



2015 Membership Handbook

"It's not about Fighting...It's about controlling situations."
Ryan Hoover

UTILIZING THIS HANDBOOK

We have found that students who participate in their own progression by actively following the curriculum, progress at a faster pace and get more out of their training. This is provided at the training center and available for download on ETKM's website. If you have questions regarding any techniques feel free to ask any of our instructors.

KRAV MAGA LEVELS / BELT SYSTEM

KRAV MAGA CLASS LEVELS AND BELT SYSTEM

Although belts are not worn in class, there is a complete belt system in Krav Maga. The following timeline represents typical progression through the Krav Maga belt system and class levels. Timelines are only approximations and are based upon students training an average of two to three times per week. Please be aware that students progress through the system at different rates dependent upon proficiency, aggressiveness, and fitness level.

KM Level 1 (Yellow Belt Curriculum) Average 3 – 5 months

KM Level 2 (Orange Belt Curriculum) Average 6 – 9 months

KM Level 3 (Green Belt Curriculum) Average 9 – 12 months

KM Level 4 (Blue Belt Curriculum) Average 12 months

KM Level 5 (Brown Belt Curriculum) Average 18 – 24 months

KM Level 6 (Black Belt Curriculum)

Note: Black Belt and above is by invitation only and require a minimum of 18 months training at that level.

PROGRESSING THROUGH KRAV MAGA LEVELS

While training in each level for the required amount of time (see *Class Descriptions*), students participate in Midterm Tests. Midterms are NOT expected to be as rigorous as the actual test. They are designed to be detailed check-ups to confirm that students understand the techniques and can perform them correctly. The workshops are anywhere from 3 hours to several days, depending on the belt level (the more advanced the belt level, the longer the workshop), and end with a comprehensive physical test. Upon successful completion of the test, students will progress to the next class level.

PERMISSION TO TEST FORM

Once you have trained for the required time needed to progress to the next belt level, you must attain a PERMISSION TO TEST FORM at our Front Desk. Prior to class, please give the completed form to your instructor, ask him/her to evaluate your performance and sign the form if they believe you are prepared to test. Our goal is to make sure that everyone is prepared as best as possible before going into the testing. Once the form has been signed by an instructor bring the form to the Front Desk to pay and register for the test. Testing Fees are \$35 and are due the date of the test.

TEST RESULTS

Results will be ready approximately one week after the test is conducted. Upon passing a testing, students will be presented with an Official Diploma during regular class time. At this point you will be able to commence with your new level classes. Those who do not pass will be contacted by the testing instructor to discuss results.

CLASS DESCRIPTIONS

KRAV MAGA SELF DEFENSE CLASSES

KM Level 1:

This entry level class is designed for all new Krav Maga students. The goal of the class is to teach the basics of self defense and fighting. Students will learn Krav Maga's fighting stance and movement, various punches, kicks from a standing position as well as from on the ground, elbows and knees, and how to defend against punches, chokes, headlocks and wrist grabs. Students who train an average of two to three times per week should expect to complete the curriculum in 4 months before testing into KM Level 2.

Please review **Required Equipment List for this class.*

KM Level 2 (For Yellow Belt students):

Upon completing KM Level 1, students will participate in a Yellow Belt workshop and test into KM Level 2. In this intermediate level class students will continue to review and hone the skills learned in KM Level 1 and will learn additional punches and kicks, punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bear-hugs as well as basic ground fighting positions and defenses. Students who train an average of two to three times per week should expect to complete the curriculum for this level in six months before testing into KM Level 3.

Please review **Required Equipment List for this class.*

KM Level 3 (For Orange Belt students):

Upon completing KM Level 2, students will test into KM Level 3. In this intermediate class students will continue to train on strikes, defenses against strikes, and self defense, including more advanced techniques that involve defending against weapons such as guns, and sticks as well as more advanced ground fighting strikes and defenses. Students who train two to three times per week should expect to be ready to test for Green Belt in nine months.

