



MIDNIGHT SUN KRAV MAGA EXPERIENCE JUNE 25-JUNE 30, 2024, HELSINKI FINLAND



- Come and experience the White Nights and some of the world's best self-defense training in the same package!
- Our unique approach to krav maga honors the traditions of krav maga, after all we are first Northern European country to start working alongside the Levinsky-Wingate Academic College on krav maga instructor studies!
- Added to the tradition is the modern-day teaching methods that provide the fast-track to learning the life-hack called self-defense very fast!
- We'll be taking full advantage of the fresh nature, pure lakes and woods as well as cover all aspects of krav maga!
- For those already knowledgeable on krav maga, we also offer Instructor Certification with some additional training right after the camp!

LIMITED SPOTS AVAILABLE, SO ACT FAST AND BOOK YOURS!

CHECK THE PROGRAM ON THE NEXT PAGE!!

MIDNIGHT SUN KRAV MAGA EXPERIENCE 2024 PROGRAM

JUNE 25TH, PRE-EXPERIENCE KICK OFF

As it is great to arrive early and get all settled in, we want to be here for you!

Whether you'll stay with our accommodation partner or somewhere in the city, let's have a Finnish "tailgate party" at the Kravmagacoach Club and get some hot dogs and burgers etc. + drinks an

I like to start my day with a fruit smoothie...
But the bartender keeps calling it a Pina Colada.



JUNE 26th, EXPERIENCE BEGINS

We'll set the solid ground by starting with our unique "Move-Fire-Move" - philosophy and you'll learn very quickly how easy it is use your body as a weapon. Lions don't block, they hit and roar!

Once we're done setting the basics in the "laboratory" (training club) we'll head out to the woods and change the environment.

After the official training set is done, it's sauna time, we're in FINLAND!!! Remember to get your swimming gear along, there shall be an opportunity to cool down in a lake, as we only have about 100.000 of them.

By the campfire we'll also take a look into Emergency First Responder issues and first aid, so a great starting day!



JUNE 27TH, DAY 2 OF THE EXPERIENCE

We'll focus on learning how to use defenses as strikes and clear the obstacles out of our way.

Unlike in most of self-defense (and krav maga) training we won't focus on the angle of your hand, nor do we emphasize blocking ("Lions don't block").

Sometimes the proximity is so close that we will need to use hand and leg defenses and we have a very special way of training those!

The skill accelerator method "invites" you to "deliver" the defense and then the stopping power to the opponent.

After the hard days work, we'll take a bit of a cruise in the archipelago of Helsinki, have dinner and enjoy the white night!



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JUNE 28TH, DAY 3 OF THE EXPERIENCE

Sometimes we make mistakes and end up being choked or bear-hugged or even end up to the ground.

We won't win this game by wrestling with "the bear" but by out-smarting them.

After the sweat -filled day, it's time to relax a bit and take the night off!

JUNE 29TH, DAY 4 OF THE EXPERIENCE

On the edge and getting out of line of fire!

The fourth -day of the Experience we'll focus on weapons' threat situations and get you to bust myths about "your hand is going to blow off"- type of things. No it's not when you know what you're doing!

This will be one of the most realistic approaches to threat situations there is and you'll learn about the what tactics to use and how to take advantage of different approaches.

We'll end the evening by some swimming and sauna. It is FINLAND after all!



JUNE 30TH, DAY 5 OF THE EXPERIENCE

Time to see what has stuck during the week as we'll take you through few rounds of the "Midnight Sun Self-Defense Tracks"

Training recap by SKILL ACCELERATOR ZERO DISTANCE CQC method!

Book Your Experience!



Your Host and Head Instructor of the Event
Tommi Nystrom
Krav Mga 5th Dan
Firearms Instructor
Use of Force Instructor
Military Instructor