



KOMBAT MASTERS®

of Long Island

Monthly
Newsletter

The Island's Premier KRAV MAGA Training Center

February
2010

233 Robbins Lane, Syosset, NY (516) 935-KRAV www.KMLI.com

New KMLI Schedule

While more and more martial arts schools are charging more and, at the same time, limiting the number of classes students can take each month, KMLI has regularly expanded the schedule, offering more classes, with no limit on how many times our students may attend each month. Once again, in February, we have added to our weekly schedule, offering more opportunities than ever to train!

The new schedule now offers eight Level 1 classes, six Level 2 classes, four Level 3, two Level 4, and three Basic Combatives classes each week. In addition, there's a Sparring class, a Fight class, Power Punch, Kombat Women, Kombat Kidz, the new Friday Night Open Mat class, and Krav Maga for Law Enforcement. Soon, there will also be at least one Kombat Teens afterschool class, and a Kombat Fitness Program during the day-time. That's over 125 classes per month!!

On top of all of the above-named classes, look for the start-up of KMLI's Pre-dawn Bootcamp Sessions (the **other** PBS).

Did You Know?

The average person falls asleep in seven minutes.

There are more nutrients in the packaging materials of Corn Flakes than there are in the flakes themselves.

During his 18-year career as a boxer, James J. "Gentleman Jim" Corbett never had a black eye or a bloody nose.

New Kombat Kidz Instructor

When Michael Blitz's daughter, Rene, took over the Kombat Kidz classes around a year ago, she raised the bar—especially with the youngest students—by pumping in whole new levels of fitness requirements, coordination drills, and a variety of strikes and escapes uniquely designed for small children. All the Kombat Kidz grew quite attached to Rene; when she announced that she would be turning the class over to a new instructor so she could concentrate on her own academics and athletics, the little ones were sad.

The good news, however, is that KMLI's new Kombat Kidz instructor is pretty amazing herself.

[Amy's] classes are always high-energy & zero-boredom

Amy Morgenstern has already won the hearts of the two groups of Kombat Kidz, and has taken the cue from Rene to keep raising the skills-bar. Her classes are always high-energy, zero-boredom, and all-out fun. Plus, the kids are learning more and more effective ways of avoiding danger and defending themselves should dangers arise.

In addition, within a few weeks of being on staff, Amy registered for the Phase 1 Instructor Training Course and has now become certified to teach Level 1 Krav Maga. (She had been an Assistant Instructor in Florida before arriving on the Syosset shores!)

We're delighted to have Amy on our staff, and we know our students—both the kids and the adults!—will find her classes challenging

I'm Bored.

By Michael Blitz

You show up for, say, your 30th Level 1 class. The instructor gets you warmed up and striking pads and bags, and pretty soon everyone's sweating and feeling their muscles begin to protest a little. Time for a few self-defense techniques—maybe a choke defense or some punch-redirections. You've done these before—probably a number of times. The instructor reviews the techniques, turns you and your training partners loose to practice, and you begin to attack, defend, attack, defend...and that voice in your head starts to protest: "I'm bored!" What can you do?

I have kept as an inspiring memory the words of my 11th grade English teacher, Mrs. Kidder (she wasn't kidding!): "If you are bored, chances are you are boring yourself." As I understand it, she meant that a person ought to be able to find something to keep their interest in virtually any situation. While I'm not sure that's always possible, I tend to agree with Mrs. K. Truthfully; despite the title of this little article. I'm almost



Kombat Kidz & Krav Maga Instructor, Amy Morgenstern

never bored. If the main content of an activity isn't thrilling me, I start focusing on smaller aspects of it—sort of like looking at details, techniques, materials and other distinguishing features in a painting that might not otherwise hold much interest for me.

