



COMBAT
DALLAS **CO.** FT. WORTH
TEXAS

STUDENT MANUAL

WELCOME TO DFW COMBAT!

Dear Student,

Welcome to DFW Combat Co. (DFWCC). 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 Manual is designed to assist you in getting acquainted with our 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@dfwcombat.com.

Welcome again to the DFWCC 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

GETTING STARTED

DRESS FOR SUCCESS:

Training attire: each class will provide different kinds of training and as such each class will have different requirements for attire. To make sure everyone is appropriately attired and to promote a team mindset, we require a simple uniform in each class. Wear your DFWCC (or affiliated brand e.g. Krav Maga Alliance, Checkmat, Darkside Muay Thai, etc.) shirt or rashguard to each class. Also, please wear a clean shirt to each class.

Footwear: 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. Shoes are not allowed in BJJ, MMA, or Muay Thai.

Training Gear: In addition to your uniform you will also be required to purchase your own training equipment for each class. Most of the required equipment is available in our pro shop, and we offer discounts for buying all your gear at once.

- **Krav Maga:** Boxing gloves, shin pads
- **Boxing:** boxing gloves (wraps optional)
- **BJJ:** gi with DFWCC patches or team rashguard
- **MMA:** MMA gloves (7oz. padded for sparring), shin pads
- **Muay Thai:** boxing gloves, shin pads, Thai shorts
- **Combatives:** boxing gloves, shin pads
- **Ground Survival:** team rashguard and board shorts or spats
- **Heavy Bag:** Boxing gloves or MMA gloves
- **Recommended for all classes (except fitness):** mouth piece and groin protection

GETTING STARTED

BEFORE CLASS:

Please arrive 10 to 15 minutes prior to class starting so you can warm up and so the class can start on time. If you arrive late, please check in with the instructor so they can put you where you need to be.

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 dressed 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)
- Bathe regularly
- Do not come to class if sick or showing sick symptoms



GETTING STARTED

STUDENT CODE OF CONDUCT

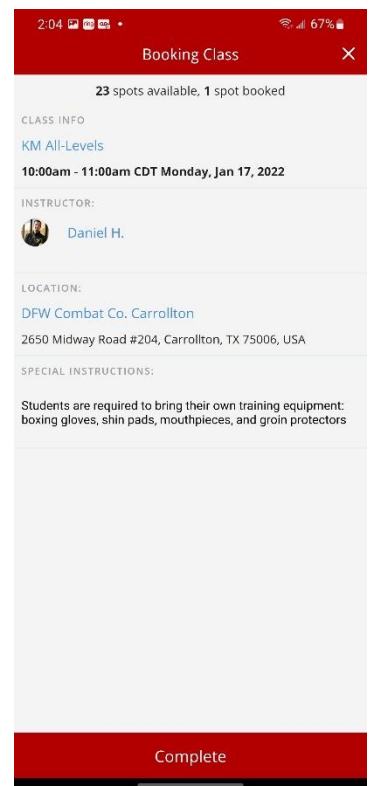
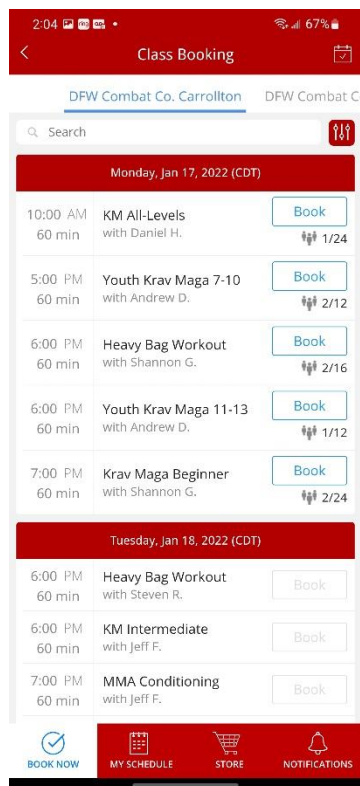
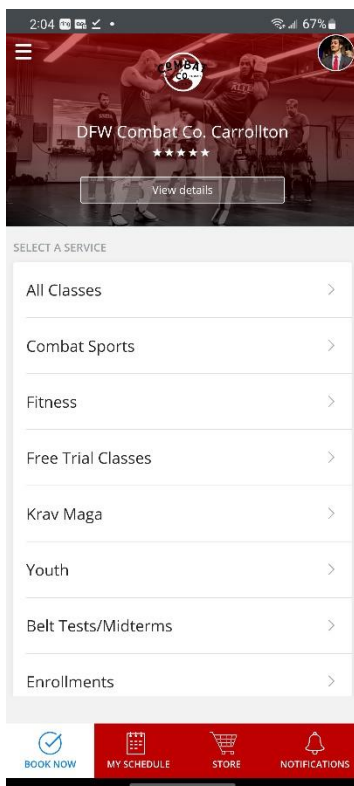
- Follow all instructions from DFWCC staff and instructors at all times.
- Do not talk over instruction. Be respectful of the instructors and other students by not talking once "time" is called
- Register for classes in advance using the Member App or the portal on the website
- Arrive on time for the start of each class
- Have all necessary training equipment and uniform for each class. Bring a separate set of clothes for each class, if attending multiple classes.
- Remove any loose jewelry or other articles of clothing that may cause risk of injury during class
- No outside shoes permitted on training floors. Indoor "mat-only" shoes are permitted as long as they are ONLY worn on the mats, they do not damage training surfaces, and are appropriate for the class (i.e. no shoes allowed in Muay Thai or BJJ).
- All class participants must have proper hygiene: bathe regularly, wear clean attire each class, trim hair and nails to acceptable lengths, refrain from wearing strong perfumes or colognes, and take proper care of your training equipment.
- No live weapons of any kind are permitted on the training floor
- No photos or video recording without express permission
- Refrain from using foul language or other offensive behavior
- Support other students and understand that each student has equal right to train.
- Clean any and all equipment used and make sure equipment is stored properly after classes have concluded.
- Students are not allowed to train under the influence of drugs or alcohol
- Use your skills for good. The training we provide is intended to improve physical wellness, self improvement, sport, and personal security; and should never be used to provoke or harass anyone or conduct any illegal activity.

