



A FREE GUIDE · KALAH INDIA

THE SELF-PROTECTION PLAYBOOK

How to become more **aware**, more **calm** and more **capable** —
at work, at home and on the street.

TRAIN THE MIND. READ THE ENVIRONMENT. CONTROL THE RESPONSE.

By Vijeth Rao · KALAH System Instructor, India

India's only active KALAH Self-Defense Instructor

www.kalahindia.in



A NOTE FROM

Vijeth Rao

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Level 3 Krav Maga Instructor

11+ years of teaching experience

Trained under Nahum Belver

Executive-protection background

Certified Mindset Coach

"The best fight is the one that never happens."

Dear reader,

Most people learn self-defence the same way: a few videos, a couple of "tricks", and a quiet belief that they'll *figure it out* if the moment ever comes. I have spent over a decade showing people why that belief breaks — and how to build something that doesn't.

At KALAH we **never give false confidence**. We will not tell you "yes, you can do it". We show you the reality of an attack, and we give you the awareness to prevent, avoid, de-escalate and escape. If all of that fails, you are no longer winning, you are **surviving**, and the odds are honestly closer to 50/50, by God's grace and your will to survive.

This playbook gives you what I teach first. It is written for **everyone** — women and men, girls and boys, parents, students and working professionals. You do not need a martial-arts background. You do not need to be fit, fearless or aggressive. You only need to be willing to learn.

Read it. Practise the small drills. Share it with the people you love. And if you are near Pune, come and train with us, because **knowing what to do is not the same as being able to do it**.

Stay aware. Stay calm. Stay capable.

Vijeth Rao

KALAH System Instructor · India

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HOW TO GET THE MOST FROM THIS GUIDE

1 READ

Go through it in one sitting (about 30 minutes). Highlight what feels new.

2 PRACTISE

Pick ONE small habit from each chapter and live it for a week. Habits beat hero moves.

3 SHARE

Send it to a sister, a parent, a friend, a colleague. Safety is a team sport.

Important: this guide is educational. It does not replace supervised practical training, professional security advice or legal advice. If you are in immediate danger, get to safety and call **112**.

01

Knowing isn't the same as being able to do it

The gap that most self-defence advice never talks about.

You may have watched the videos. You may know a few techniques. You may be physically fit. But what happens when the situation is **sudden, chaotic, uncomfortable and nothing like what you expected**? That gap between *knowing* and *doing* is the real problem — and it is the first thing we help you see.

WHAT MOST PEOPLE THINK

"I've watched the videos."

"I'm fit, I'll fight back."

"I'll stay calm."

"I know the technique."

"One good move will save me."

"Self-defence means fighting."

WHAT REALITY LOOKS LIKE

Watching is not training. Skill is built with a real partner who pushes back.

Fitness helps. But sudden stress can freeze the body before the mind has decided.

Calm is a trained skill, not a personality trait. It needs practice under pressure.

You rehearsed attacks you knew were coming. Real ones don't announce themselves.

Position, timing, distance and decisions matter more than any single move.

Good self-protection is mostly about **not** fighting at all.



A KALAH LIVE AWARENESS SESSION

Don't train to *look* capable. Train to *become* capable.

02 The 5 layers of self-protection

A simple map you can use for the rest of your life.

Most people think self-defence starts when someone attacks. It starts **much earlier**. Think of self-protection as five layers. Each layer you use successfully means you never need the next one — and every step to the right costs more: more risk, more adrenaline, more consequences.

RISK, STRESS AND CONSEQUENCES INCREASE →



Prevent when you can. De-escalate when you can. Escape when you can. Protect when you must. Stop when the threat is over.

Layers 1 to 4 are where you win

- Most real-world safety happens long before anyone throws a punch.
- Walking away is not weakness. Avoiding an unnecessary confrontation **is** a successful self-protection decision.
- You do not need to prove anything. Your goal is to get yourself, and the people with you, to safety.

