



SELF-DEFENCE TRAINING FOR STAFF

About us

Krav Maga Melbourne

We are a leading supplier of self-defence training in Melbourne, offering a range of programs suitable for preparing your staff on how to prevent, deal with, and overcome all kinds of conflict and violence.

Established in 2002, we have over two decades of experience in providing self-defence training to students of all backgrounds and abilities.

We run a principle-based system allowing students to work on a broad spectrum of problems and situations with unique and logical approaches. This style of self-defence benefits from being intuitive and uncomplicated, as it aims to find the most direct and efficient solution to all problems.

Quality of instruction

All our instructors are certified through Krav Maga Global (KMG). KMG's Krav Maga is an integrated system of self-defense, combat and fighting, close and third-party protection. It is the leading system of its kind in the world, known for its practical and realistic techniques and tactics for avoiding, preventing, deterring, or otherwise handling all types of violent confrontations. As part of KMG, we deliver our training in a manner to ensure we maintain the highest quality of teaching.

To remain a certified KMG instructor, our instructors attend yearly updates and other training and development courses. This ensures you and your staff receive the best, most up-to-date training possible.

Safety with sensitivity

A Trauma Informed Approach to Personal Safety

We combine practical self-defense skills with a focus on fostering a culture of respect and understanding. By equipping your employees with the necessary skills to protect themselves, we aim to create a secure workplace environment where the well-being of all team members is supported.

We can help you build a safe and inclusive work environment through our trauma-informed approach.

Why is self-defence training is important for your staff ?

Unlock the power of self-defence For staff empowerment

We believe that self-defence training for your staff offers a multitude of benefits that extend beyond physical safety.

Our programs are more than teaching techniques; they empower employees with invaluable skills that positively impact their personal and professional lives.

What are the staff benefits ?

Enhancing Personal Safety and Security

Staff members become equipped with practical techniques to protect themselves from potential threats, instilling a sense of confidence and peace of mind. This security extends beyond the workplace, ensuring the well-being of employees in various settings and daily activities.

Create a Resilient and Empowered Workforce

Employees who participate in our program have the opportunity to develop a strong sense of self-awareness, situational analysis, and critical decision-making skills. These attributes enable individuals to respond effectively to challenging situations, reducing the likelihood of panic and increasing their ability to navigate and defuse conflicts.

Enhance Teamwork and Camaraderie

By participating in training sessions together, employees develop a shared understanding and bond through the learning experience. This collaboration and mutual support translates into stronger working relationships, improved communication, and a cohesive work environment.

Promote Mental and Physical Wellbeing

Engaging in physical activity through training sessions not only enhances overall fitness but also serves as a way to relieve stress. The release of endorphins during training contributes to improved mood, reduced anxiety, and increased focus and can result in benefits such as productivity in the workplace.

What do we offer ?

Boutique corporate training packages

Krav Maga Melbourne offer a range of standard and tailored training packages for your staff.

Let our qualified instructors build a custom session for your colleagues designed to build teamwork and forge bonds. Our corporate programs are tailored to your needs and cover topics including but not limited to general self-defence, women's self-defence, conflict safety and resolution (contact and non-contact).

For all of our packages we will work with you to make sure you are satisfied with the training we provide. You will have input into the content and lesson plans to ensure you and your staff are aware and comfortable with the training.

• Self-Defence Essentials Seminar

Our Essentials Seminar is ideal for a 'one-off' session for your staff. This Seminar has the aim of delivering skills in situational awareness, conflict management, conflict tactics and basic combat skills.

- 60 min **\$800** (UP TO 20 PARTICIPANTS)
- 90-120 min **\$1200** (UP TO 20 PARTICIPANTS)

• Comprehensive Self-Defence Course (Level 1 - Essentials)

Our Comprehensive Self-Defence course is an opportunity to give your staff more in-depth training and more experience in situational awareness, conflict management, conflict tactics and basic combat skills. It also allows us to focus more time on development and application of those skillsets.

- 6 x 60 min **\$4000** (UP TO 14 PARTICIPANTS)

Additional Training Courses

Must have Completed Level 1 – Essentials
6 x 60 min sessions in each Course

- Defence on the ground
- Defence against an armed attacker (edged weapons)
- 3rd party vip protection (protecting family and friends)
- Vehicle and public transport
- Control and restraint (Must have completed 'Defence on the Ground')

NOTE:

- TRAINING WILL BE TAILORED TO INDIVIDUAL PARTICIPANT NEEDS
- KMM WILL PROVIDE ALL EQUIPMENT
- ALL PRICES ABOVE DO NOT INCLUDE GST

Previous clients include:



MONASH University



Australian Government
Department of Finance



THE UNIVERSITY OF
MELBOURNE



ANZIIF



Basslink



FINANCIAL
OMBUDSMAN
SERVICE



MEDIA GROUP



How to get started ?

Empower your staff today

To get the ball rolling, please reach out to us by phone or e-mail and speak to us to see how we can help you and tailor a package to suit the needs of your staff.

To assist us here, are some of our common questions we will ask:

Demographic of staff to be trained?

This information will allow us to tailor the training to your staff. For example, for a women's-only group, we can provide training that focuses on particular skills and situations that would be most applicable for the group.

Logistics of Training?

- Number of participants
- Preferred date (or dates) and time of training
- Number of sessions
- Type of training (contact or non-contact)
- Location of training, can be at your facility or our facility
(NOTE NO EXTRA COST FOR TRAINING AT OUR FACILITY)
(ADDITIONAL FEES MAY BE REQUIRED IF YOUR LOCATION IS FAR AWAY)

Do you want industry specific material or general material?

The key to providing effective self-defence training is to make it as contextual as possible. We can provide training suitable for most generic situations that people may encounter. However, we also provide industry specific material to allow your staff to prepare and work with conflict situations they are more likely have to navigate. For example, staff that are required to work with customers directly, may benefit from practicing scenarios in this specific context.

Our Contact Details

EMAIL info@kmmelbourne.com.au
PHONE 0404 346 602
ADDRESS 176 Adderley Street, West Melbourne, VIC, 3003