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| Welcome to DeWald's Krav Maga Studio. | | |
| **how it works:** | |  |
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| **first: some questions:** | | |
| what number would describe your knowledge of self-defense? 0 nothing, 10 expert!!!  \_\_\_\_\_\_ | | |
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| What number would describe your level of fitness? 0 not so good 10 Olympia level!  \_\_\_\_\_\_ | | |
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| what do you want to accomplish? | | |
|  |  |  |
|  | fitness |  |
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|  | self-defense and anti-bullying | |
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|  | help losing weight | |
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|  | all of the above! | |
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| any injuries or handicaps we should be aware of? | | |
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|  | **yes** |  |
| please list: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |
|  |  |  |
|  | **no** |  |
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| Did you read the simple rules? Any questions?  ­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | |
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| **Some more things:**  One lesson unit will go 45min. | | |
| The costs are $40 per unit for a single person and $65 for 2 if you want to do the units with a partner, friend etc. | | |
| The size of the studio only allows a maximum of 2 students and one instructor at the same time. | | |
| You can bring your kids or non-exercising partner, but **we are not entertaining them or do daycare for you!** | | |
| Scheduling: DeWald's Krav Maga schedules first come, first serve. Please understand that we are not "squeeze" in if it is not possible or do short term appointments if there is no spot available. | | |
| However: if somebody calls off and opens a spot we gladly will inform you. | | |
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| There is also a beginner special available: $ 99/ person for fitting Venum gloves and 2 training units and personal plan with exercises you also can do at home. | | |
| (Please allow 2 weeks for getting orders for gloves and equipment in.) | | |
| **At the moment DeWald's Krav Maga only can do cash or check.** | | |
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| We can supply you with gloves (preferred Venum) and equipment if you need it. | | |
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| **what to expect:** | |  |
| fitness exercises and self-defense based on warrior and TAC Krav Maga in theory and practical applications | | |
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| If you like: an individual training plan based on your knowledge and fitness level and your goals you want to achieve. | | |
| Building up self-esteem and knowledge in self-defense against physical attacks incl. knives and guns, depending on your goals to achieve. | | |
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| **Please consider:**  Since this is a private class according to your personal preferences and goals, **we do not have a belt system.** | | |
| But you are welcome to join the IXL family in Leawood to train with other students where we have a belt system. | | |
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| **DeWald's Krav Maga Studio is independent from IXL or any other school that teaches self-defense.** | | |
| **That means: an IXL membership doesn't make you eligible for free lessons at DeWald's Krav Maga and vice versa!** | | |