The layer people forget: STOP

- Self-protection is not about winning a fight.
- Once the immediate threat is over, you stop, get to safety and get help.
- Law and conscience both expect it. Capability without judgement is just aggression.

03 Awareness: read the environment

Awareness is not paranoia. It is simply paying attention on purpose.

Awareness is the cheapest, most powerful safety tool you own — and it costs nothing. A useful way to think about it is the **Cooper Color Code**, a mental-state scale popularised by Col. Jeff Cooper. Ask yourself honestly: *which colour am I in right now?*

OBLIVIOUS

Head down, headphones in, scrolling while walking. Nobody is watching the road.

Fine at home. Risky in public.

AWARE

Relaxed but scanning. You notice people, exits and changes. No stress required.

Your default setting outside.

ALERT

Something specific caught your attention. You decide: leave, create distance, get help.

Act early. Trust the pre-alarm.

ENGAGED

A threat is real and immediate. Escape if you can. Protect yourself if you must.

Your training takes over.

Five questions for every place you enter

- ✓ What is happening around me?
- ✓ What has changed since I got here?
- ✓ Where are my exits and safer options?
- ✓ Who is around me, and how are they behaving?
- ✓ Am I distracted by my phone or headphones?

Warning signs worth respecting

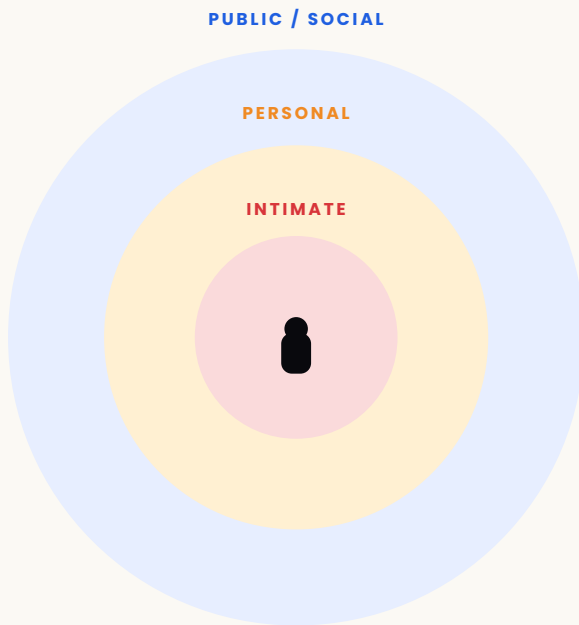
- Someone who keeps appearing: same person, same direction, again.
- A stranger who asks a question or offers "help" just to get close or make you stop.
- Someone positioning themselves between you and the exit.
- Your own gut. Fear is information, not weakness.

The Phone-Down Rule: in lifts, car parks, stations, lanes and at night, phone down and head up. One earbud out. You do not need proof to leave a place that feels wrong.

04 Boundaries & personal space

Your space is yours. Defending it early is not rude, it is wise.

Distance is time, and time is the most valuable thing you have in a bad situation. A stranger who is **within arm's reach without your permission** is a decision point: you can create space, change position or leave. Don't wait for certainty.



Think in three zones.

Outside arm's reach you have time. Inside it you have only reaction. Strangers, and anyone behaving oddly, should stay in the outer zone. Practise noticing who enters each ring, and move early.

Where is the exit, and who is between me and it?

THE BOUNDARY LADDER: ESCALATE YOUR VOICE, NOT YOUR EGO

1 POLITE

Hands visible, calm voice

"Sorry, please give me some space."

2 FIRM

Palms out, feet apart

"I said stop. Step back."

3 LOUD

Full voice, eyes on them

"BACK OFF! I DON'T KNOW YOU!"

A good person having a bad day

- Emotional, loud, venting, often looking for someone to blame.
- Responds, at least a little, to calm words, space and a way out.
- **Your tool:** de-escalate, give them room and stay out of the fight.