So, what does this have to do with Krav Maga training? Just this: if repetition of techniques, strikes, or movements ever starts to feel 'boring,' start focusing on the smaller aspects—the position of your head, where your eyes are looking, whether you have a good center of gravity, whether you can see a way to disengage from the attack after defend-

ing, or whether you feel you have left yourself open to further attack. Training requires repetition—thousands of them—if you ever want to be able to rely on reflexive responses to attacks. Instead of boring yourself by lamenting "are we going to do this stuff again??" learn to take more of an active interest in *all* aspects of your training—NOT just the enjoyment of learning new techniques, but in the slow and steady mastery of material that could, one day, save your life and/or the lives of those you love.

What's the "Inside Scoop" on Advancing to the Next Level?

So, you want to know the *ultra*-secret formula for getting from one Krav Maga level to the next? Before you read any further, be advised that after you discover these never-before-disclosed truths, you will be required to burn your copy of the newsletter and swear that you will never disclose this information to another living, breathing soul. Understood? Okay, then. Here are the Top Secret secrets:

- > Attend *a lot* of classes at your own top level. (How many? Don't worry about the number; concern yourself with progress, refinement of technique, control, and muscle-memory).
- > Learn the techniques *so well* that they become reflexive. If you cannot execute KRAV MAGA techniques under high-stress situations, you will not advance.
- > Attend a lot of Level 1 classes. (This is a HUGE secret. The Orange belt test requires that you *re-test* on all Level 1 material and execute even more convincingly than typically done on a Yellow belt test!)
- > Focus on improving *every part of every technique*.
- > Train with a variety of training partners at all skill-levels. If you train with people who are more advanced you will be challenged to step up your "game." If you train with partners who are newer to Krav Maga, you will become better at recognizing some of the ways in which techniques must be refined. If you work with individuals who are much bigger—or smaller—than you, you will be able to 'test' your techniques on all body-types and levels of strength.
- > **STOP**. Stop worrying about belts; stop training faster than you are ready to; stop competing for 'dominance' over training partners (i.e. trying to out-grapple them when the techniques you are working on have nothing to do with groundwork); stop excessive chatting during intensive practice; stop complaining about aches and pains that are just part of Krav Maga training; stop over-training when your body needs rest and/or when a more serious injury needs recovery-time; stop believing that if you train for 3 or 4 hours a week, you can eat mountains of junk food or oversized meals and still keep up your stamina; stop thinking that if you've missed a few days or weeks—or even more—of training, that you have to quit—you don't. You can *always* get back into Krav Maga, into shape, into good training habits.
- > **START** seeing your Krav Maga training more and more as a great opportunity to work out with good friends, to improve your strength, stamina, well-being, confidence, and focus, and to push yourself past your typical comfort zones. That's how you will make your biggest leaps of progress. That's how you will get to the next level of Krav Maga.



R-Cat?

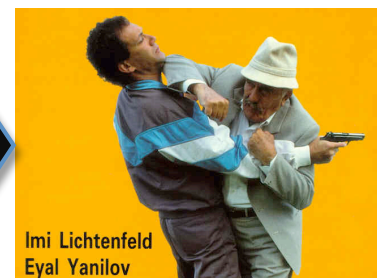
R-C-A-T

Huh? R-Cat? Recreational cat? Royal Canadian Academy of Taxidermy?

If you've begun your Level 4 training, you already know the concept of "RCAT" well. Even if you have not yet started training in defenses against weapons, you would do well to put RCAT into ready storage in your brain.

RCAT stands for **R**edirect, **C**ontrol, **A**ttack, **T**ake away, and is a fundamental principle in dealing with armed attackers. If someone threatens with a knife and has moved into must-defend territory, we train to (1) **redirect** the knife by deflecting or blocking the "delivery system"—in this case the attacker's hand and arm (NOT the knife itself); (2) **control** the delivery system so that the weapon cannot be "delivered" to the target (us!); (3) attack the attacker swiftly, with full commitment, and with sufficient aggressiveness to completely neutralize his ability to deploy the weapon or to continue fighting; and (4) **take away** the weapon IF necessary or advisable. (It is *not always possible* nor advisable to take the weapon).

RCAT



Imi Lichtenfeld
Eyal Yanilov

Keep KMLI strong! Tell a friend to try a class and become a KMLI member!