BOOKING CLASSES

All students are required to reserve a spot in class in advance using either the member app or the web portal on our website. This serves multiple purposes:

- Lets the instructor know who's coming so they can prepare classes appropriately
- We can make sure we have enough space or other resources (e.g. heavy bags) for everyone
- If we have to cancel last minute (like if the instructor's car breaks down) then we know who to notify – you will receive an email, text, and push notification if that's the case.

HOW TO RESERVE A SPOT:



1. LOG IN TO THE DFW COMBAT MEMBER APP

2. SELECT THE CLASS YOU WANT

3. HIT 'COMPLETE'

***YOU CAN ALSO BOOK THROUGH THE MEMBER PORTAL ON THE WEBSITE**

AFTER CLASS

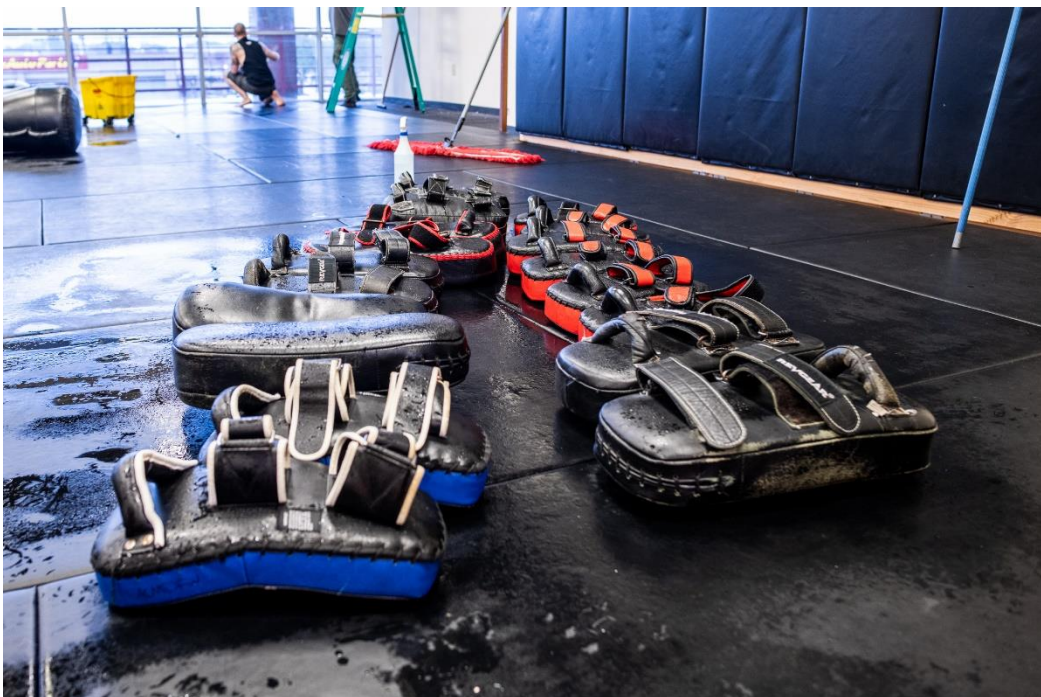
We request that all students sanitize and organize any equipment used during class. This includes any heavy bags, striking shields, focus mitts, mats, etc., that were used during the lesson. That way, we ensure the next class has a neat, safe training area. **Cleaning stations** with blue cleaning towels 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 our discretion.

