

TRAINING RULES & SAFETY REGULATIONS

General conduct & safety precautions: remember at all times to train with the utmost regard to safety. Remember you are training in a self-defence system that has almost no rules or boundaries, and as such your conduct in training must be such that you minimise the risk of injury to yourself and others. Horseplay, lack of focus and carelessness can lead to injury or death.

GENERAL SAFETY

1. Many Krav Maga techniques have the potential to seriously injure or kill. Horseplay and reckless or irresponsible behavior is not allowed.
2. Exercise common sense and restraint when practicing or demonstrating techniques: do not cause needless injury and be cautious when working with someone less experienced.
3. Weapon defences should always be done with replica training guns and knives.
4. If at any time you feel that there is potential for injury or harm to yourself or others due to carelessness or oversight, please alert your instructor immediately.
5. When applying any technique, release a hold immediately if your partner "taps out".

TRAINING RULES

1. Exercise respect and attentiveness in class, but have fun.
2. You're learning Krav Maga, not ballet, so expect a few bruises.
3. When lungs and muscles complain, remember that we are actually having fun.

SPARRING & FREE FIGHTING RULES

1. Use of a mouthguard in sparring is recommended – just in case.
2. Always wear boxing gloves or MMA gloves in sparring unless you are engaging in "touch sparring".
3. Have regard for your partner: take age, fitness, combat hardness and size into account when sparring and allow your partner to learn constructively.
4. At beginner levels, sparring is very controlled and structured: at more advanced levels a match might be allowed to proceed with full force, but only if the necessary protective equipment is used.
5. Any and all techniques are allowed in free sparring: we do not impose artificial restrictions, except those detailed in the next point.
6. Restricted sparring techniques: eye gouging is forbidden. Hard strikes to the groin, throat, ears, and back of the head are not allowed, but controlled strikes are. Pinching, hair pulling, nerve strikes and pressure point manipulation are allowed. Biting is allowed as long as skin is not broken. Elbow and knee strikes, particularly to the head or face must be controlled and not performed with full force. Any and all other kicks, strikes, throws and grappling techniques are allowed without restriction. "Ground & pound" is allowed as long as it is controlled.
7. Always take care particularly when fighting on the ground: remember many groundwork techniques are designed to break bones, dislocate joints and tear muscles. Certain movements can lead to a broken neck, paralysis or death. Exercise restraint.
8. If you are not sure about anything, particularly relating to safety, please ask the instructor. Remember, you will never be forced to participate in any area where you may feel uncertain or not yet ready. Remember to have fun.
9. If an opponent or participant surrenders at any time during a sparring session or fight, you are to immediately cease activity and disengage straight away.
10. Always obey the directions of the instructor.

11. DECLARATION:

"I, the undersigned, hereby solemnly affirm according to the dictates of my conscience, that I fully believe in the right of all mankind to co-existence, self-determination, and the right to live in peace. I further hereby solemnly affirm and undertake according to the dictates of my conscience, that any and all skills, techniques, training and knowledge that I receive as an EDA trainee will only be used in lawful defence of myself or others and will not be used for any criminal or terrorist purposes within the Republic of South Africa or any other sovereign nation, specifically including the State of Israel. I further undertake not to engage in any activity that is aimed at undermining, discrediting or harming the sovereign state of Israel or its citizens. I understand that failure to uphold this oath will result in immediate and permanent expulsion from Elite Defence Academy."

Name of Trainee: _____ Signature: _____

Date: _____

