



MEDIA RELEASE

AUDIENCE: GENERAL PUBLIC

FOR IMMEDIATE RELEASE

International Krav Maga Federation NZ
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'So That One May Walk in Peace'

On Saturday the 13th of April, internationally renowned Krav Maga Expert Instructor, Tim Alexander makes a visit to the Land of the Long White Cloud to conduct a series of self - defence workshops. It will be held at The Filipino Community Centre 92 Cuba Street, Petone Lower Hutt.

The one day event is comprised of 3 high intensity workshops. Each of these will empower and equip you to deal with both common and serious threats to safety.

Topic 1: From Threat to Attack - Learn how to assess a potentially dangerous situation and know how to respond effectively. This topic will deal with the realities of an imminent threat, and will cover the timeline from a threat to an attack. It will cover the self-defence mindset and strategies on how to deal with physical violence and aggression.

Topic 2: Third Party Protection - Learn practical strategies that will help you protect your partner, child, or friend in the midst of confusion and violence.

Topic 3: Active Shooter Scenario – Learn about an attacker’s mindset, motives, and ways to improve chances of survival. Learn strategies, techniques and options on how to respond to and deal with an active attacker, when escape is not possible.

New Zealand’s IKMF National Director Gabriel Molina has planned the event since January 2019.

Gabriel says, “Self-defence is fast becoming a life skill, as essential as learning to swim.” He goes on to say, “the self-defence workshops offer a unique opportunity for the general public to come along and experience Krav Maga from one of the world’s elite instructors. Tim is a fantastic instructor with a wealth of knowledge coupled with a sense humour. The workshops will not only be of significant learning but also highly entertaining too. We are looking forward to having him down here again.”

One day only event. Register your interest by close of business on Friday the 12th of April.

<http://www.kravmagawellington.co.nz/tim-alexander-2019.php>

Attend the full day, or the topic(s) of your choice

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