Need to take a shower?

No problem! We have shower facilities available for students if they need to freshen up before leaving. We do ask that you please let an instructor or staff member know you'll be taking a shower so we don't lock you in the gym accidentally. Yes, really.



MANAGING YOUR ACCOUNT

All members will have access to their profiles through our app, but there is a lot more functionality and ease-of-use through the member portal, accessible through a desktop computer. There, students will be able to sign-in to classes, access account information, visit history, upcoming events, shop at our online store, see their rewards points, and more.

Membership Holds

Going out of town for a while? Sick? Injured? Put your membership on a temporary hold so you keep getting the full value for your membership payments. Members in good standing can put their accounts on hold anywhere from 2 weeks to 4 months at a time simply by filling out the form on our website. Any unused time or visits on your membership will be available once the hold expires, and your billing dates will be pushed back by the length of the hold.

[dfwcombat.com>>members>>hold request form](#)

Membership Cancellations

We get it, life happens sometimes. All you have to do to terminate your membership is fill out the cancellation form on our website. We do have a 14-day cancellation policy, so if your next bill is due within 14 days you will be charged for one more billing cycle, but after that there's no further obligation. The good news is that whenever you're ready to come back you won't be required to pay the registration fee again!

[dfwcombat.com>>members>>cancellation form](#)

Everything Else

You can update your payment information, sign documents, adding family members, etc. through the member portal. Any requests to change your membership (billing schedule, upgrades, whatever) should be submitted in writing to info@dfwcombat.com or using the contact form on the website.

REWARDS PROGRAM

Earn points for using your membership and for participating in gym activities! The easiest way to earn points is to attend class, but you can also earn by posting reviews on social media, for purchasing certain items, referring a friend, and more!

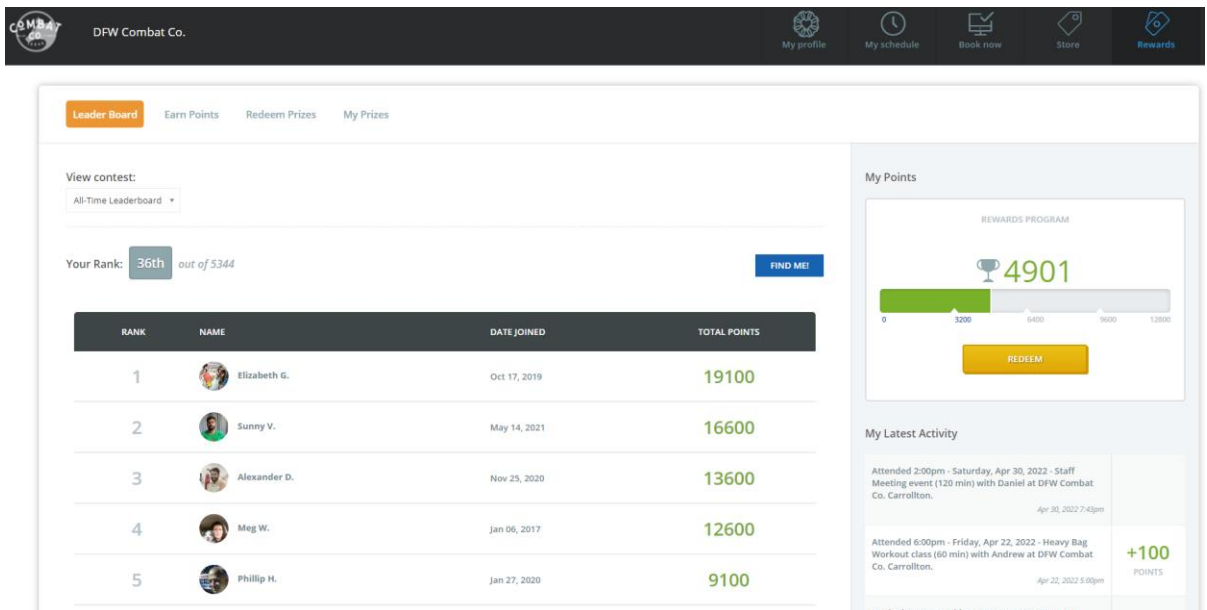
You can also see where you stand vs other students in the leaderboard!

Redeem points for pro shop items

At certain intervals you can exchange your points for cash that you can use on gear, apparel, and other pro shop items. Check out the "redeem" tab on the rewards page to learn more

Earn special rewards only available through points

We have special rewards (training, special shirts, etc.) that are only available for completing certain activities. For example, if you complete 100 classes in a year you get one of our coolest shirt designs!



