

# Karate - Self Defense with Amnon Maor



During the last years we have seen two processes, which now are coming together:

- On one hand, instructors from various martial arts have come forward, wishing to expand their activities by combining elements and techniques from Maor Krav Maga into their systems.
- On the other hand, we have established in my home town of Modi'in, a center dedicated to Karate competitive excellence for children and youth, involving coaches from different schools; we have had competitive successes, including several National Champions. Students from other places come to train there, and the center has also established cooperation with the local Judo club.

In order to combine both processes we decided, at the Maor Self Defense Center, to promote a combination of traditional Karate and Self Defense, by means of courses and seminars intended for instructors of various martial arts who desire, without abandoning the traditions and frameworks of their systems, to expand their activities and include in them elements of Maor Self Defense. These elements include empty-hand self defense techniques, Judo throws which fit those requirements, and special SD weapons – Handshock, Tonfa, baton, knife and pistol.

Alumni of those courses will, after passing the required finishing exams, receive diplomas attesting to their ability to include Maor techniques in their curriculum.



## Karate-Self Defense Instructors Course



***The Instructors Course consists of two stages:***

- First stage: 4 consecutive days.
- Second stage: 2 weekends.

Content:

- Movement – tai-sabaki – different angles
- Understanding of distance - readiness or not
- Hand defense – different angles
- Grip releases
- Hug releases
- Choke defenses
- Open hand strikes
- Fists at different ranges
- Combining movement-defense-attack
- Short kicks at varying distance
- Defense against knife, stick, pistol
- Self defense weapons: Baton, hand-shock, tonf
- Fights

Content may be changed in response to students' level and requirements.

**Each day:** 5 full hours of instruction

**Course fees:** € 600

***Students should have a valid instructor/coach diploma or valid Dan grade. Before the beginning, diplomas will be checked and the student will be interviewed.***