Please review **Required Equipment List for this class.*

KM Level 4 (For Green Belt Students):

Upon completing KM Level 3, students will test into KM Level 4. This class was designed specifically for Green Belt students interested in more advanced training, emphasizing Blue Belt techniques. The curriculum includes additional punches and kicks, more defenses against punches and kicks, defenses against knives, guns, and sticks, as well as advanced ground fighting techniques. Since there are a limited number of KM 4 classes offered, Green Belt students are encouraged to continue training in KM 3 classes as well.

Please review **Required Equipment List for this class.*

KM Level 5 (For Blue and Brown Belt Students):

This class is for advanced students only and covers all the advanced curriculum including fighting, ground fighting, advanced self defense, all weapons defenses, as well as third party protection.

Please review **Required Equipment List for this class.*

KM Level 6 (For Black Belt Students):

This class is for expert students only and covers all the expert curriculum including fighting, ground fighting, multiple attackers, advanced weapons defenses, as well as on location simulation training.

Please review **Required Equipment List for this class.*

Law Enforcement Only Classes (For Sworn Officers Only):

This class will teach defenses against a variety of armed and unarmed attacks relevant to peace officers. Use of force issues will be incorporated into the training.

Please review **Required Equipment List for this class.*

ETKM FITNESS PROGRAM

Students who have the Fitness option on their membership are welcome to train in any of the fitness classes listed below. The KM Fitness classes are designed to complement the Krav Maga Self Defense program and to bring a fresh experience to the total body workout.

We recommend that you wear comfortable clothing and non-skid athletic shoes. Please bring a towel to each class.

KM Fitness

ETKM Fitness, is a unique training combination that is inspired by various forms of exercise. We have drawn inspiration from Tabata, CrossFit, Cross training, MMA, Elite military units, and many others. The philosophy of our training is based on HIIT (High Intensive Interval Training). ETKM Fitness is a form of exercise that FITS ALL people as we are training on the basis of individual capacity. The training is designed in a way so that ***individuals of all levels can work together***, whether one exercises once in a while or trains at an elite level does not matter.

ETKM Fitness is a training method that simultaneously trains the two extremes, aerobic (endurance) and anaerobic (high-intensity and explosive). Under normal circumstances, it is difficult to affect both systems simultaneously. This is due to the fact that aerobic exercise usually lasts for a long period of time to increase stamina; meanwhile, anaerobic exercise is so physically demanding that one cannot typically maintain such a level of intensity for an extended period of time.

We offer a unique training combination that will help you burn more fat than most other forms of exercise. Due to the fact that it takes even longer for your body to recover from the workouts, it allows you to increase your fat burning after exercising! (i.e. “afterburn”)

In a study comparing two groups, one group which used conventional low-intensity training and one group which used high-intensity interval training (HIIT), the HIIT group burned three times more fat but exerted half as much energy.

FIGHTING PROGRAM

Students who have the Fight option on their membership are welcome to train in any of the fight classes listed below. We recommend meeting with an instructor prior to commencement of training to determine the appropriate class level.

Intro Fight:

This beginning level fight class is designed for those students who want to experience fighting in a step by step, methodical, non-intimidating fashion. The class format is different from the other classes at The Center in that it has a start and end date and lasts 10 weeks. Students are encouraged to start class on the first day because each week builds on the previous week. Students will learn the essential strikes, blocks, and movements of Krav Maga street fighting and will be brought along slowly until they are accustomed to the contact that occurs in a fight. There will be some degree of contact in every class, beginning with minimal contact the first few weeks and ending with full sparring by the end of the course.

Please review **Required Equipment List for this class.*

Fight 1

This class is designed for students who understand the basic mechanics of fighting: movement, basic punches, kicks, combinations, and defenses against attacks. In Fight 1 students will continue to sharpen these skills in a faster-paced environment than the Intro Fight class, with more sparring and a slightly higher level of contact.

Please review **Required Equipment List for this class.*

Fight 2

This class is for students who have gone through Intro Fight and Fight 1 or have previous fighting experience. Training focuses on advanced combinations, feints, fighting in the clinch, takedowns, ground fighting, and fighting multiple opponents. Sparring at this level is more freestyle, with takedowns and grappling permissible in most scenarios.