CHIEF INSTRUCTOR/OWNER

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 DFW Combat Co. and works every day to provide all the members and instructors the best training experience possible.

Daniel brings with him over 25 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 (Military/Law Enforcement) Instructor Trainer
- Young Warriors Krav Maga instructor
- Certified StrikeFit instructor
- 3rd degree black belt in Tang Soo Do
- 1st degree black belt in Han Mu Do



PROGRAMS



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.

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.



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.

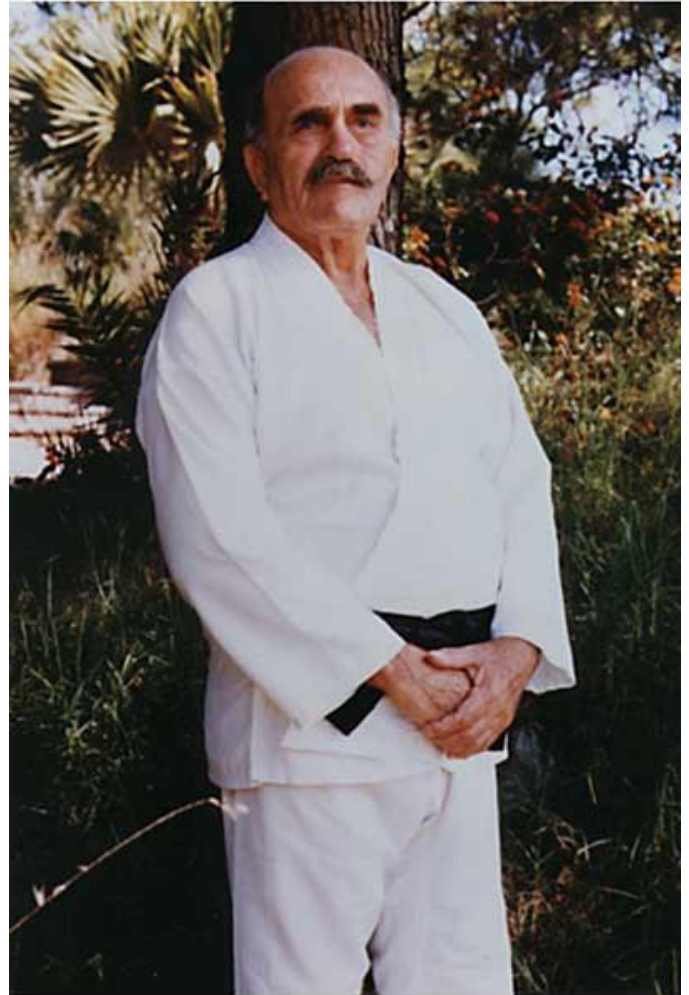
Unfortunately for him, the effectiveness of those techniques made him quite unpopular with authorities in the World War II, Nazi-fearing society of the late 1930's. Therefore, he was forced to flee his homeland for Palestine in 1940.

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.



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.

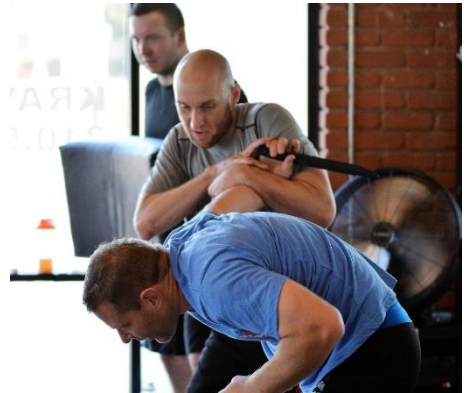
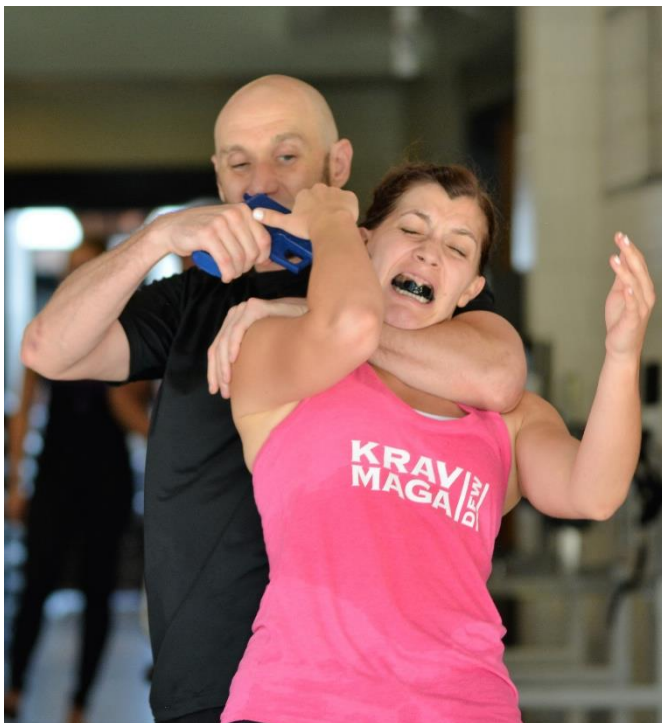