A predator

- Often calm and calculating. Tests your boundaries and watches your reaction.
- Chooses people who look distracted, isolated or unlikely to resist.
- **Your tool:** distance, a loud firm voice, an exit and other people.

Know the difference and you will know whether you need to *calm the situation* or *leave it*.

05 De-escalation: don't add fuel to the fire

You cannot control another person. You can control your contribution.

When someone is angry, scared or aggressive, your behaviour can push the situation **up or down**. De-escalation is not submission. It is a decision: *I would rather go home safe than be proved right.*

NEVER

- ✗ Taunt
- ✗ Argue
- ✗ Command
- ✗ Threaten
- ✗ Insult
- ✗ Challenge

INSTEAD

- ✓ Lower your voice and slow down
- ✓ Keep hands open and visible, body slightly angled
- ✓ Keep two arm-lengths of distance
- ✓ Use short, clear, non-confrontational sentences
- ✓ Give them a face-saving way out
- ✓ Look for exits and for people who can help

THE 3-LINE EXIT SCRIPT

1 "I don't want any trouble."

Lowers the temperature

2 "I'm leaving now."

States your plan, calmly

3 "Have a good day."

Lets them keep their ego

If the situation keeps deteriorating: put safety ahead of being right. Disengage, move toward people and light, and get help. Ego is the most expensive thing you can carry into a confrontation.

06 Escape routes & safe havens

The best technique is a good head start.

Wherever you spend your day, quietly know **how you would leave**. It takes seconds to map and it changes how you walk, sit and decide. If you can leave safely, leave — and don't look back.

Home & building

Know your exits and who to call. Check who is behind you before the door closes.

Commute & roads

Walk toward light and people. Know the nearest open shop, petrol pump or police booth on your route.

Cab / auto / ride

Verify driver and number plate, share live trip details, wait indoors until it arrives.

Car park & lift

Keys in hand, scan before you get out. Stand near the panel; skip the lift if it feels wrong.

Work & college

Note stairwells and exits. Sit nearest the door when a tense conversation is likely.

Malls, events, travel

Spot two exits on arrival. Agree a meeting point with your group.

If someone is following you

- Cross the road or change direction once. Still there? Treat it as real.
- Head for light, people, a shop or a guard post. Do **not** lead them home.
- Call someone and stay on the line. Say where you are, out loud.
- Run if you can, and keep running. Work on your fitness so you can.

Use your voice and your phone

- Be specific: "**Peeche hato! Madad karo!**" or "**Stay back! Call the police!**"
- Point at one person: "*You, in the blue shirt, call 112!*" People respond to direction.
- Call or record if it is safe to do so. Evidence and witnesses matter.
- Never stop to argue. Keep moving to safety.

07 Your body under stress

Under pressure you will not rise to the occasion. You will fall to your training.

You may imagine you will calmly choose the perfect response. In reality, under sudden stress the body can react **before the conscious mind catches up**: heart racing, vision narrowing, fine motor skills fading. That is normal. The aim is not to become fearless. It is to become **functional**.

FREEZE

Mind blank, body stuck, time slows.

Needs: a trained "first move", such as breathing and moving.

FIGHT

Rage, tunnel vision, loss of judgement.

Needs: control, so you act to escape rather than to punish.

FLIGHT

Panic, running without direction.

Needs: a plan, so you run *toward* safety.

THE 60-SECOND RESET

Practise it daily when you are calm, so it is there when you are not.

- 1 FEET** Press your feet into the floor. Feel the ground. You are here.
- 2 BREATHE** In through the nose for 4, hold 4, out through the mouth for 6. Repeat 4 times. Or take two short sniffs in, then one long sigh out.
- 3 NAME IT** Say it silently: "I am scared. I am safe right now." Naming it takes the edge off.
- 4 DECIDE** Look, choose one action (leave, call, speak up) and do it.

