



Phoenix Krav Maga and Fitness  
KRAV CHALLENGE 25

[www.PhxKravFit.com/Krav25-cur](http://www.PhxKravFit.com/Krav25-cur)  
(See the video above for details!)

I want \_\_\_\_\_

Because \_\_\_\_\_

On \_\_\_\_\_ By Holding myself to the "Krav Commandments"

And making my CHALLENGE day \_\_\_\_\_

Sign \_\_\_\_\_ Date \_\_\_\_\_

I will attend my classes on: \_\_\_\_\_ @ \_\_\_\_\_ and \_\_\_\_\_ @ \_\_\_\_\_

**4 STEPS TO MAKING CLASSES STICK!**

**CHECK THIS VIDEO OUT TO HELP:** [www.PhxKravFit.com/Krav25-4steps](http://www.PhxKravFit.com/Krav25-4steps)

Cue/Obvious: How can you make class attendance visible?

Craving/Attractive: How can you love attending class?

Response/Easy: What can you do to make it easier to attend at least twice a week?

Reward/Satisfying: What can you OR we do to make it more fun?

**KRAV COMMANDMENTS**

- I. Schedule your class each month in a calendar.
- II. Make your environment lead you to class.
- III. Never miss two weeks in a row, and ask for help after missing one.

**CHALLENGE CHECK LIST:**

- SAVE A SPOT ON THE ACADEMY CHALLENGE BOARD
- PARTNER UP WITH SOMEONE NEW IN CLASS
- THANK A STAFF MEMBER
- POST A PIC OR QUICK STORY ABOUT YOUR KRAV TRAINING
- INVITE A FRIEND
- SCHEDULE YOUR KRAV CHALLENGE 25 DATE

**FIRST 10 CLASSES – WIN THAT MAGNET!**

1. \_\_\_\_\_  2. \_\_\_\_\_  3. \_\_\_\_\_  4. \_\_\_\_\_  5. \_\_\_\_\_

6. \_\_\_\_\_  7. \_\_\_\_\_  8. \_\_\_\_\_  9. \_\_\_\_\_  10. \_\_\_\_\_

**FIRST 25 CLASSES – GET READY TO TAKE YOUR CHALLENGE!**

11. \_\_\_\_\_  12. \_\_\_\_\_  13. \_\_\_\_\_  14. \_\_\_\_\_  15. \_\_\_\_\_

16. \_\_\_\_\_  17. \_\_\_\_\_  18. \_\_\_\_\_  19. \_\_\_\_\_  20. \_\_\_\_\_

21. \_\_\_\_\_  22. \_\_\_\_\_  23. \_\_\_\_\_  24. \_\_\_\_\_  25. \_\_\_\_\_

**25 KRAV CHALLENGE! GET READY TO WIN YOUR T-SHIRT!**

CHALLENGE DATE: \_\_\_\_\_ INSTRUCTOR/ASSISTANT: \_\_\_\_\_

WHICH CHALLENGE WILL YOU DO DOING?

- LEVEL 1: 25 Combative Cycles of your choosing.
- LEVEL 2: 25 Choke/Bear Hug/Hair Pull defenses done randomly.
- LEVEL 3: 25 minutes of straight Ground Fighting.
- LEVEL 4: 25 Knife/Stick/Gun Defenses done randomly.
- LEVEL 5: 25 Mass Attack Defenses.
- LEVEL 6 / BB: 5 of each of the challenges above. STAFF SIGN OFF: \_\_\_\_\_