KRAV MAGA

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, and 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

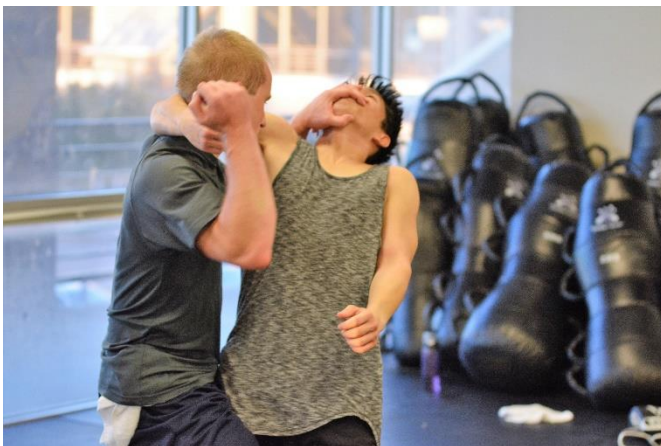
A new student to in Krav Maga is considered a White Belt (level 0) practitioner. As you progress through the program and gain experience you will be allowed to attend higher-level classes.

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.

All-Levels

This class is open to students of all levels 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

Krav Maga Intermediate (Green and Blue belts)

Once you have passed your Orange Belt test you are welcome to attend the KM Intermediate, where the focus shifts from getting out of a bad situation to training for what happens after, and when things go sideways. In this class we do more sparring and sparring drills, ground fighting, and weapons training. This is where Krav Maga really starts looking like a real fight.

KM Advanced (Blue, Brown, and Black belts)

This is where we make Krav Maga training as realistic as possible and add as much resistance as we can safely. We address threats against multiple attackers, 3rd party protection, weapon-on-weapon training and improvised weapons, and training begins to look more like the original incarnation of Krav Maga as a military combatives system.



KRAV MAGA

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.

Combatives (boxing gloves, shin pads, and mouthpiece required)

This class is all about developing striking skills and stand-up grappling. This is essentially a cross-over between the Krav Maga and Muay Thai classes, and an opportunity for you to test your striking in a number of scenarios. This is also a great way for newer students to get more reps on movements and patterns that will help them join the sparring classes later on.



KRAV MAGA 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, DFW Combat 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 50 Krav Maga classes in their respective level.
- 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 DFW Combat 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 DFWCC, we take your progress seriously and committed to giving our students honest and realistic feedback.

KRAV MAGA 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.



KRAV MAGA 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 DFW Combat Co. 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 website for information and to register.

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

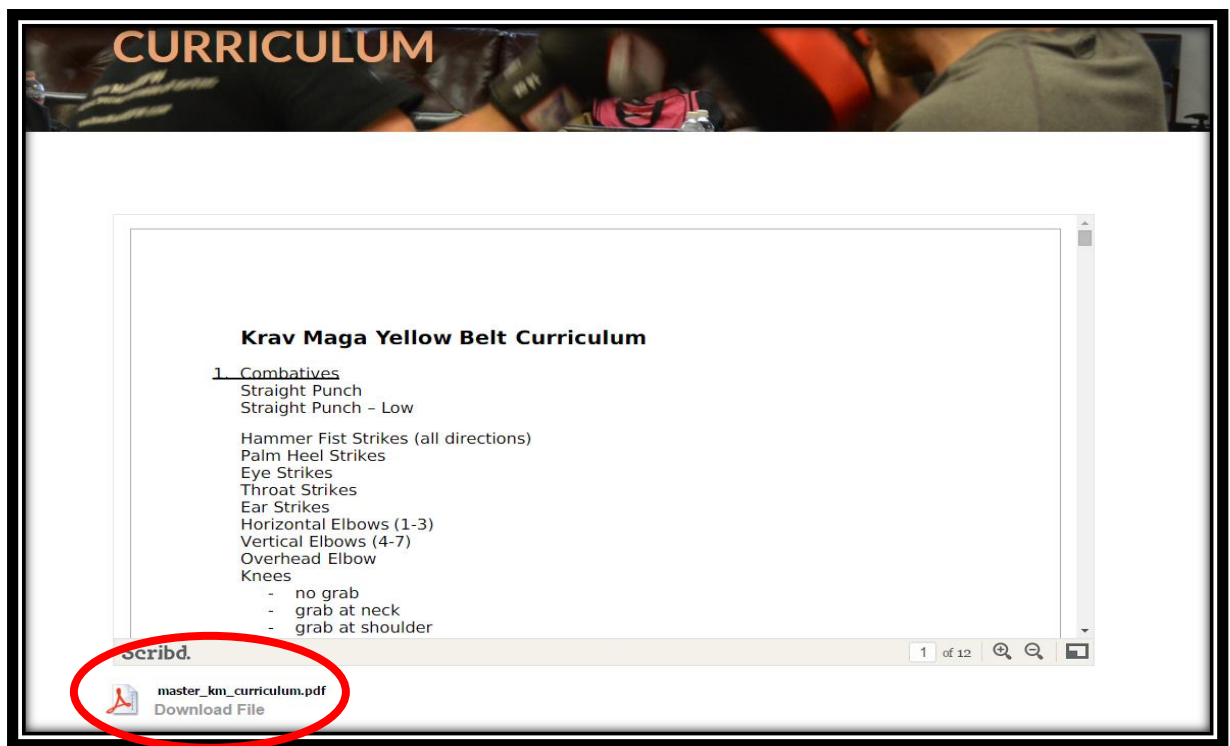
- The fee for belt tests is a one-time, non-refundable \$50. If you have to re-take the test you will not be required to pay again.
- Train hard and come prepared! Bring lots of water and a few snacks. Boxing gloves, shin pads, and mouthpieces are required.
- You will receive a certificate upon completion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