Mental rehearsal (5 minutes): pick one real scenario, such as a lift, a lane or a drunk argument. Replay it: you notice, you create distance, you use your voice, you leave. Your brain files it as experience.

08 When it becomes physical: the honest truth

No false confidence. No movie fantasies. Only reality.

At KALAH we will never tell you, "Yes, you can do it." We show you the reality of an attack. We give you the awareness to prevent, avoid, de-escalate and escape. And if everything fails, you are no longer "winning" — you are **surviving**.

Even with serious training, the outcome of a real attack is **never guaranteed**. Honestly, it can be close to **50/50**, shaped by the grace and blessings of God and by your **will to survive no matter what**. That is why we put so much weight on every layer *before* this one, and why we train principles, not a bag of tricks.



WHEN THERE IS NO SAFE ALTERNATIVE

- **Protect your head** and stay on your feet if you can.
- **Make noise.** Noise draws help and breaks the attacker's plan.
- **Create a gap, don't seek a win.** Strike to escape: eyes, nose, throat, groin, knees.
- **Use what you have:** bag, bottle, umbrella, chair, stick, pepper spray.
- **Escape the instant you can.** Then keep going.

Weapon involved?

- If someone demands your phone, wallet or vehicle, **give it**. Nothing you own is worth your life.
- Compliance and escape are the default. Anything else needs proper training.

Then: stop, move, report

- When the immediate threat ends, you stop. Get to safety.
- Call 112, get medical help and report. Indian law recognises reasonable private defence, limited to what is necessary. This is not legal advice.

09 Build the body: your 20-minute plan

A capable body gives you more options. Start where you are.

Fitness alone does not prepare you for unpredictable conflict, but strength, stamina and movement give you **more choices**: you can run further, push harder and recover faster. Three short sessions a week is enough to begin. *(Check with your doctor first if you have any health condition or injury.)*

STRENGTH

DAY A

- Squats: 3 x 12
- Push-ups (knees fine): 3 x 8
- Glute bridges: 3 x 12
- Plank: 3 x 30 sec

ENGINE

DAY B

- Warm-up skipping or marching: 3 min
- 5 rounds: 1 min fast footwork / shadow-box, 1 min easy
- Finish: 2 min brisk walk

MOBILITY + MIND

DAY C

- Hips, shoulders, spine: 10 min
- The 60-second reset: 4 times
- Mental rehearsal: 5 min

THREE SELF-TESTS (REPEAT EVERY MONTH)

SPRINT

Sprint 100 m, then speak a full sentence within a minute.

HOLD

Plank for 60 seconds with a straight back.

CLIMB

Climb 3 flights of stairs without needing to stop.

