsletter, our Facebook and Instagram pages, our Member-only Facebook Group, and our website: <http://www.kravmagadfw.com/upcoming-events.html>



# KMDFW CURRICULUM

The entire KMDFW curriculum can be found at [www.kravmagadfw.com](http://www.kravmagadfw.com). We encourage every student to print their level specific curriculum and review them.

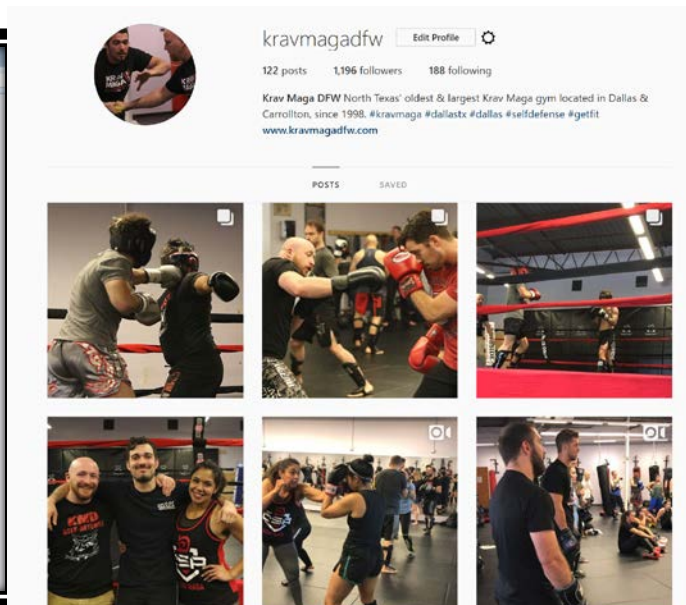
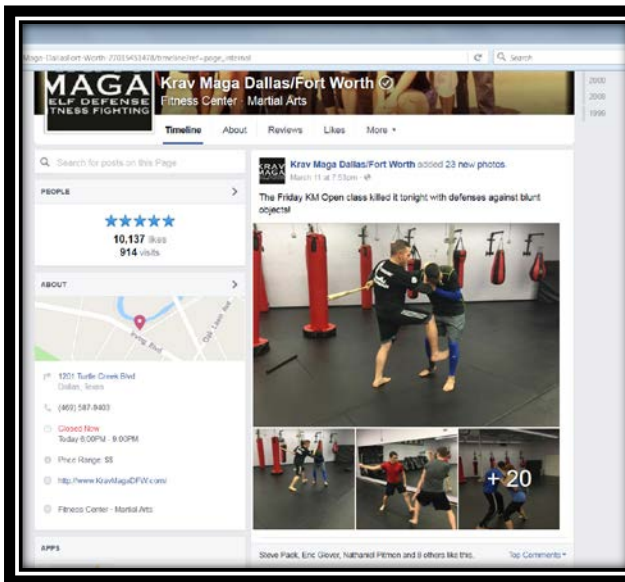




# STAY CONNECTED

Like our Facebook page and follow us on Instagram to stay up-to-date on event postings, photos, articles and celebrations. Once you sign up you'll also be on the mailing list for our newsletter.

Finally, we have a super-secret members-only Facebook group where you can get exclusive content!



Krav Maga DFW  
@KravMagaDFW

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**Join our members-only Facebook Group!**

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# WRITE US A REVIEW

We love Krav Maga and want the entire community to come train with us! Please share your experience by giving us a testimonial on Facebook, Yelp, Google etc.

