



Team Self Defence



Mixed Self Defence

English translation website:

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1. Introduction

"An effective and targeted system. Easy to train and deploy."

- Remco van de Brink

1.1 Pushing boundaries...

...at Team Self Defense @ Mayks in Horst

Due to the increase in random unnecessary violence and other threatening situations, more and more people experience a feeling of insecurity. That is why it is important to be alert and avoid potentially dangerous situations. And if there is no other option, to defend yourself and others... and you can learn that at **TEAM SELF DEFENCE** where we train **Mixed Self Defence**.

Mixed Self Defence is a self-defence system that is based on a mix of techniques from Krav Maga, Jiu-Jitsu and Sambo and is suitable for anyone who wants to be able to defend themselves effectively in an emergency.

As in most martial arts, we encourage avoiding physical confrontations. If this is impossible or unsafe, for yourself or others, we teach to end a fight as quickly and aggressively as possible.

The **Mixed Self Defence** training contributes to the development of coordination, flexibility, endurance, strength and speed, as well as situational awareness, self-control and self-confidence. During the training you push your boundaries... and all that with 1 goal...





1.2 What is Mixed Self Defense?

As already indicated, Mixed Self Defense consists of a mix of techniques from Krav Maga, Jiu-Jitsu and Sambo (see also 'Origin' under Training information).

KRAV MAGA stands for 'contact combat' and is originally an Israeli military self-defense system that focuses on simultaneous defense and attack, being mean and aggressive and continuing the fight until the opponent is completely disabled. 'Opportunity' weapons can be used for this.

Krav Maga uses techniques from jiu-jitsu, aikido, judo, wrestling, boxing and karate.

Krav Maga has developed in recent decades into a broad 'self-defense and fighting system' that is trained and used by the army, police, justice and also civilians. Krav Maga is not a sport and has no competition form.

SAMBO is an acronym of the Russian 'SAMooborona Bez Oruzhiya' which stands for 'self-defense without weapons' and was developed around 1920 as a self-defense system for soldiers of the Soviet army. It is a combination of judo, jiu-jitsu, wrestling and kickboxing supplemented with various self-defense techniques. Sambo has developed into an internationally practiced martial art with the disciplines Sport Sambo, Combat Sambo and Beach Sambo.

Sambo is also an emerging sport in the Netherlands and can be practiced at MAYKS in Horst (L). For more information about Sambo, please visit the Sambo Bond Nederland website.

Are you interested in training Sambo at MAYKS in Horst? Then you can let us know via contact and we will contact you.

JIU-JITSU includes throwing techniques, grip techniques and striking, punching and kicking techniques. Jiu-jitsu stands for 'soft and flexible technique' and is a Japanese martial art that can be used against one or more (armed) opponents and has its origins with the Samurai. Many techniques from Jiu-Jitsu are used in modern martial arts such as judo, karate, aikido, Brazilian jiu-jitsu, sambo, krav maga and mixed martial arts (MMA).



2. Trainings-informatie

"A very efficient and practical program."

- Tornike Khvibliani

2.1 Training times and location

Tuesday

20:00 – 21:30

Saturday

10:00 – 11:30

TEAM SELF DEFENCE trains with **Shinzó** at Kreuzelweg 3C in Horst and every now and then outside and at special locations.

2.2 Instructor

TEAM SELF DEFENCE is trained by Charles Huijbers.

His background is:

- Jiu Jitsu, 1998-2005.
- Krav Maga, 2009-2017.
- Sambo, 2017-present.
- Team Self Defense Instructor, 2018-present.
- Master 1st Level / Coach License Sambo, FIAS, March 2023.
- Black belt Mixed Self Defense, September 2023. Awarded by Remco van den Brink, Tornike Khvibliani and Maykel Claassen, see photo below for their sports CVs).
- Sambo Referee, SBN, June 2024. Debut at the 22ème Grand Prix de Paris Sambo organized by Sambo France.



2.3 How did it begin

In October 2017, Charles switched from Krav Maga to Sambo at **MAYKS - SAMBO, STRENGTH & CONDITIONING**, where Maykel ('Mayk') Claassen, Head Coach of Sambo Bond Nederland and Coach of the national **SAMBO TEAM NL**, teaches.

At the initiative of Mayk, Charles started **TEAM SELF DEFENCE** in February 2018 at the then location in Venray, where small-scale realistic self-defense training with 'full' contact, safety and fun are paramount. These training courses have now resulted in the design of **Mixed Self Defense**.

