



DAY 1 - TEL AVIV

- Striking and Combatives
- Lunch at Gordon Beach
- Grabs, Chokes and Holds
- Multiple Attackers and Simulations
- Water Training

DAY 2 - BEN SHEMEN FOREST

- Pickup from Tel Aviv
- Defending Weapons
- Scenarios and Simulations
- Weapons Gauntlet
- Fighting on Public Transport
- Return to Tel Aviv



DAY 3 - WINGATE INSTITUTE

- Pickup from Tel Aviv
- Ground Fighting
- Lunch at Wingate Institute
- Military Krav Maga Applications



DAY 4 - NETANYA & CESAREA

- Pickup from Tel Aviv
- Pay Our Respect at Imi Lichtenfeld's Grave (Krav Maga Founder)
- Lunch
- Weapons Training
- Simulations and Killhouse Drills



DAY 5 - TEL AVIV

- Law Enforcement Krav Maga Applications
- Controlling, Restraining and Moving a Suspect
- Mass Casualty Management & First Aid

DAY 6 - JERUSALEM

- Pickup from Tel Aviv
- Protecting a Third Party
- Lunch at Shuk Machane Yehuda
- Guided Tour of Yad Vashem Holocaust Museum
- Return to Tel Aviv

DAY 7 - POLEG BEACH

- Beach Training & Ground Fighting
- Sand Dunes Assault Course
- Closing Ceremony & Certificates
- Breakfast at the Beach