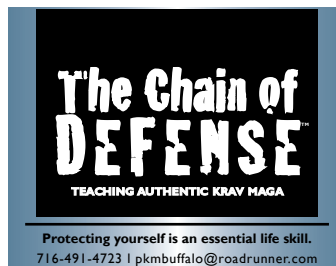


Contact Master Instructor Kathysue Dorey
at 716-491-4723 to sign up today!



Protect Yourself With Essential Self-Defense Principles, Skills & Practices

[Introducing our 18-hr CREED training system]

Learn how to control your territory with these non-physical principles:

— **danger analysis, situational and heightened awareness, vision and motion, reaction time, avoidance, body language, and de-escalation.**

You will also be taught self-defense skills, practices in **strikes, kicking, body movement, 360-degree instinctive defenses, ground defenses, club defenses, knife defenses and pistol defenses.**

[No experience is necessary. Ages 14+. Adult and young adult women and men accepted. The material fee covers the Krav Maga textbook that is used throughout the course.]

Course fee: \$500 / Material fee: \$20

Krav Maga History
Danger Analysis
Reaction Time
Vision, Motion / Arms Distance Exercise
Safety in Training
Self Defense Protection & the Law
Pressure Points (get in pairs)
Primary Striking Punch
Primary Striking Punch with Lunge
Counter Punch
Principles of Movement
~~Front Hand Low Attack Punch & Low Defensive Punch~~
~~Rear Hand Low Attack Punch & Low Defensive Punch~~
Backhand Strike, Roundhouse Punches, Roundhouse Elbow
Upper Cut, Elbow Strikes
Hammer Strike, Palm Strike, Groin Slap
Rear Hand & Front Hand Knife Hand Strikes
Kicks Intro
Front, Side and Knee Kicks / Head Butts
Back and Round Kicks
Outside & Inside Slap Kick / ~~Jumping Kicks~~
Sheering Kicks
COMBO DRILLS with Kicks and Punches
Outside Hand Defenses Intro
Outside Defenses vs Strikes and Punches
Inside Hand Defenses Intro
Inside Defenses vs Strikes and Punches
Defenses vs Kicks
Inside Hand Defenses vs Kicks
Outside Hand Defenses vs Kicks
~~Treador Pass~~
Tactical Consideration in Strikes and Kicks used in
Attack and Defense. Reaction Time.
How to Practice Defense and Counter Attack Responsibly.
Close Range Scenarios Intro
Releases from Rear and Front Grabs
Releases from Front, Rear and Side Chokes, Wire/Rope Chokes
Defense vs Knife Threat to Neck
Releases from Head Locks
Release from Head Lock from Side
Release from Head Hold from Side
Release from Neck Hold from Front
Release from Front, Back and Side Hair Pulls
Release from Shirt Holds
Leg Trips and Hip Throws
Release from Nelson Hold, Hand Grabs
Mouth Cover with Wrist Grab and other Wrist Grabs

The Cavalier
~~Arm Wrestling and~~ Redirection of Opponent's Force Exercises
Ground Defenses Intro
Back Falling (with Front Kick and Scissor Kick)
Side Falling / Forward Break Fall
~~Forward Rollover / Side Rollover / Backward Rollover~~
Tactical Uses (DRILLS) of Falling and Rollovers
Ground Defense vs Attacker Sitting on Top Striking Face
Ground Defense vs Attacker on Top Choking
Ground Defense vs Attacker on Side Choking
Releases from Hands Pinned on Ground
Release from Attacker on Top w/Torso Leaning Forward Choking
Release from Judo Headlock
Releases from Head Hold and Choke from Sitting Position
Club and Chain Intro
Defense vs Club using a Club
Attacking Opponent Armed with a Club
Defenses vs Club with Bare Hands
~~Defense vs Chain Attack~~
Knife Intro
4 Knife Attacks:
• top down/underhand/straight stab/inside, outside slashing
Defenses vs Knife Attacks using Kicks
Defense vs Knife Attack with Low Side Kick
Defense vs Knife Attack with Distraction and Kick
Defenses vs Knife Attacks with Bare Hands:
• Top Down/from front
• Bottom/instinctive
• Bottom/move left
• Side with Low Stab to Ribs
• Bottom/move center
• Front Straight/inside defense
• Front Straight Low/inside defense
Defender Blocks w/Right Arm while Attacker Stabs w/Right Arm
Slash/instinctive and body back lean
Defenses vs Top Down, Underhand, Straight Stab Attacks
Defense with Handy Object vs Slashing Knife Attack
Pistol Intro
Defense vs Pistol pointed to Chest, Head, Forehead, Side,
Back, Back of Head, Temple
Defense vs Head Hold with Pistol Threat
Defense vs Gun Pointed to Head (Front & Rear) while Sitting
Special Applications. Defensive Uses of Assault Rifle
~~Defenses vs Assault Rifle~~
Body Leads 1,2,3,4
Defenses vs Multiple Opponents
Advanced Training: Training Suggestions and Techniques