KRAV MAGA CURRICULUM

The entire KMDFW curriculum for adults and kids can be found on our website We encourage every student to print their level specific curriculum and review them.

Dfwcombat.com>>Members>>Krav Maga Curriculum



The screenshot shows a document viewer interface for a Scribd document. The document title is "Krav Maga Yellow Belt Curriculum". The content is organized into sections: "1. Combatives", "Straight Punch", "Straight Punch - Low", "Hammer Fist Strikes (all directions)", "Palm Heel Strikes", "Eye Strikes", "Throat Strikes", "Ear Strikes", "Horizontal Elbows (1-3)", "Vertical Elbows (4-7)", "Overhead Elbow", "Knees", and a list of techniques: "- no grab", "- grab at neck", and "- grab at shoulder". At the bottom left, there is a red circle highlighting the "Download File" link next to the PDF icon and the filename "master_km_curriculum.pdf". The Scribd logo is visible in the bottom left corner of the viewer, and the page number "1 of 12" is shown in the bottom right corner of the document area.

KRAV MAGA CURRICULUM

Krav Maga Yellow Belt Curriculum

1. Combatives
Straight Punch
Straight Punch - Low
Hammer Fist Strikes (all directions)
Palm Heel Strikes
Eye Strikes
Throat Strikes
Ear Strikes
Horizontal Elbows (1-3)
Vertical Elbows (4-7)
Overhead Elbow
Knees
- no grab
- grab at neck
- grab at shoulder

Scribd. 1 of 12

master_km_curriculum.pdf
Download File

**Download .pdf for printable
version of the curriculum**

BRAZILIAN JIU JITSU

Brazilian Jiu-Jitsu has roots in traditional Judo fundamentals and has since been adapted into its own sport. Codified in Brazil under the Gracie family, BJJ teaches how to control or disable another person through takedowns, pins, joint locks, and chokes. Proper technique involves an understanding of leverage and basic principles of biomechanics and physics, and a skilled practitioner can effectively neutralize a much larger and/or stronger opponent.

Beyond that, BJJ is an entirely unique culture within the martial arts world. At our gym you'll be welcomed onto our team, and during training egos are left at the door. Training is meant to benefit everyone, and many lifelong friendships have been made on the mat.



PROF GILSON NUNES

Gilson "Nenem" Nunes was born in the city of Fortaleza, in the North of Brazil, and would start his jiu jitsu training at the age of 12 under coach Paulo Ivano. Incredibly, the young Nunes would compete just one week after starting his training and win his division. Through the years of his continued martial arts training Gilson would also cross-train in boxing and Muay Thai, now boasting a 3-1 record in MMA.

Afer earning his black belt under Ronaldo Cruz and Paulo Ivano Gilson would move to the US and open an affiliate under Team Checkmat in Gulf Breeze, Florida. Prof. Nunes is now the full-time head coach of the Brazilian Jiu-Jitsu program at DFW Combat Co.

Gilson's grappling record includes over 200 professional victories as a black belt and counting.

He is also multiple-time IBJJF Pan-American and World Champion



BRAZILIAN JIU JITSU

Gi Class

In this class you will wear the traditional BJJ uniform which consists of pants, a jacket, and a belt; all of which can be gripped to use for control or for submissions. We recommend beginners start in the gi class because the extra cloth forces students to develop defensive techniques, which is absolutely essential for all levels of Jiu-jitsu play.