Make it stick

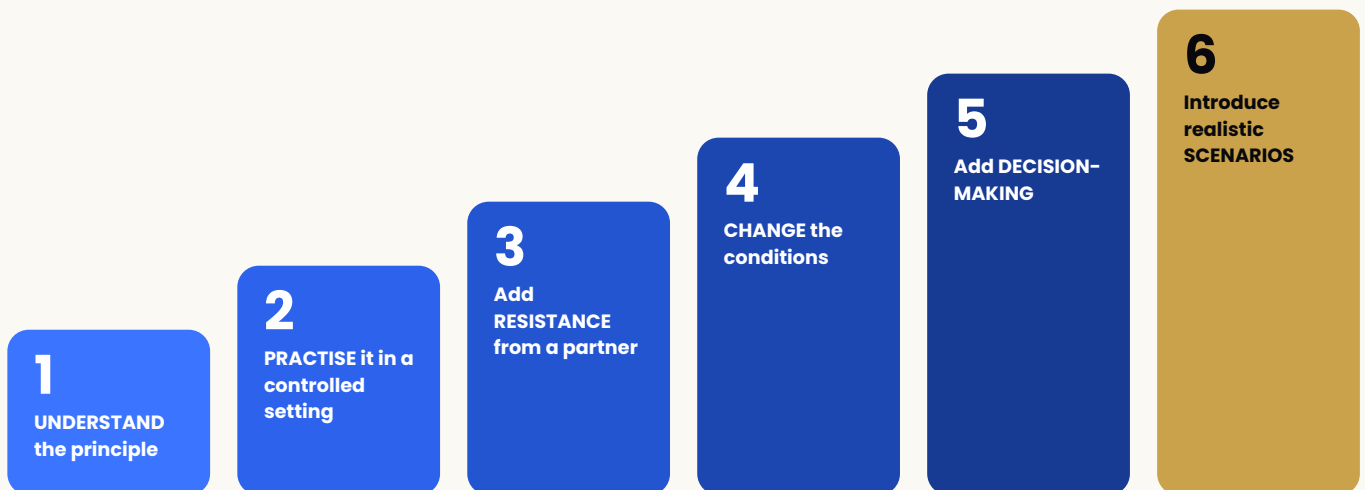
- Train three times a week, at the same time. Put it in your calendar like a meeting.
- Walk every day. Take stairs. Carry things. Daily movement is the base everything else sits on.
- Sleep and manage stress: a tired, overloaded mind misses warning signs.
- Add resistance training and join a reputable class when you can (see Chapter 12).

10

Training that actually works

Principles, pressure and adaptability, not a longer list of techniques.

A technique can look perfect when the start position, timing and attacker are known. Reality guarantees none of these. That is why we **don't collect techniques**. We build **principles** that adapt, and we test them progressively under resistance and uncertainty.



Train from disadvantage

- You won't always have the ideal position, space or time.
- Drills with one normal option taken away teach you to ask: *what is still available?*
- The lesson is adaptability: when Plan A disappears, you can still think.

Realistic is not reckless

- Pressure is a training tool, not the product.
- Challenge rises only as your readiness rises.
- Unnecessary injury or excess aggression does not make training more real.

The goal is not to look capable. It is to become someone who stays aware, composed and functional when things don't go to plan, with no false promises.

Made for your life: women & girls, parents & teens

The same principles, tuned for the situations you actually face.

For women & girls

- **Use your full voice.** Most people have never shouted "STOP!" at full volume. Practise it once in a safe place.
- **Trust the pre-alarm.** Leaving a place or conversation that feels wrong is allowed. Being "rude" is survivable.
- Share live location and ride details with someone you trust. Confirm when you arrive.
- Keys and phone in hand, not at the bottom of the bag. One earbud out in isolated places.
- Watch your own drink. Keep an eye out for your friends. Agree a family or friend **code word** for "come and get me".
- **Strength matters.** Lifting and cardio build real options, whatever your size.

For parents & teens

- Start the talk early and keep it calm. Role-play saying "No" and walking away until it feels natural.
- Teach **body safety**: "No, go, tell". There are safe adults, and nobody gets to ask for secrets.
- Agree a **family code word** for pick-ups, so a child never goes with someone who does not know it.
- For teens: bullying and peer pressure are real. Don't fight alone. Record, report and tell a trusted adult.
- Check the route to school, tuition and sports. Set a check-in routine. Be mindful with location sharing and online "friends".
- Childline: **1098**. Women's helplines: **1091 / 181**. Emergency: **112**.

Made for your life: professionals & men

Your schedule, your commute, your ego: all of them can help or hurt you.

For working professionals

- Late nights and long commutes lower awareness. Plan the last 200 metres of the journey, not just the first 20 km.
- Verify rides, share trip details and wait inside until the vehicle arrives.
- In car parks and lifts: head up, phone down, keys ready. Skip the lift if it feels off.
- Travelling for work: don't announce your room number, and know your floor's exits.
- Tense meeting with an angry colleague or client? Sit near the door, keep your voice low and say, "Let's pause and continue shortly."
- Stress and burnout dull your awareness. Sleep, move and take breaks. They are safety tools too.

