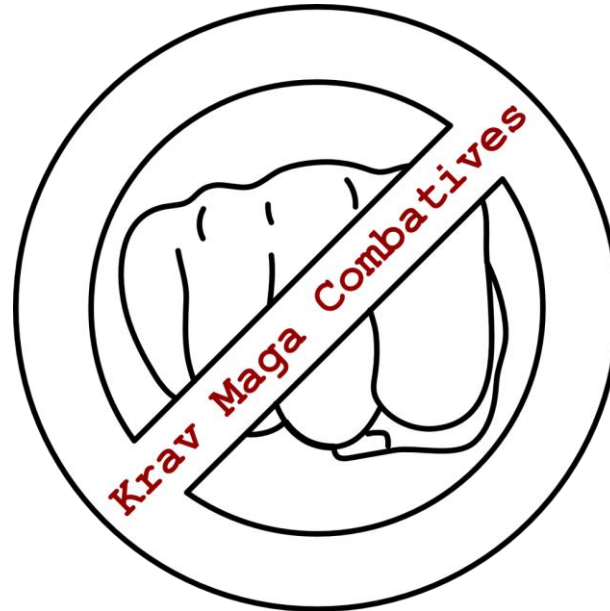




Krav Maga Combatives is a member of the KRAV MAGA UNION (KMU), a nationwide in Germany as well as international umbrella organization for Krav Maga Centers

**Any solution that works
in an emergency is a
good solution.**

#NO COMPROMISE



Krav Maga Combatives

Self-Defense Courses & Workshops

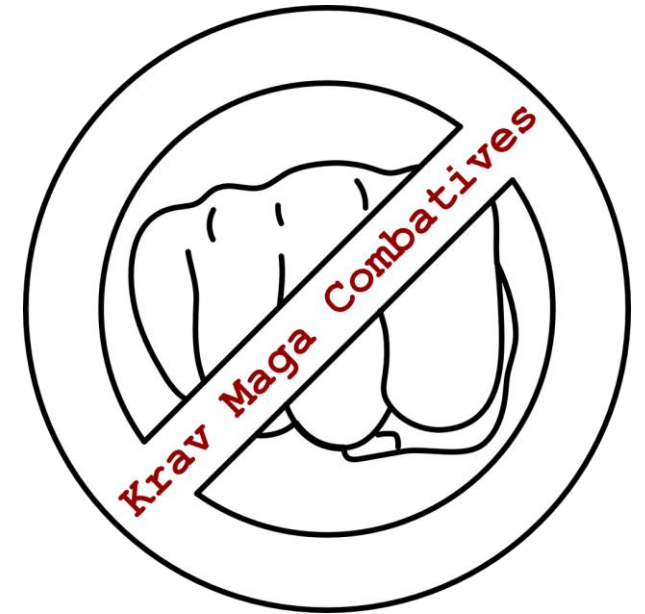
45144 Essen, Germany

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+49 (0)170 7724887

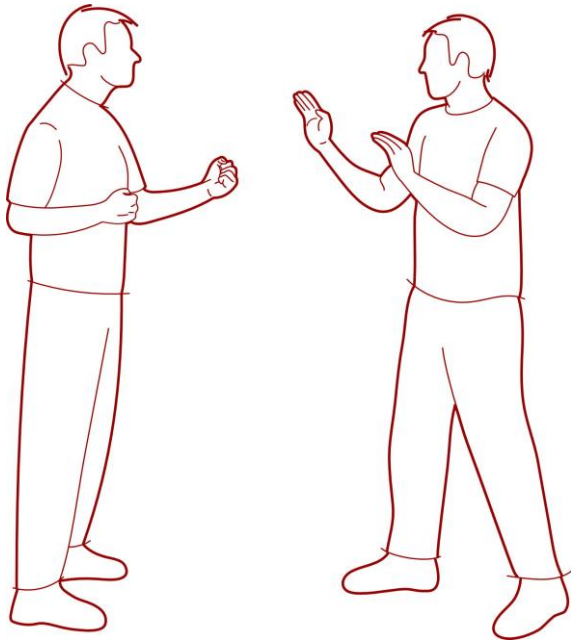
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Krav Maga Combatives

Self-Defense Courses
&
Workshops



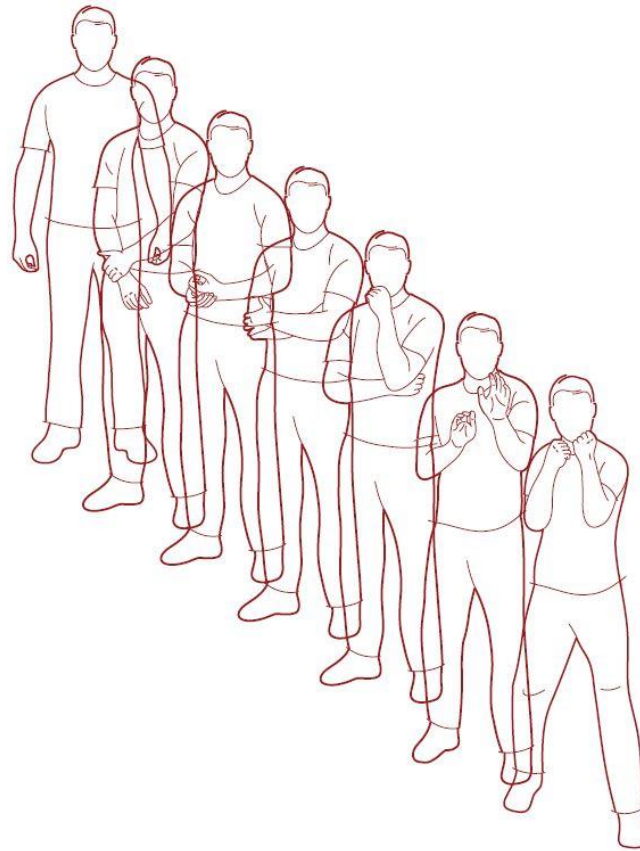
When it comes to »**Self-Defense**« we offer answers to frequently asked questions, such as:

- How would I behave myself in such a situation?
- What can or may I do; what is allowed or forbidden?
- (How) can I prepare for such a situation?

Self-defense in two sets means:

1. First, **EVERYTHING** is done to avoid a physical confrontation.
2. Only when this has not worked are **EVERYTHING** done to get back to safety as quickly as possible.

Our courses and workshops are based on the self-defense system »**Krav Maga**« that has been developed in Israel, as well as on the understanding of the term »**Combatives**«, which arises from military close combat.



Training takes place in mixed **small groups** of up to approx. 12 people. **Group-specific courses** (e.g. SV for women only, children, senior citizens, group events) and **individual training sessions** are also possible.

There is no particular fitness level required, but everyone trains within their own capabilities.