



Last update 9/1/12

## KAPAP SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Little Kickers 10:15am -11:00am	Little Kickers 10:15am -11:00am
	Little Dragons 4:00pm - 4:30pm		Little Dragons 4:00pm - 4:30pm		Kids TKD 11:00am -11:45am	Kids TKD 11:00am -11:45am
	Little Kickers 4:30pm - 5:15pm		Little Kickers 4:30pm - 5:15pm		Wrestling (Youth) 11:45am- 12:30pm	
Wrestling (Youth) 4:45pm – 5:30pm	Kids TKD 5:15pm - 6:00pm	Kids TKD 4:30pm - 5:15pm	Kids TKD 5:15pm - 6:00pm	Little Kickers 4:30pm - 5:15pm	MMA(All) 12:30pm – 1:30pm	
Combat Fitness 5:30pm - 6:30pm	Combat Fitness 6:00pm - 7:00pm	Little Kickers 5:15pm - 6:00pm	KAPAP 6:00pm - 7:00pm	Kids TKD 5:15pm - 6:00pm	Battle Lab RSVP	
MMA(Youth) 6:30pm - 7:30pm	KAPAP 7:00pm - 8:00pm	MMA(Youth) 6:00pm - 7:00pm	MMA(Adults) 7:00pm - 8:00pm	Combat Fitness 6:00pm - 7:00pm		
MMA(Adults) 7:30pm - 8:30pm	Combat Fitness 8:00pm - 9:00pm		Combat Fitness 8:00pm - 9:00pm	KAPAP 7:00pm - 8:00pm		

### KAPAP/Krav Maga:

KAPAP is the Israeli combative system known as Krav Panim El Panim. KAPAP is the Hebrew acronym for Face-To-Face Combat. KAPAP is a combat system of defensive tactics, hand-to-hand-combat and self-defense, and is made up of a combination of several fighting styles such as boxing, Judo, Jujitsu, and combat with a knife, gun or rifle. The emphasis is put on fighting empty handed against each of these weapons, and weapon against weapon.

### Battle Lab (Airsoft Simulation):

Battle Lab classes were designed by KAPAP Combative instructors in order to bring more realistic training for individuals who would like to improve their shooting skills and/or defense skills. The idea to develop this program was based on the training we provide in our KAPAP classes. If you are training in taking away firearm weapons from attackers you have to also know what to do with those weapons once they are in your hands; how to shoot, how to replace the

### Combat Fitness:

“Kosher Kravi” is Hebrew for Combat Fitness. In Israel Combat Fitness programs are very popular in the military, professional organization, outdoor oriented programs, private sectors, and prep-military programs (Gibushim). Our Combat Fitness program is designed to provide results in a very short period of time.

### Mixed Martial Arts (MMA):

Popularly known as cage fighting, MMA is a full contact combat sport that allows a wide variety of fighting techniques and skills, from a mixture of other combat sports, to be used in competitions. MMA can be a great way to get in shape while building self-confidence in the gym or in everyday life.

### Little Dragons (3-4)

The Little Dragons program specifically designed for children ages three through four. This program focuses on improving your child's listening and motor skills. Our Little Dragons Classes are fast-paced, fun filled, educational and motivational.

### Kids Little Kickers (Ages 4-8)

These classes are specifically designed for the 4 through 8 year old student. Emphasis is placed on elevating concentration, patience while they await their turn, and self-confidence. Students are also taught basic punching and kicking techniques in order to increase their foot/hand/eye coordination.

Little kicker are introduced to point sparring when as they develop in their skills, but this is not mandatory. Student are tested for stripes and belts at the discretion of the chief instructor.

### Kids TKD (Ages 9-13)

The focus in this group is on learning the basic kicking and punching techniques, as well as the ‘katas’. Students work on their strength, coordination, and muscle memory. When children reach the 9 to 15 year range their skills and coordination are more developed and they are ready for more complete instruction.



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