No-Gi Class

Here students wear a rashguard and board shorts, and because of the lack of cloth grabs students have to be more careful about their control positions and offensive techniques. This class is perhaps more directly applicable to self defense situations.



TEAM CHECKMAT

Krav Maga DFW, its athletes, and Prof. Nunes are all proud members of Team Checkmat, an internationally recognized network of affiliate gyms and competition team. Checkmat boasts multiple world championship titles with the International Brazilian Jiu Jitsu Federation, Abu Dhabi Combat Club, Brazilian National Tournament, and other prestigious competitions. Through Checkmat we are held to a higher standard as practitioners and competitors in BJJ, and together we grow stronger!



MUAY THAI

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!

Muay Thai II (boxing gloves and shin pads required)

This class is meant for the more experienced Muay Thai athletes as an opportunity to put their skills together in sparring drills and sparring practice. This class is absolutely essential for any athlete to compete, especially since you will get a chance to work against a wide variety of skills sets and styles. **Instructor permission is required to attend this class.**



GEORGE STALLWORTH

Coach George is the head of the DFW Combat Co. Muay Thai program and leader of the DFWCC Fight Team. He comes from a long background in martial arts, from Shotokan Karate to boxing, MMA, and BJJ; but his love is definitely in his Muay Thai practice.

George is an experienced personal trainer, fighter, and coach who constantly seeks self-improvement and hopes to help others do the same. He has grown our fight team to bring in multiple belts and titles, and is constantly training with some of the best names in the business to bring back the highest-level knowledge and practices to our gym.



BOXING/MMA

Boxing I (boxing glove, mouthpiece 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.

MMA (7oz sparring gloves, shin pads, and mouthpiece required)

MMA is more than simply combining striking and grappling – it's about careful strategy and making the fight go towards your strengths as opposed to those of your opponent. We will help you develop you punches, kicks, knees, clinch, ground fighting, etc. but we will also help you develop the fight IQ to be able to put it all together in a way that makes the fight go your way.



YOUTH PROGRAM

We offer a variety of class types for our kids, covering a number of situations and use cases, but the main goal of all of our programs is to develop strong athletes and to build strong character traits in our students. Essentially, we view our martial arts training not just as a fun sport but also as a vehicle to teach virtues like integrity, concentration, respect, self control, humility, and perseverance. We firmly believe these are the most valuable things we can teach

Youth Krav Maga (boxing gloves, shin pads, and mouthpiece required)

Similar to our adult program, this class blends concepts from striking and grappling to handle real-life situations such as kidnapping and bullying. There is a clearly defined curriculum and rank progression for the Krav Maga program, and students will be able to gain rank and experience to prepare them for the adult program.



YOUTH PROGRAM

We also have a variety of combat sports classes available for our young students, and while participation in competitions is encouraged, it is not strictly necessary. We believe competition can help bring out the best in athletic potential, but it can also teach about sportsmanship, fair play, determination, and teamwork

Youth BJJ (team gi required)

Get your kids some well-rounded Brazilian Jiu Jitsu training that will focus on the fundamentals of position, transitions, takedowns, and basic submissions. Students in this class will train in a gi to give them stronger defensive skills and to give them a wider variety of techniques to work from.

Youth Muay Thai (Thai shorts, boxing gloves, shin pads, and mouthpiece required)

Just like in the adult class, students here will learn the basics of Muay Thai and have an opportunity to compete if they wish. Youth competition, however, is based around point sparring and skill development instead of racking up titles. The point is to get young athletes as much experience as possible in a safe, technically-focused environment so that they have greater confidence and ability later in their careers.



YOUNG WARRIOR CREED

*I will develop my mind, body and spirit in a positive manner
for the betterment of myself and my community*

*I will only use my training to defend myself and others, and
I will stand up to help those who cannot help themselves*

*I will not give up in the face of difficult challenges, and
I will persevere to achieve my goals*



YOUNG WARRIOR TENETS



Integrity

Concentration

Perseverance

Respect and Obedience

Self Control

Humility

Indomitable Spirit

FITNESS AND CONDITIONING

Heavy Bag Workout (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.

MMA Conditioning

Explore a mix of heavy bag work, strength training, circuit training, and pad work in this well-rounded workout meant to develop skill as well as athletic potential. This is perhaps the most varied fitness class we offer, as it addresses all aspects of combat sports fitness.

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!

HIIT Training

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

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.

We offer training courses for Krav Maga instructors and for law enforcement officers. If you or your department are interested in training please contact us for more information.



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/3rd 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, cookouts, 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 app, our Member-only Facebook Group, and our website under "Events"



PRIVATE TRAINING

Individual Private Lessons

For students with special needs, odd schedules, or who just want a little extra training outside class, many of our coaches offer 1-on-1 training to help you with your training goals. Rates and availability will vary based on the individual coaches, but rates are typically \$75 to \$120 per hour. Some coaches also offer discounts for pre-paying multiple classes in advance.

