



# Levels Krav Maga

## N1

You can take part in the N1 offering without any previous knowledge. The training is aimed at people who have never practiced Krav Maga before.

## N2

You can take part in the N2 offering if you have mastered the basic techniques such as steps, defense, and strike combinations, as well as avoiding and evading movements. You can also assess dangers and distances (action reaction), know the initial liberation techniques, the basics of weapon defense, and know how to behave on the ground under stress.