

Welcome to Krav Maga Dallas™

The instructors and staff at KMD™ will do our very best to make your Krav Maga training an enjoyable experience. Here are a few tips to help get you started.



- Safety in training is our primary objective! Work hard but use precautions to avoid injury.
- Protective gear is highly recommended to decrease the risk of injury. Striking gloves, mouth guard, and groin protection for males are **required** for every class.
- We warm-up and stretch before the beginning of each class. Exercising cold muscles can lead to injury so, please plan to arrive early enough to participate in the warm-up before every class.
- Dehydration is always a danger when working out, especially in the Texas summer. We offer a variety of rehydration products from Advocare for sale in the Pro-shop that will help improve and enhance your performance when training.
- Krav Maga does not require students to wear a martial arts gi to train. However, a Krav Maga T- shirt must be worn to every class. Additionally, students should also wear workout pants or shorts and clean, dedicated training shoes. Please do not wear halter-tops, short shorts or any other clothing that would be inappropriate for the rigorous training we do.
- Stay connected with KravMagaDallas.com. Like us on [Facebook](#), [Instagram](#) and [Twitter](#)! Check the website regularly for news on upcoming belt tests, special seminars, and fun events. You can always communicate with us directly via email at: [info@kravmagadallas.com](mailto:info@kravmagadallas.com)

# Training Center Policies

## Equipment Requirements: *Required for every class*

- Krav Maga T-shirt
- Clean, dedicated training shoes when training on mats (bare foot is also acceptable)
- Striking gloves
- Mouthguard
- Groin protection (for males)

## Class Etiquette:

- Arrive 10-15 minutes prior to the start of class. Warm-up is an important part of the class to avoid injury. All students must warm up prior to engaging in activity. Students arriving more than 10 minutes late will not be permitted to participate in class.
- Students ONLY on the training mat. All others must remain in the waiting area and keep noise levels to a minimum to avoid disrupting class.
- If you cannot attend a class that you signed up for, cancel your visit to open up a slot for another student. Cancellations within 40 minutes of the start of class qualify as “late cancels” and do not allow other students to take advantage of the open slot. Repeat late cancels or absentee visits can result in a temporary suspension of the membership.
- Clean equipment and personal hygiene is a must. Long hair must be in a ponytail and in a hair tie.
- No training on the mat (includes heavy bag work) without an instructor present or without prior permission from an instructor.
- Do not coach other students while training unless specifically asked to do so by an instructor.
- Refrain from using abusive language and maintain discipline during all classes.
- Please leave valuables in your car. The training center is not responsible for lost or damaged items.

## Membership Policy:

All communication must be in writing to [info@kravmagadallas.com](mailto:info@kravmagadallas.com).  
Instructors or staff are not responsible for remembering verbal requests for changes to contracts

## Student Referral Program

At Krav Maga Dallas™ we know it is always more enjoyable to train with someone you know. Whether you promote us in your communities, your place of employment or virtually anywhere else, we believe you should be rewarded!

Students who refer a family member or friend that signs a contract will receive the following:

- 1st referral – one month FREE!
- 2nd referral - 10% off dues for remainder of current contract
- 3rd referral - 20% off dues for remainder of current contract
- 4th referral - 30% off dues for remainder of current contract
- 5th referral - 40% off dues for remainder of current contract
- 6th referral - 50% off dues for remainder of current contract
- 7th referral - Lifetime free membership

**Train Hard! Get Fit! Walk in Peace!**