

## AKS KARATE & CHARLESTON KRAV MAGA



AKS Karate & Charleston Krav Maga is the only certified and licensed Krav Maga training center in the state of South Carolina. Our instructors must undergo rigorous training before being allowed to lead classes, providing the best service to our students.

### AKS MISSION

Our school is dedicated to supporting a strong community by developing good human beings via the Martial Arts.

We empower our students, not simply by honing their bodies, but by honing their values. We place great emphasis on courtesy, respect, patience, confidence, self-esteem, and a positive attitude, and we use hard work and dedication to forge these attributes.

We believe that the journey to the indomitable spirit must be lead by a team of thoroughly trained, like-minded professionals. We are committed, above all else, to maintaining such a team here.

With constant improvement as our ethos, our collective investment is certain to assure success in our quest to be the best.



Go Home Safe.  
Start your training today!



## AKS KARATE & CHARLESTON KRAV MAGA

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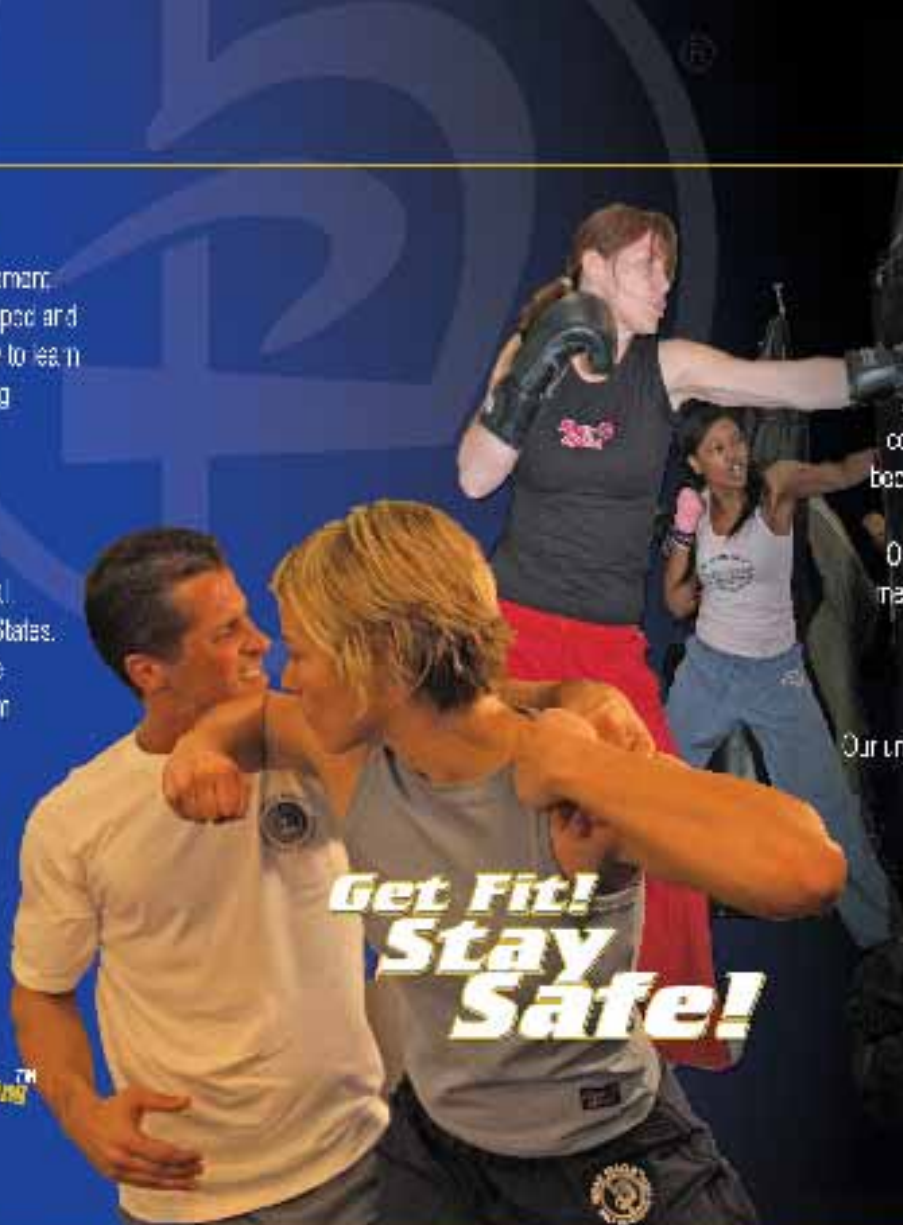
**Krav Maga** is the official self-defense and fighting system of the Israeli defense forces and is favored by US law enforcement agencies. This wholly unique and original method was developed and refined during years of conflict. **Krav Maga** emphasizes easy to learn techniques that have been battle tested in real life threatening confrontations.

**There is nothing flashy about the system.**

This street oriented self defense program is favored by federal, state and local law enforcement agencies across the United States. While experienced fighters and law enforcement officers have consistently praised its highly practical applications, the system also has a broad based appeal because of its **simple, no nonsense** approach to safety.

It's self defense for a madman world. **Krav Maga** trains you to deal with real life situations using battle tested techniques that can be learned and quickly mastered by anyone, regardless of age, size or previous training.

Designed by a team of top fitness experts and defensive tactics instructors known for building fighters, **KM Conditioning™** programs use cardio classes, heavy bag work, and sports conditioning techniques to burn fat and tone muscle.



**Get Fit!  
Stay  
Safe!**

**KM Conditioning™** is an innovative strength and conditioning program intelligently designed to increase human power and performance.

**KM Conditioning™** utilizes the discipline of **Krav Maga** combined with effective athletic training techniques, and has become a powerful tool for people of all ages who want to feel leaner, stronger, and more balanced in body and mind. Our programs are carefully designed, incorporating scientific methodologies with a wide variety of training and conditioning techniques to ensure energy, functionality, and fun!

**Areas of Focus**

Our understanding of conditioning divides training into two areas: the **SKILLS** you learn and the **HEALTH** you achieve.

**KM Conditioning™ provides the following:**

<b>SKILLS:</b>	<b>HEALTH:</b>
Balance	Cardio-Respiratory Endurance
Agility	Musculo-Skeletal Fitness
Speed	Flexibility
Power	Strength
Coordination	Endurance
Reaction	