For men & boys

- **Ego is the biggest risk.** Most serious injuries come from fights that could have been left.
- Alcohol is the usual accelerant. Leave *before* the mood turns.
- One punch can kill, or end two lives through the consequences. Walking away **is** the win.
- Road rage: don't get out of the vehicle. Don't follow. Don't answer back.
- Protect others by acting early: speak up calmly, call for help, stay out of the tangle.
- Real confidence is quiet. People who are truly capable rarely need to prove it.



Screenshot this page.

Read it again before travelling, parties, late nights and new places.

PREVENT

Awareness: head up, phone down, know your exits.

AVOID

Don't enter situations you don't need to.

DE-ESCALATE

Never taunt, argue, command, threaten, insult, challenge. Give them a way out.

ESCAPE

Leave early. Go toward light and people. Run and don't look back.

PROTECT

Only if nothing else is left. Protect your head, make noise, create a gap, escape.

STOP

Threat over? Stop. Get to safety. Call 112.

THE 4 COLOURS

- OBLIVIOUS
- AWARE
- ALERT
- ENGAGED

EMERGENCY (INDIA)

- 112** National emergency
- 1091 / 181** Women's helplines
- 1098** Childline

Honest reminder: no guide, and no training, can promise how a real attack ends. That's why every layer before the last one matters so much.

Your 7-day awareness challenge

Small daily actions. One week. A different way of moving through the world.

Knowledge fades. **Habits stay.** Tick one box a day. Each task takes five to twenty minutes, and together they turn this playbook into something you actually do.

DAY 1 1	Head-up day Walk or commute with phone down and one earbud out. Name your colour (Cooper code) three times. Spot two exits in every place you enter.	☐
DAY 2 2	Voice day In a safe place, say "STOP!" and "Step back!" at full volume. Then practise the polite, firm and loud steps of the boundary ladder.	☐
DAY 3 3	Route day Map your daily routes: lit streets, open shops, guards, hospitals. Share your usual routes and arrival check-ins with someone you trust.	☐
DAY 4 4	Calm day Do the 60-second reset (feet, breathe, name it, decide) four times today, once when you feel stressed.	☐
DAY 5 5	Body day Complete one 20-minute session from Chapter 9. Note how you feel in the first and last minute.	☐
DAY 6 6	Family day Agree a family code word and the emergency numbers. Role-play saying "No" and leaving. Keep it calm, even fun.	☐
DAY 7 7	Decision day Review the week. Which colour were you in most? Choose your training: a KALAH assessment session, or a boxing/MMA gym. Book it today.	☐

Finished the week? Send a message to **+91 78927 65374** and tell us which day was hardest. Then book an assessment session, or join a boxing/MMA gym this month.

An honest answer, even when it is not "come to us".

Reading is the start. **Watching is not training.** Whatever you choose, start within the next 30 days and be consistent. Here is the honest map.

OPTION 1 · NEAR PUNE

Train with KALAH

Specialised, reality-based self-protection: awareness, de-escalation, escape and close-quarter survival, built on principles and trained progressively under resistance, fatigue, disadvantage and decision-making.

- ✓ Dedicated studio, not a crowded gym class
- ✓ Morning group, semi-private and one-to-one options
- ✓ No fitness, fearlessness or experience needed



Option 2 · Elsewhere in India or abroad

- Find a good boxing or MMA gym and train consistently.
- You get movement, conditioning, timing, distance control, contact tolerance and the ability to work against a resisting partner.
- Good combat-sport training is far better than being untrained, and a strong physical foundation.
- Then add awareness, de-escalation and escape from this playbook.

What sport alone does not cover

- Rules, referees, weight classes and a starting bell, none of which exist on the street.
- Multiple attackers, weapons, surprise, ground-and-wall situations and legal aftermath.
- Avoidance, de-escalation and escape, which are where most real safety is won.
- That is the gap a self-protection programme is designed to fill.

