

Touring & Training Israel 2018

Date	Time	Location	KM Material	Notes	Equipment
May 4th		Jerusalem – Hotel Reception		Checking in the hotel - Busses, Taxis and Trains all go from the Airport to Jerusalem and to the hotel. Distance is about 50 Kilometers (30 miles) from Tel-Aviv (Ben-Gurion airport, marked as TLV). Rooms are reserved at the "Prima park" hotel, 2 Vilnaei street Jerusalem. If you wish to arrive earlier, please contact admin@krav-maga.com	
May 5 th	06:30 – 08:00	Jerusalem – Hotel Dining Room		Breakfast, please make sure to finish by 08:00.	
	08:00 - 09:00	Jerusalem – Hotel Lobby		Registration & payment, Opportunity to buy KMG merchandise	
	09:00 - 10:30	Jerusalem – Hotel Lobby		Opening session and getting acquainted.	
	10:45 – 12:45	Jerusalem – Park	Counter Attacks and defenses; Different principles and elements from the system	Training Outdoors	Sunblock (if necessary)
	12:45- 14:00	Jerusalem – Park		Lunch break in the training area.	
	14:00 - 17:45	Jerusalem – Park	Attacks and Defenses standing and on the ground; principles, techniques, different training methods.	Training Outdoors	Training Gear+ Protection Gear
	18:45	Jerusalem – Hotel Lobby		Visiting the Wailing Wall and Social evening in a pub.	
May 6 th	08:45 – 13:00	Jerusalem – Ammunition Hill	Intro and basics of defending knife threats;	Tour at the "Ammunition Hill" & Training	
	13:00	Jerusalem		Lunch	
	15:30	Jerusalem		City observation, toast, old city, roof observation, old city quarters tour.	
	20:30	Jerusalem		Dinner in a nice pub in the city.	
May 7 th	8:00 – 16:00	Hotel - Lobby		Tour in the city (Mahane Yehuda market). Yad- VaShem, David's old City.	All personal luggage and possessions
	13:00			Lunch	
	16:00			Driving to Masada	
	18:00 – 20:00	Masada	Defense against pistol threats		Training Gear+ Protection Gear;
		Masada		Dinner	

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May 8 th	05:00	Masada	Defending attacks with sticks and blunt objects.	Climbing to Masada before sunrise, touring & training on top of Masada. Breakfast and check out after Masada	
	12:30	Dead Sea – Ein Gedi Beach		Bathing in the Dead Sea + Lunch	Bathing suits + Sunblock
	15:30			Traveling north (2.5 hours) to Sea of Galilee	
	18:30 – 19:30		Low light conditions		
	20:30			Dinner in Tiberias	
May 9 th	08:00 – 09:00	Galilee – Hamat Gader	Dealing with multiple attackers	Hot springs and training.	Training gear & Protection gear
	15:00	Galilee		Observation on the Sea of Galilee from Arbel mountain and visiting the north side of the Sea of Galilee, Visiting Christian sites.	
	18:00 – 19:45	Galilee – Sea of Galilee	Water as an environment for self-defense.	Bathing and training in the Sea of Galilee	
	20:30	Galilee – Tiberias		Dinner in Tiberias	
May 10 th	07:00 – 08:30	Galilee – Golan Hights	Defending strikes and kicks	Golan Heights tour	
	08:30 – 09:30	Galilee – Prima Hotel		Breakfast	
	10:30 – 13:00	Galilee – Golan Hights		Golan Heights tour, visiting top of a sleeping volcano.	
	13:00	Metula		Metula observation over the borders of Israel. Lunch.	
	15:00	Galilee – Jordan River		Short rafting in the Jordan River	
	17:00 – 18:30	Kfar-Blum		Training in Kfar Blum	
May 11 th	19:00	Bedouin Village		Bedouin dinner at a Bedouin village. Arriving at the hotel around 21:30	
	08:00 – 09:00			Breakfast	
	09:00 – 11:00	Rosh Hanikra		Tour in Rosh Hanikra Grottos	
	12:00 – 13:00	Acre		Tour in Acre and outdoors training	
	13:00	Acre– Old Market		Lunch	
	18:00 – 20:30	Haifa - Bar	Bar Fighting		

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May 12th	07:30 – 08:30	Haifa - Hotel		Breakfast	
	08:30	Haifa - Gym		Training in Haifa until noon	
	08:30 – 09:30			Drive to Tel-Aviv Jaffa. Visit Imi's grave at Netanya cemetery.	
	13:30			Lunch	
	14:30			Check in to the hotel in Tel-Aviv	
May 13th	09:30 – 14:00			Training in Tel-Aviv	
	19:30 – 22:00			Evening tour in Tel-Aviv, Rabin Square.	
May 14th	08:30 – 11:30			Beach Training	
	12:00			Summary of the course; Certificates of participation, Closing event and farewells.	