

Why Krav Maga for Women?

Krav Maga for Women

- We can't ignore the physical differences between men and women.
- This course will help to level the playing field by giving women and girls the necessary tools to protect themselves from any type of threat.
- The lessons are tailored to address women's safety and focus on preventing potentially dangerous situations.

What to Expect in the Course

- We will help women to tap into their Survival Mindset and recognize their strength.
- We will teach you how to become more aware of your environment and how to avoid being targeted by assailants.
- Tactical options will be provided so that you can fight back and defend yourself from an attack.

The Survival Mindset

Survival Mindset Overview

- Having the correct mindset is a key element of self-defense.
- You must believe in your ability to fight back against someone who wishes you harm.
- You are just as worthy of protection as the people you love.

Practicing Your Survival Mindset

- You must tell yourself that you are both strong enough and worthy enough to survive and escape a violent encounter, no matter what.
- We must practice and train the Survival Mindset so that it kicks in instinctively when faced with a threat.
- Committing your mind to survival will lessen the common side effects of adrenaline.

Drill

- Repeat after Kelly:
 - "I will fight."
 - "I will win."
 - "I am worthy."

Fight, Flight or Freeze

Fight, Flight or Freeze Response

- Anxiety triggers the Fight, Flight or Freeze response, which is your body's automatic way of dealing with danger.
- In a truly dangerous situation, our goal is to lessen or remove our Freeze response and jump straight to your Fight or Flight instincts.

Body Language

Body Language Cues

- Your body language is a significant factor when it comes to being target by an assailant.
- Perfecting a confident posture and stride puts out a message that we are strong and will fight back in the event of an attack.

Sending the Right Message

Eye Contact

- We want to maintain natural eye contact, but want to avoid looking threatening.
- Avoid darting your eyes around as it can make you appear scared or nervous.

Facial Expression

- A calm, attentive expression reduces hostility and can help deescalate a situation.

Voice

- Combining all of these elements with a strong voice helps to convey confidence and lets people know you are not an easy target.

Final Thoughts

Final Thoughts on the Survival Mindset

- Tap into your Survival Mindset and believe in your abilities.
- Use your strong body language, eye contact, facial expression and firm voice to send the right message.

