



Schedule of the Day

13th April, 2019. Saturday evening: All-night activity launch

The camp opens with a meeting at the Head Office in Tel Aviv to:

1. Introduce participants and trainers
2. Explain procedures
3. Outline our targets for the camp
4. Convey safety information
5. Distribute, sign for, and receive training equipment

Following the meeting, all participants will take a Fitness Level Test

We set off on our journey to our base in the Galilee, by luxury minibus. There will be a special stop at the Wingate Institute ,for a tour of the birthplace of Krav Maga and the IDF Instruction Base for Krav Maga

Capture the fort. On arrival in the Galilee, there will be a military trek to “seize” the Ko’ah fortress. After securing our position at the fortress, Krav Maga training will commence on top of the building

14th April 2019. Sunday morning: Krav Maga Sun Rise Training-

The camp's opening training session will cover:

- High-Pressure Training
- Aggression Training
- Determination Training

Enjoy breakfast on top of the mountain, gazing at an amazing view and hearing historical facts about the area.

Arrival at our hotel. Settle into hotel rooms and relax

Sunday afternoon: Krav Maga Training at the Sea of Galilee-

- Full contact training
- Hand and foot combat
- Fitness training

Sunday Evening: Camp opening party

Time to relax with music, chilled Israeli craft beers

15th April, 2019. Monday:

Morning fitness training. Military trek along the Jordan River to the training site, overcoming various natural obstacles along the way

Krav Maga Training:

Knife attack defense, including apprehension and cuffing

Rafting on the Jordan River

Urban Krav Maga Training:

- Environmental awareness
- Identifying suspicious behavior in an urban environment
- Precautionary tactics in an urban environment

Monday Evening:

Lecture by a senior IDF Officer on "Complex Issues in the Middle East from the Israeli Point of View"

16th April, 2019. Tuesday: Fight Day at the Shooting Range

Early morning fitness training

Live Round Shooting: This training day will include live round shooting at the range, teaching the unique IDF shooting method. Including surprise fighting exercises combined with Krav Maga

Krav Maga weapons training using a gun as a "cold tool" for attack and defense

Tuesday Evening:

Leadership and team building workshop

17th of April, 2019. Wednesday:

Morning fitness training in the morning, followed by Krav Maga training on Mount Arbel :

- Self-defense against pistols (tactics to take control and disarm an attacker)
- Preparation for full combat

Wednesday afternoon:

Trip to Tavor Winery for a tour and tasting from one of Israel's finest and famous wineries

Visit at a traditional Bedouin tent

Wednesday evening:

Chilled beers and relaxation before the next day's big test

18th of April, 2019. Thursday: The final test

Morning fitness training

Bunker surprise attack training at Hermonit army post

Final test, comprising all the strategies and tactics learned throughout the camp

Thursday afternoon:

Viewing and explanation of the geographical meeting point between the borders of Israel, Lebanon and Syria, in order to better understand the current regional issues

Multiple-Task training in an urban environment:

Training will take place in a mock urban training center in the Golan Heights.

- Unique, "crazy" urban combat training that covers all the materials studied in the camp, including "Terror Monkeys"
- Air-soft weapons training with many surprises!
- A series of surprise attacks in several rooms (CQB)

- Full contact combat

Thursday evening:

Lecture on "The Behavior of the Terrorist and How to Control and Overcome it"

20th of April, 2019. Friday:

Return to Tel Aviv

Early departure, with a stop at the Wingate Institute.

- All-inclusive training on the famous cliff located above the Mediterranean Sea, known as the "Natural Disaster Cliff," where IDF officers train
- Final intensive Krav Maga combat training that summarizes the entire training program with sweat, sand, sea and sun

Arrival at the Xfighting's headquarters in Tel Aviv for a concluding session of highlights, focusing on individual areas of improvement

Note: During camp, there will be challenging surprise activities which will change the schedule

All the Krav Maga training will be led by Nakash, Itay and Xfighting's team of top instructors. Shaul Wolfson, the top weapons and combat trainer at Xfighting, will be your commander for the week. He will provide all weapons and combat training, along with Xfighting. Xfighting will be responsible for the equipment and instructors throughout the camp.

Xfighting will provide trainees with:

- Accommodation
- Food and nourishment
- Transportation
- Training Equipment

NB. All trainees that attend the Xfighting camp are covered by a specific insurance tailored for this activity

Camp Syllabus:

- Hand-to hand combat training
- Knife defense
- Weapon attack
- Firearms attack
- Strike and defense with rifles
- Combat preparation
- Combat

- Aggressive and determination training
- Environmental awareness
- Identification of suspicious signs
- Preventive behavior
- Self-defense exercises
- Basic study of the IDF Special Forces' shooting methodology
- Combination of Krav Maga and live weapons combat
- Training to use a rifle as a "cold tool" for attack and defense