

WELCOME TO KRAV MAGA!

What is Krav Maga?

Krav Maga is originally an Israeli self-defense and close combat system, where you learn to effectively survive violent situations. In Krav Maga for children and teens, the techniques are adapted to suit the age and development level of the trainees. One of the focuses of training for children and youth is the prevention of situations. Additionally, the training hall is a safe environment to learn ways to survive violent situations. Besides self-defense techniques, training develops self-confidence and motor skills, teaches self-discipline, and improves physical fitness.

Equipment

In training, the official training gear of Krav Maga Global (KMG) is used, which can be purchased from the training hall. At the beginning of training, you can use, for example, sweatpants and a T-shirt as attire. As training continues, the official training gear can be purchased from the hall's own equipment store.

In the basic group for teens, groin and shin guards are mandatory, and mouth guards are recommended. In the higher advanced group, boxing gloves (genuine leather) and mouth guards are mandatory protective equipment.

Changing Rooms

The changing rooms (which also have showers and a sauna) are located upstairs in Tennis Hall. The changing room marked Krav Maga at the end of the upstairs corridor is the boys' changing room, and the women's changing room is located to the left along the corridor upstairs. The changing rooms have lockers, but we recommend that training bags and valuables be brought to the shelves on the hall side, where they will be safely stored during training. Outdoor clothes are left in the changing rooms, but access to the hall is done in outdoor shoes.

Kids, Young, and Junior groups train barefoot on the mat. Feet are washed in the changing room before training. Therefore, it is good to bring a towel for washing feet. Teens group trainees train in wrestling shoes (or other indoor training shoes/slippers with a low sole). It is also good to bring a water bottle to training.

Safety

A lot of pair exercises are done in training. Toenails and fingernails should be kept short. Additionally, jewelry, watches, and hard hair accessories should be left at home. Clothes should not have zippers, metal parts, or other parts that can cause harm to oneself or the training partner during training. Long hair should be tied with a soft hair tie.

In training, only what the instructor says at any given time is done. When everyone knows what to do next, accidents in training are minimized. Remember that the purpose of training is to compete only against yourself.

Insurance

The training fee does not include insurance. The trainee must ensure that they have sports or leisure insurance that covers Krav Maga training. It is advisable to request written confirmation of this from your insurance company. Alternatively, insurance can be obtained from Suomisport. More information about insurance and instructions for obtaining insurance can be found <https://info.suomisport.fi/> and <https://kmgfinland.com/vakuutus/> (in Finnish).

Training

Junior group (11-13 years) 11:00-11:45 Young group (8-10 years) 12:00-12:45 Kids group (5-7 years) 13:00-13:45

Teens groups train on Tuesdays and Saturdays:

Tuesday 17:00-18:00 (groups together) Saturday 14:00-15:00 (T3 level and higher) Saturday 15:00-16:00 (T0-T2 levels).

You should arrive well before the start of training. Training time is limited, and being late disrupts the training of the rest of the group. Parents are allowed to stay and watch the training on the hall side, but the instructors are responsible for the conduct and discipline of the training. Our hall is also a mobile-free area during training. This is so that we can ensure parents notice when their child achieves a successful performance.

Exceptional training times are announced in training and in the parents' and/or Teens WhatsApp groups. We inform by email about the start and end of seasons and level tests. Additionally, you can follow the club's current information on our website (www.espoonkravmaga.fi) and Facebook.

The season's training ends with a level test at the end of the training season, where the trainee's physical fitness, determination, and mastery of techniques practiced during the season are measured. Participation in the level test requires attendance at 2/3 of the season's training. Participation in the level test is voluntary, but we recommend participating. The level test is a good place to test your skill level in a slightly more exciting situation.

Techniques to be practiced

The techniques learned in training should only be used for necessary self-defense in emergency situations. If a trainee uses the learned techniques incorrectly, it will lead to the termination of training.

Prices

Kids group	180 €/spring season, 150 € autumn season
Young group	180 €/spring season, 150 € autumn season
Junior group	180 €/spring season, 150 € autumn season
Teens groups	250 €/spring season, 220 € autumn season
Family discount	-50 €/for the second or more family members
Level test fee	25 €
Club membership fee	30 € (once per calendar year)

Training seasons are spring season: January-June and autumn season: August-December. Invoices for training fees are sent by email to the parent's email address specified in the personal information form. Termination of training must be notified in writing by the specified deadline before the start of the next season. For unnotified or late absences, we will invoice the season fee normally.

Facebook Group

On Facebook, you will find the closed Espoon Krav Maga Junior group, which is intended for Espoon Krav Maga Junior and Teens trainees and their parents. The group shares information about children's and youth training and informs about current matters. You can find the group here: <https://www.facebook.com/groups/610270022380530/>

Instructors

The main responsible instructors for children and teens are Jonna Vainikainen and Mika Vainikainen. Feel free to contact us if you have any questions about training. We can be reached best via WhatsApp or Signal messages. We also gladly accept feedback.

Mika Vainikainen: mika@espoonkravmaga.fi (phone: 044 383 5573) Jonna Vainikainen: jonna@espoonkravmaga.fi (phone: 044 380 9585 / weekdays after 16:00)