Group Private Training

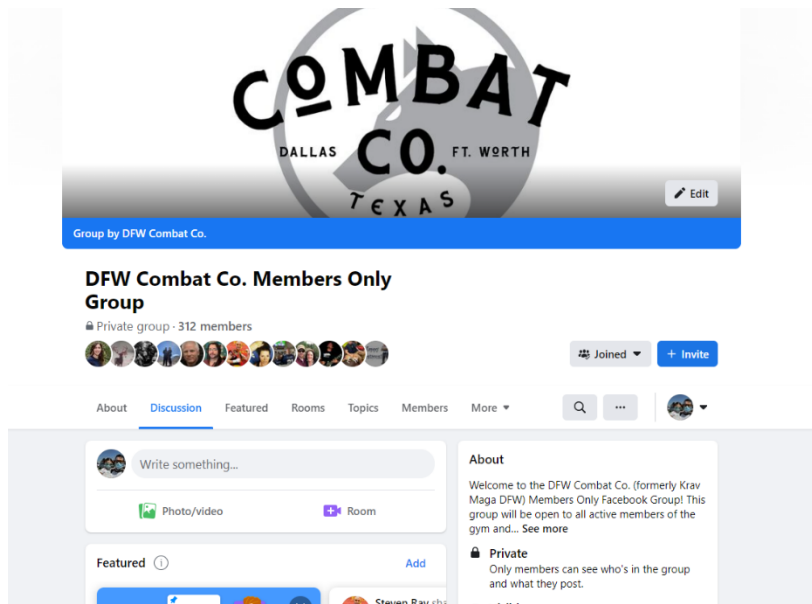
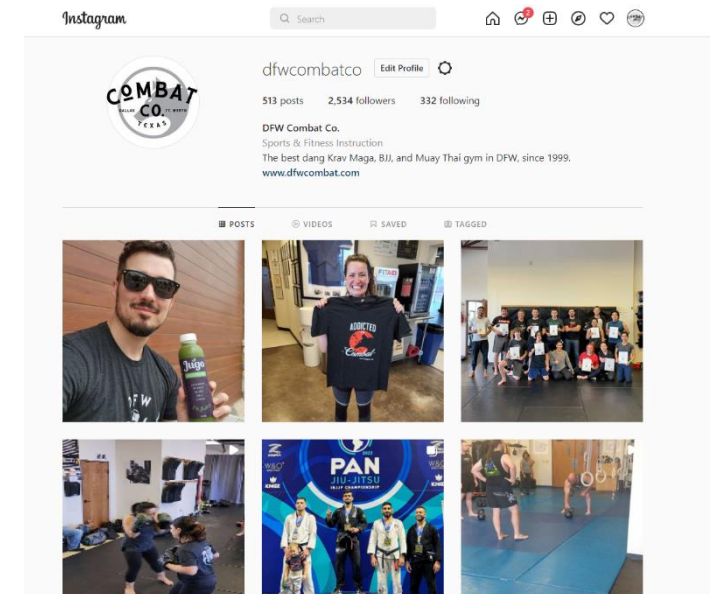
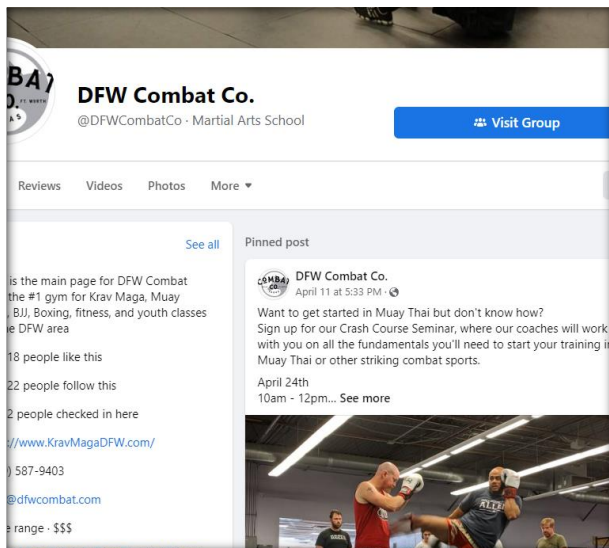
Do you have a group of friends or coworkers that are interested in some specialized training? Contact us and we'd be happy to set up a training session or series of sessions at one of our facilities, with lessons catering specifically to your group's needs. In the past we've done training for all kinds of corporate clients, schools, churches and temples, youth organizations, and all manner of nonprofits.



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 as a member 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!



WRITE US A REVIEW

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