RED FLAGS IN ANY SCHOOL

- Promises of "instant street readiness", guaranteed outcomes or one magic technique that works in every situation
- Everything is choreographed: no resistance, no stress, no uncertainty
- Nobody mentions avoidance, de-escalation, escape or the law
- Ego-driven culture, unnecessary injuries, or no progression for beginners

THE KALAH STORY

Forged in combat. Built to protect people.

KALAH is a first-generation-taught Israeli special-forces hand-to-hand combat system, founded by **Idan Abolnik**. It combines the original, refined form of special-forces Krav Maga with a battle-tested, realistically effective approach developed by Idan.



THE FOUNDER

Idan Abolnik

Founder of the KALAH System, a former Israeli soldier, whose approach is focused on real-world effectiveness: simple principles that hold up under pressure, and a mindset that puts survival and responsibility first.

KALAH is taught since **2003** by authorised instructors in the **USA, South Korea, Hungary, Ecuador, Peru**, India and many more countries. The next one could be your city.

SINCE 2003 · CHAPTER BHARAT (INDIA)

A GIFT FROM GOD

The KALAH motto: forged in combat, to protect people.

PRINCIPLES OVER TECHNIQUES

Few core principles, repeated, pressure-tested and adaptable.

CAPABILITY WITH CHARACTER

Discipline, humility, respect and responsibility.

Credentials are not everything, but you should always ask.



Vijeth with his coach,
Nahum Belver

YOUR INSTRUCTOR

Vijeth Rao

KALAH System Instructor, India

- ✓ Authorised KALAH System representative / instructor in India
- ✓ India's only active KALAH Self-Defense Instructor
- ✓ Level 3 Krav Maga Instructor
- ✓ 11+ years of teaching experience
- ✓ Trained under Nahum Belver, KALAH Head Instructor
- ✓ Executive-protection background
- ✓ Certified Mindset Coach
- ✓ Specialist in reality-based self-protection and pressure training

HEAD INSTRUCTOR OF KALAH

Nahum Belver

1st Sergeant in the IDF Reserve. Spent his entire military career in a special anti-terrorism unit and in anti-guerrilla warfare, with operational experience from several deployments to conflict zones. Former IDF Chief Instructor in close combat and CQB. Certified instructor in CQB, Anti-Terror/SWAT, Combat Shooting and CPO.



KALAH India offers regular awareness workshops for schools, colleges, companies and communities. Ask us about booking one: www.kalahindia.in/workshop-conduction

Why instructors are built the hard way, and why your first session is gentle.

KALAH was founded by **Idan Abolnik**, a former Israeli soldier, and its instructor team is drawn largely from special-forces backgrounds. Instructors are developed in courses that are **intense and deliberately demanding**, because one question matters more than any certificate: *"What you teach, does it work?"*

TECHNIQUES FAIL. PRINCIPLES WORK.

A few simple principles you can apply from any position beat a long list of moves that only work in demonstrations.

STRESS-TEST EVERYTHING.

Ideas are tried against resistance, fatigue and surprise until they either hold up or are dropped.

PROOF OVER EGO.

Rank and reputation are not the test. If it does not work under pressure, it does not belong in the system.

NO DOGMA.

If someone shows a better way, KALAH is willing to look at it. The system keeps evolving.



FROM THE INSTRUCTOR'S SIDE

Vijeth earned his **KALAH Combat System Level I Instructor** certificate in September 2019, trained, tested and passed under **Nahum Belver** and approved by founder **Idan Abolnik**. Advanced instructor training followed.

**Instructor courses are tough.
Your first session is not.**

What this means for you

- You learn from someone who was tested at that standard, not from a video or a weekend course.
- Everything you practise has a reason: if it does not hold up under pressure, we do not teach it.
- You get honesty: no promises, no theatre.

What this does not mean

- You will not be thrown into extreme training on day one.
- Intensity rises only when you are ready, and never to prove toughness.
- You do not need to be fit, brave or experienced. You need to be willing to learn.

