

Adult Sports / Adult Programs

ICSU Women's Krav Maga SmartSafe Program

The most dynamic & complete protection/empowerment self-defense system for Women! Program participants will experience a highly evolved, reality based system that will incorporate evasive & immobilizing defense techniques to real world attacks that women may face with emphasis on situational awareness, readiness & reaction.

THE PROGRAM:

10 sessions, meeting twice a week for 5 weeks. Designed for women of all abilities and fitness levels. We will have a brief "warm-up"/ conditioning period early in each session and there will be plenty of movement throughout.

SESSION 1: "SURPRISE PARTY"

SESSION 2: "FUNCTIONING INSIDE OF FEAR"

SESSION 3: "ABDUCTION"

SESSION 4: "AMBUSHED"

SESSION 5: "CALAMITY JANE"

SESSION 6: "GUNS IN CARS"

SESSION 7: "GO ANIMAL!!!"

SESSION 8: "VERTICAL ADVANTAGE"

SESSION 9: "RAPE DEFENSE"

SESSION 10: PHASE 1 FINAL & CERTIFICATE PRESENTATION



Session I

Class Code: 425006-01

Fee: \$160.00

Days: Wed. & Sat.

Date: April 28 - May 29

Time: 5:30-7:00PM / Wed.
8:00-9:30AM / Sat.

Location: TBD

Session II

Class Code: 425006-02

Fee: \$160.00

Days: Wed. & Sat.

Date: July 7 - Aug. 7

Time: 5:30-7:00PM / Wed
8:00-9:30AM / Sat.

Min. / Max: 10 / 20

Krav Maga Weekly Sessions

Each session will be about an hour and a half long and will include warm-ups, strength & conditioning, techniques, concepts, drills, etc. The dynamics and sequence of our training will constantly evolve. This is a 6 week class that meets 2 times a week. (16 years & up)

Techniques & Concepts

Striking, chokes/holds/ground fighting, Handgun/Long gun, Knives/Bladed, Improvised Weapons, Combatives.

Session I

Code: 421006-01

Fee: \$180.00

Days: Tues. & Sat.

Dates: April 27 - June 5

Time: 5:30-7PM / Tues
10-11:30AM / Sat

Location: TBD

Session II

Code: 422006-02

Fee: \$180.00

Days: Tues. & Sat.

Dates: July 6 - Aug. 14

Time: 5:30-7PM / Tues
10-11:30AM / Sat

Min. / Max: 10 / 20

Krav Maga Mid America Workshop/Minicamp

Accommodating all abilities and fitness levels:

Different techniques & concepts in: Striking, chokes, holds, ground fighting, handgun, long gun, knives, blades, and improvised weapons. (ages 16-55 years)

4 – 1 HOUR SEGMENTS:

FIRST SESSION

Introduce the technique(s) from list above, emphasizing reality based concepts. Sample Attack/Fighting drills. (Short break)

SECOND SESSION

Class will introduce more techniques from additional levels, transitioning through items we've already worked. Review techniques from the First Session with application and pressure drills. (Short Break)

THIRD SESSION

Additional Techniques. Review techniques from the First & Second Sessions with more application and pressure drills. (Short Break)

FOURTH SESSION

Additional Techniques. Review techniques from the First, Second and Third Sessions with application and pressure drills.

A Certificate of Completion will be presented.

Class Code: 423006-01

Fee: \$80.00

Day: Saturday

Date: May 1

Time: 12:00 - 4:00PM

Location: TBD

Min. / Max: 20 / 40



Integrated Combat Systems
P.O. Box 653
Moline, IL 61265
Ph. (309) 764-5544
www.ckmmidamerica.com