

封若岩

Krav Maga - קרב מגע "Contact – Combat"

Krav Maga 是以色列的战斗系统。Krav Maga 跟传统武术很类似，可是，也有不同。KRAV 用到很多的现代武器，例如，作为一个老师，每天我们都练习枪和刀的防御。Krav Maga 的创办人是 Imi Lichtenfeld。他创办了以色列国防军和摩萨德。摩萨德是以色列的情报局。

我很幸运能跟我的老师学习。我跟他已经去了俄勒冈州和华盛顿州的很多学校训练学生。今年夏天，他帮助我在加州洛杉矶获得一个较高的认证。一个月前，我们去了俄勒冈州接受 Darren Levine 的训练。Darren Levine 是 Krav Maga 的现任领导，我很荣幸有机会去。我们参加了指导老师培训，高级班的解救人质和冲锋枪防御。

我在高中的时候我的好朋友的爸爸告诉了我这个不同的门派。我们一起去上了一个 Krav 上课，酷极了！我第二天就开始学。在学校一年后我收到工作合约，在我们的学校我和我的同事教孩子武术，Krav，混合武术和自由搏击。我爱我的工作。我收到我的下一个认证的时候，我就能开我自己的学校。我不知道我会不会开，可是，我会教很长时间。

Krav Maga is Israel's combat system. Krav maga is similar to traditional martial arts, however it is also different. In Krav, there are a lot of modern weapons. For example, as an instructor, every day we practice gun and knife defense. Krav Maga's founder is Imi Lichtenfeld. He created Krav to serve as a hand-to-hand combat system for the Israeli defense force and the Mossad. The Mossad is Israel's intelligence agency.

I am very fortunate to have my instructor. We have already gone to schools in Oregon and Washington to train. This summer, he is helping me get a further certification in Los

Angeles, California. A month ago, we went to Oregon to train with Darren Levine. Darren Levine is the current president of Krav Maga, I was very honored to go. With Darren, we did an instructor's training session, single party hostage rescue, and submachine defense.

In high school my good friend's dad told me he knew about a different martial art than what I had already been doing. I went to a class with him and really liked it. I started the next day. After a year, I was offered a job at the school. At our school, I, with my coworkers, teach kid's martial arts, Krav Maga, MMA, and kickboxing. I love my job. When I get my next certification this summer, I will be able to open my own school. I don't know if I will, but I will continue to teach for a long time.

以色列 (Israeli)

摩薩德(The Mossad)

战斗系统 (Combat System)

情報局 (Intelligence Agency)

传统武术 (Traditional martial arts)

訓練 (To Train)

类似 (Similar)

獲得較高的認證 (Receive a higher certification)

例如 (For example)

老師培訓 (Instructor training)

枪和刀 (Gun and Knife)

高級班 (Advanced)

防禦 (Defense)

解救 (Rescue)

现代武器 (Modern Weapons)

人質 (Hostage)

創辦人(Founder)

衝鋒槍 (Submachine Gun)

以色列國防軍 (Israeli Defense Force)

門派 (sect or followers of doctrine).