

2019 - FREQUENTLY ASKED QUESTIONS – Krav Maga Wellington & Self Defence Training

Q: Is Krav Maga a martial art?

A: Krav Maga is not a martial art or a sport. We do not train to compete - We train in order to survive.

Q: Can I join a free trial class?

A: Yes you can. We offer 2 free trial classes to anyone who is new to our school. If you think you need a couple of more classes to help you decide, just discuss it with the instructor.

Q: What protective gear should I wear?

A: Protective gear isn't required if you are trying a Krav Maga class for the first time. If you decide to join up or train regularly, then you will need to invest on protective gear. You can order these through local stores or online (ask your instructor about options where to get it from). If you want to go and have a look, <https://fujimae.co.nz/> is a local store in Brooklyn, Wellington that we highly trust.

Q: What should I wear for class?

A: Gym attire is suitable for Krav Maga training. For safety reasons, we ask that all jewellery must be removed prior to training. Graded students are expected to wear the school/IKMF uniform and display their patch as appropriate to their level.

Q: I'm not a fit person but would like to learn self-defence, will Krav Maga training be suitable for me?

A: Krav Maga is suitable for everybody. The instructor will guide and encourage you to go beyond your comfort zone, but it will be proportionate to your fitness and tolerance level.

Q: I heard that Krav Maga is violent and aggressive. Is this true?

A: We strongly advise students to avoid physical confrontation at all cost. But if your only recourse is to fight in order to defend yourself, then we encourage that you finish a fight as quickly as possible. Krav Maga techniques should be quick, direct, and hard. The strikes for example, are aimed towards the most vulnerable parts of the body. When done at full speed and power, it may cause severe injury.

Q: How long do I need to train before I can become confident in my self-defence skills?

A: Each person learns at their own pace. Some people train casually while some prefer to train regularly (2 -3 x a week). A beginner on their first few weeks of training should be able learn some basic Krav Maga techniques that can be used in real life if the situation calls for it.

Q: How safe is it to train in Krav Maga?

A: Health and safety is our top priority during training. Students are required to follow safety instructions, use controlled techniques, as well as use protective equipment during training. Because Krav Maga requires physical contact, some injury may happen as a result of training. A first aid kit is always available and the instructor is competent to perform first aid.

Q: What does a typical Krav Maga training consists of?

A: Krav Maga training consists of the following: Warm ups using a blend of low and high intensity exercises, Mental training (stress and aggression drills), Tactical training (counter attacking, decision making), and Technique training (effective striking, blocking, and release techniques).

Q: Is Krav Maga training all about fighting?

A: Self-defence is not always about fighting. We also teach people to be more aware of their surroundings. We also impart some insight on the mentality of an aggressor during a physical confrontation. Since the best defence is to avoid any confrontation, we also teach students to run away or identify potential threats even before an attack occurs.

Q: I want to track my progress and be graded on my Krav Maga skills, how do I do this?

A: The IKMF manages a grading system for students who chooses to progress in their level of training. This is divided into three main categories - Practitioner, Graduate, and Expert. The required training time is 2x/week and the time frame is stipulated by the IKMF as below;

Practitioner 1 (3 months)

Practitioner 2 (4-5 months)

Practitioner 3 (4-5 months)

Practitioner 4 (4-5 months)

Practitioner 5 (4-5 months)

Graduate 1 (8 months)

Graduate 2 (8 months)

Graduate 3 (8 months)

Graduate 4 (8 months)

Graduate 5 (8 months)

*Expert 1 (1 year)

*Expert 2 (2 years)

*Expert 3 (3 years)

*Expert 4 (4 years)

*Expert 5 (5 years)

*Expert categories require additional requirements by the IKMF headquarters.

Individuals who train regularly and can demonstrate proficiency may qualify for grading through the IKMF's testing system. The grading is set by the country's IKMF Director.

Q: How do I find out the history of Krav Maga and the International Krav Maga Federation?

A: Krav Maga and the IKMF has a fascinating history. You can find out more about it by redirecting to the Official IKMF website.