16

Inside KALAH training

Specialised, not mass-market.

KALAH is built for people who want **serious self-protection**, not another fitness class or a martial-arts hobby. Training takes place in a focused studio where coaching quality matters more than class size.



WHAT YOU WILL TRAIN

- Striking & combat conditioning
- Close-quarter situations
- Grab & control scenarios
- Ground survival
- Weapon-threat awareness & response
- Training from disadvantage
- Scenario-based training
- Progressive resistance
- Stress & fatigue exposure
- Decision-making under pressure
- Awareness & conflict management
- Mindset & self-regulation

Is KALAH for you?

- **Working professional:** awareness, composure and confidence.
- **Parent or teen:** better decisions under pressure.
- **Woman or girl:** boundaries, voice and the ability to respond.
- **Complete beginner:** no experience needed, just willingness.
- **Serious practitioner:** progressive training that tests adaptability.

Training options (Pimple Saudagar)

- **Assessment session:** meet us, try it, and find your starting point.
- **Morning group training:** Mon, Wed, Fri at 6:30 am, at a lower monthly fee. Ask us for the current fee.
- **Semi-private (2 to 4 people):** Rs. 6,000 / month per person.
- **Private (one-to-one):** Rs. 12,000 / month.
- Capacity is limited to protect coaching quality. Confirm fees when you enquire.

KALAH is not for everyone. It is not for people who want a quick fix, flashy techniques or a way to prove how tough they are. It is for people willing to train consistently and build real capability over time.

Your questions, answered

Straight answers from the KALAH India FAQ.

Q Is KALAH the same as Krav Maga?

KALAH has roots in the Krav Maga lineage, but its training emphasises principles, adaptability and pressure, not only fixed techniques.

Q Is KALAH only about self-defence?

No. Self-protection is the context; human development is the purpose: awareness, self-regulation, decision-making, capability and character.

Q Does KALAH teach fighting?

No. Training starts with prevention, awareness, avoidance, de-escalation and escape. Physical protection is for when those are no longer possible.

Q Why no beginner, intermediate and advanced levels?

A real attacker does not come in levels. The principles stay the same. What changes in training is intensity, resistance and pressure, raised as you become ready.

Q What does pressure-based training mean?

Resistance, fatigue, uncertainty, restricted movement and changing situations, in a controlled, progressive way. Realistic does not mean reckless.

Q Why repeat principles instead of learning more techniques?

Because self-defence is not about collecting techniques. A small number of core principles, repeated and refined, hold up under stress.

Q Does advanced training involve physical risk?

Yes. As contact and complexity increase, risk cannot be eliminated entirely. Training is introduced progressively according to your readiness.

Q Why train close-quarter situations if escape is the priority?

Because avoidance is not always in your control. Sometimes distance has already collapsed and there is no clear exit. Close-quarter training builds the ability to stay functional, create a chance to disengage and get to safety.

Q Do I need to be fit, fearless or experienced?

No. You arrive willing to learn; we build capability progressively.



THE NEXT STEP

Knowing is not enough. Train.

Don't wait until you need it. Book an assessment session and find out where you stand, with no pressure and no false promises.

CALL / WHATSAPP

+91 78927 65374

EMAIL

kalacombatsystemindia@gmail.com

www.kalahindia.in



SCAN TO CHAT

WhatsApp us to book your assessment session.

STUDIO

Beside Jeevan Jyoti Hospital, Rahatani, above Satnam Medicals & Wisdom Laptops, Pimple Saudagar / Rahatani, Pune, Maharashtra

Morning group training: Monday, Wednesday, Friday at 6:30 am

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*"Capability without character becomes ego.
Capability with character becomes responsibility."*

Please share this guide with someone you care about.

TRAIN THE MIND. READ THE ENVIRONMENT. CONTROL THE RESPONSE.