Please review **Required Equipment List for this class.*

Ground Fight:

To be a complete fighter you must know how to fight on the ground. Although Krav Maga does offer very effective ground fighting techniques in KM classes, this class is designed to focus on just grappling. Based on Wrestling and Brazilian Ju-Jitsu this class teaches the art of grappling while in a ground fight. Students will learn escapes from various holds and positions as well as offensive moves such as joint locks and submissions while striking on the ground.

REQUIRED EQUIPMENT

Krav Maga Program

KM Level 1:

- Groin protection (Males)
- Mouthpiece (Optional)

KM Level 2:

- 16 oz. Boxing gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Optional)

KM Level 3:

- 16 oz. Boxing gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Highly Recommended)
- Headgear (optional)

KM Levels 4 - 6:

- Grappling gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Highly Recommended)
- 16 oz. Boxing gloves
- Headgear (required)

Law Enforcement Only Classes:

- Grappling gloves
- Mouthpiece
- Groin protection (Males)
- Inert Training Pistol
- Gun belts AND handcuffs

Fighting Program

Intro Fight / Fight 1 / Fight 2

- 16 oz. Boxing gloves
- Shin guards
- Mouthpiece
- Groin protector
- Headgear

CHECK-IN

All members are assigned a member number and are given a keychain card with that number bar-encoded on the back.

Upon entrance to East Texas Krav Maga Training Center, members are required to sign in on the attendance list. The staff will keep track of attendance, eligibility for advancement in class levels and all other member account information.

HOURS OF OPERATION

The Training Center will open 30 minutes prior to the first class and close 30 minutes after the last class every day. (*See class schedule online for reference*).

HOLIDAYS

The East Texas Krav Maga Training Center will be **CLOSED** in observance of the following holidays:

- New Year's Day
- Easter
- Fourth of July
- Thanksgiving Day
- Christmas Eve day
- Christmas Day

The Center will have a **MODIFIED SCHEDULE**, which will be posted in advance, on the following days:

- New Years Eve day
- The day before Thanksgiving
- Labor day
- Memorial day

POLICIES AND PROCEDURES

DRESS CODE

Krav Maga Program:

At the East Texas Krav Maga Training Center, we require that you attend all **Krav Maga Classes** in a Krav Maga T-Shirt. Non-skid athletic shoes are recommended. It is suggested that when attending multiple classes or longer training periods that you bring multiple shirts for hygiene purposes.

Fitness Program:

Although we do prefer students to be dressed in Krav Maga Authentic Wear, students are permitted to wear any type of comfortable clothes for the **Fitness Classes**. We do offer a wide range of Krav Maga fitness apparel in the Pro Shop for your convenience. Non-skid athletic shoes are required.

Fighting Program:

Students should be wearing Krav Maga apparel in the **Fighting Classes**. Tank tops and shorts are permitted; however, long pants are recommended for the ground fighting classes. Non-skid athletic shoes are required. It is suggested that when attending multiple classes or longer training periods that you bring multiple shirts for hygiene purposes.

For your convenience, the East Texas Krav Training Center Pro Shop carries all of the required apparel and equipment for training. All gear must be purchased through East Texas Krav Maga to ensure proper quality of all students gear. We set a high standard on safety and proper training gear is an important part of that.

MEMBERSHIPS & CANCELLATION POLICIES

1. Month to Month (Open) Memberships

If you have a Month to Month contract¹ you can cancel at any time with a 30 day written notice submitted via mail. This notice will be start upon the date ETKM receives the notice.

2. Term Memberships (6,12,18 month)

If you have a term membership you are only eligible to cancel after your membership has expired (see Buyer's Rights section of the Membership Agreement for exceptions). ***Please be aware that since term memberships automatically renew, you are still required to send in your 30 Day notice of cancellation form by mail or hand delivered if you wish to terminate after the expiration date.***

3. Paid in Full Memberships (Prepaid)

These memberships are non-refundable except as stated in the Buyer's Rights section of the Membership Agreement.

IMPORTANT NOTES:

- You **SHOULD NOT** consider your membership cancelled until you have received an email of confirmation from East Texas Krav Maga.
- We **DO NOT** under any circumstances accept VERBAL cancellations.
- All cancellations **MUST BE** received in WRITING.

¹ Please see Terms Of Your Membership for additional descriptions of the different types of memberships.