In May 2023, a theoretical assessment of the **Mixed Self Defense** program was started by Remco van den Brink, Tornike Khvibliani and Maykel Claassen. Remco, Tornike and Maykel have extensive experience with various martial arts, have all won competitions at international level in various martial arts and now coach martial artists at international competition level.


On September 16, 2023, a part of **TEAM SELF DEFENCE** provided an extensive demonstration training at the National Martial Arts Center in Rotterdam, after which Remco, Tornike and Maykel decided to endorse and recommend the **Mixed Self Defense program**. Something we are very proud of as a team.

2.4 Belts, the growth process expressed in colors...

New techniques are learned on the basis of a curriculum/program. Members can choose to not only train to learn how to defend themselves, but also train to earn different colored belts and intermediate 'stripes' to indicate increasing levels of



knowledge, skill and mastery in Mixed Self Defense. The belts we use are white, blue, purple, brown and black. The meaning of the belts and the training hours (h) that are required on average per belt to achieve them are with regular training:

	Beginner
	Basic, 250 h.
	Anticipate, 200 h.
	Develop own style, 200 h.
	Proficient, 200 h.

No exams are held to obtain stripes and belts. Stripes and bands are awarded by the instructor based on what the participant shows during the regular training sessions.

Level stripes can be achieved from the black belt onwards, whereby each level must have been trained for at least a period of 2 years - with a minimum of 250 training hours - to keep the techniques up to date.

 Zwarte band, level 1

 Zwarte band, level 2

 Etc.

The belts are fastened with a synthetic Super-Lock knot.

2.5 Tori & Uke

In order to properly learn and practice techniques, ensure safety and improve the skills of all participants, we - as with many Japanese martial arts - use the terms "tori" and "uke" to describe the roles of participants during an exercise or indicate battle:



Tori (white) and Uke (blue).

Tori is the one who performs defensive techniques against an attack by one or more opponents.

The defense techniques can be:

- Preventive counterattack;
- Defense;
- Defense with simultaneous counter-attack (Simultaneous Counter Attack).

Uke is the one who carries out an attack towards "tori" and undergoes the defensive technique deployed by "tori".

The role of "uke" is important because the attacks performed must be realistic - but controlled - in order for "tori" to properly learn the defensive techniques. While attacking, "uke" also learns and trains techniques that you use as "tori" in preventive attacks or simultaneous attacks during defense against one or more opponents.



3. Trial training & Membership

"A very goal-oriented, no-nonsense system that is based on effectiveness and reality and therefore closely approximates real situations."

- Maykel Claassen

3.1 Trial training

Are you at least 18 years old and interested in learning to defend yourself? Then as an aspirant you can follow trial training for 1 month at **TEAM SELF DEFENCE** to experience what Mixed Self Defense entails and whether it is something for you.

You can follow trial training in long sports/sweatpants with a T-shirt and indoor (sports) shoes or well-cleaned outdoor sports shoes. Also bring a bottle or water bottle for water and a towel...

Before the start of the first trial training, you must sign a participation policy with an indemnity clause confirming that you participate in (trial) training entirely at your own risk. The content of the participation regulations can be found at the bottom of this page.

In the context of privacy legislation, a GDPR statement must also be signed.

3.2 Membership

After a number of trial training sessions you can indicate whether you want to continue training. Because it is a team sport, the members of **TEAM SELF DEFENCE** will discuss your admission to the team. In principle that is not a problem. Reasons for not admitting an aspirant to the team are:



- You cannot handle the training(s) mentally and/or physically;
- Your attitude and/or behavior is undesirable;
- There are signals that you intend to use the learned techniques for improper purposes (riots, crime, etc.).

3.3 Required materials for regular training

In order to participate in the regular training courses as a member after the trial training, you must purchase the following protective equipment at your own expense (price indications January 2023, no rights can be derived from this):

- mouthguard/bit, approx. €10;
- Metal groin protector/tok, approx. €30;
- head protector with grid, approx. €40;
- optional: KP-6 Kendo Wrist Protectors, €40 per 2 pieces;
- body protector with high impact absorption, approx. €90 (preferably IDF vest);
- sturdy MMA shin/instep protectors, approx. €60.

An investment of approximately €270 (excluding delivery costs) to train safely and realistically.

You will receive your first white belt and all stripes per belt from the instructor, the subsequent belts are at your own expense (approx. €25/tire).

You will receive a sponsored TEAM SELF DEFENCE on loan for as long as available.

It is also possible to purchase your own shirt without sponsor logos and possibly with your own name on it; information about this can be obtained from the instructor.