



**KRAV MAGA INSTRUCTOR TRAINING  
ECOLOGICAL DYNAMICS SPECIALIST  
JUNE 25TH - JULY 2ND 2024  
HELSINKI FINLAND**



**THERE ARE TONS OF KRAV MAGA INSTRUCTOR  
COURSES BUT NONE LIKE THIS ONE...**

**POINT 1:**

***Instructors' job is NOT to be  
the best in the world but to  
COACH their trainees to be!***

**POINT 2:**

***Combat is not an aesthetic art  
but an outcome-orientated  
action!***

**POINT 3:**

***"Monkey See, Monkey do" is a  
nice way to move people, but  
— SUCH A SLOW WAY TO HELP  
THEM LEARN!***

**POINT 4:**

***If running would be taught in the  
way traditional combat sports and  
martial arts are taught, NO ONE  
WOULD EVER LEARN HOW TO RUN!***

***You've read so far, so do continue..***



# ECOLOGICAL DYNAMICS - THE FUTURE OF MOTOR-LEARNING AND TEACHING

## KRAV MAGA CONTEXT

***“The master blacksmith never hits the same way twice but the way needed to get the result”***

The traditional combat teaching method, the information processing theory (IP) thinks that movement is a “mechanical process” that needs to be broken into pieces and then put together. The latest research show the opposite. **TRAINING NEEDS TO BE REPRESENTATIVE!**



Practically all krav maga (and other combat arts) instructor training is built to teach the IP-method, they are instructor-centered and not focusing on the trainees' learning needs. **YOU WANT TO MAKE A DIFFERENCE OR ARE YOU THERE FOR THE BRAND AND THE DIPLOMA?**



In Krav Maga, We **TALK** about “the principles”, broad subjects, but **FOCUS** on the tiniest details of “a technique” messing the learner’s brains.

**MAKE THE TRAINING REPRESENTATIVE AND ALL THE DETAILS WILL EMERGE NATURALLY (“ECOLOGICALLY”).**

**If you want to FIND OUT how to teach this way, we have done the research and put it in a starter -kit for you to explore --->>>>>**



# PATHWAY TO EXCELLENT RESULTS

## ***ECOLOGICAL DYNAMICS SPECIALIST - KRAV MAGA INSTRUCTOR TRAINING***

***“The coach needs to deeply understand the problem and describe it, then the solutions will emerge from the trainees naturally”***

### ***PART 1 - You have some studying to do...***

- We have put together a solid theoretical background online that you will have a lifetime access to*
- Explaining the basic concepts of the ecological dynamics and the constraints-led approach with a division to action capacity builders and skill accelerators.*

### ***PART 2 - Experience the simplicity of learning!***

- Next step is to learn and rewire yourself by learning krav maga with the ecological dynamics method*
- From 2 seconds to zero distance, you will experience how the solutions emerge naturally*
- Training with the constraints -led approach evaporates the need to decompose the movements*

### ***PART 3 - Summarize the coaching methods!***

- The last part of the training is to summarize the methodology in a practical forms*
- Every practice you will ever give will be representative and thus a true skill accelerator to your trainees!*

***JOIN THE FUTURE AND SIGN UP --->>>>>***

# KRAV MAGA INSTRUCTOR - ECOLOGICAL DYNAMICS SPECIALIST

## 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!*

*We'll 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!*



# **KRAV MAGA INSTRUCTOR - ECOLOGICAL DYNAMICS SPECIALIST**



## **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!

# **The Instructor Training shall continue for two more days!**

# KRAV MAGA INSTRUCTOR - ECOLOGICAL DYNAMICS SPECIALIST

## JULY 1st: The Representative training design



*The purpose of the day is create exercise models for you to test and create the representative training design protocol for you to follow*

- *The purpose of the training*
- *Skill acquisition needs and CLA Methods to help them emerge*
- *Trial and error*
- *The true principle-based learning*
- *Measuring results*

## JULY 2nd - SHOW TIME!

- We will do 20 minute rounds on coaching on various subjects and explore "good habits" to train by
- In the end of the day, we'll form a vision of the near future how you are going to implement all you have picked-up and learned



**BE THE FUTURE OF COACHING AND  
COME TO EXPAND YOUR PERCEPTION!**

**SIGN UP FOR THE EXPERIENCE OF A LIFE-  
TIME!**

### PRICE

- Already qualified krav maga instructor, 990 €
- Early Bird before May 10th 1.190,00 €
- May 10th-June 25th 1.390 €
- Including all training and activities listed above



**Your Host and Head  
Instructor of the Event**

Tommi Nystrom

- Krav Maga 5th Dan
- Firearms Instructor
- Use of Force Instructor
- Military Instructor
- Professional teacher and Coach
- Author of the May The Skill Be With You -book