

XTREME KRAV MAGA

ST. LOUIS
SELF DEFENSE . FIGHTING . FITNESS



TRAINING SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am **Starts Feb. 6th	Krav Maga Level 1 Room 1		Krav Maga Level 1 Room 1				
9:00 am	Private Training Available All Day	Private Training Available All Day	Private Training Available All Day	Private Training Available All Day	Private Training Available All Day	Kids Krav Maga & Fitness (9:15-10am) Room 1 Kickboxing Bootcamp Room 2	Conditioning
10:00 am						Krav Maga Level 1 Room 1	Krav Maga Level 1 Room 1
11:00 am						Open Gym	Krav Maga Advanced Room 1
Noon	Krav Maga Level 1 Room 1	Kickboxing Bootcamp (Noon-12:30) Room 2	Kickboxing Bootcamp (Noon-12:30) Room 2	Krav Maga Level 1 Room 1			
1-4 pm	Open Gym	Open Gym	Open Gym	Open Gym			
5:15 pm	Kids Krav Maga & Fitness (5:15-6pm) Room 2		Kids Krav Maga & Fitness (5:15-6pm) Room 2				
5:30 pm	Conditioning (5:30-6pm)	Kickboxing Bootcamp (5:30-6pm) Room 2 Gracie Jiu-Jitsu Ground (5:30 - 7pm) Room 1	Conditioning (5:30-6pm)	Kickboxing Bootcamp (5:30-6pm) Room 2 Gracie Jiu-Jitsu Ground (5:30 - 7pm) Room 1			
6:00 pm	Krav Maga Level 1 Room 1	Krav Maga Level 2 Room 2	Krav Maga Level 1 Room 1	Krav Maga Level 2 Room 2			
7:00 pm	Krav Maga Level 2 Room 2	Krav Maga Level 1 Room 1	Krav Maga Level 2 Room 2	Krav Maga Level 1 Room 1			
8:00 pm	Fit To Fight Room 1	MMA Room 1	Fit To Fight Room 1	MMA Room 1			

*Classes are 1 hour in length unless noted.

(314) 974-KRAV
www.Xtreme-Krav-Maga.com

Xtreme Krav Maga & Fitness St. Louis - Class Descriptions

Krav Maga Level 1	This 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 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. <u><i>(All new students start in Krav Maga Level 1 class)</i></u>
Krav Maga Level 2	Upon completing KM Level 1, in this intermediate level class, students will continue to review and hone the self defense skills learned in KM Level 1, as well as learn additional punches and kicks, punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bear hugs . Students who train an average of two to three times per week should expect to complete the curriculum in six months before testing into KM Level 3. <i>(Must have passed Level 1 test)</i>
Krav Maga Advanced	Upon completing KM Level 2, 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 knives, guns, and sticks . Students who train two to three times per week should expect to be ready to test for Green Belt in twelve months <i>(Must have passed Level 2 test)</i>
Kids Krav Maga Self Defense & Fitness	Motivating kids through exercise, personal safety and discipline is a powerful way to help them build their confidence and self esteem . Learn self defense techniques and respect, sportsmanship, and teamwork. (Ages 6-12)
Kickboxing Bootcamp	Just like Cardio Kickboxing...but better! Whether you are a beginner or an advanced student, this class has what you need to step your workout up a notch. Combining Krav Maga techniques with intense fitness training to give you a full body workout. Learn the combatives and techniques to defend yourself and get a great workout while doing it! High energy cardio circuit training workout focusing on endurance, balance, coordination, agility, speed, power and flexibility . Performing drills to improve overall fitness and health incorporating, kettle bells, hand weights, medicine balls, resistance bands, punching and kicking heavy bags all to upbeat music! This is an all around great total body workout! <i>(Beginners welcome!)</i> This class features a combination of strength training, dynamic flexibility, and heavy bag work to a rhythmically-based continuous motion class utilizing basic Krav Maga combatives in order to stress the cardio-respiratory and cardiovascular system. Students perform punches, kicks, knees and elbows combinations on a heavy bag. <i>(Bring your boxing gloves!)</i>
Fit To Fight Sparology	Take your training to the next level. You will learn Boxing, Muay Thai, Wrestling, Jiu-Jitsu techniques including: foot work, movement, straight & hook punch combinations with kicks, knees and elbows trained on focus mitts and thai pads and MMA cage. Apply the techniques you learn in Krav Maga classes together with these advanced strikes. You will also work agility drills incorporating weights, medicine balls and resistance bands to improve endurance, speed and power. <i>(Beginners welcome!)</i>
Brazilian Jiu-Jitsu Ground	Jiu Jitsu involves an array of techniques available from Guard, Half Guard and Mount , including strikes, joint locks, throws, submission holds , pins, and pressure points in order to deal with and control any situation on the ground. This ground class focusing on striking on the ground, ground position & control, arm locks and submissions's, takedowns, takedown defense and ground sparring . Learn how to fight on the ground - from your back, in side control and mount positions while throwing strikes and incorporating Jiu Jitsu to defend the threat and get to your feet. Taught by Grappling Concepts BJJ Instructor. <i>(Beginners welcome!)</i>

639 Gravois Bluffs Blvd, Fenton, MO 63026

(Walmart Side – Next To Sears Outlet)

www.Xtreme-Krav-Maga.com