



FRANKLIN JOSEPH KRAV MAGA SELF DEFENSE BENGALURU



Combat Science | Crime Psychology | Tactical Survival

OVERVIEW

Specialist Guruji Franklin Joseph is a premier Self Defense specialist in Bengaluru and a TEDx Speaker. Our academy combines Israeli Krav Maga with Combat Science and Crime Psychology, focusing on preventing, avoiding, and escaping threats rather than fighting for sport.

CONTACT & DIRECTOR INFORMATION

- **Director:** Specialist Guruji Franklin Joseph
- **Role:** Krav Maga Instructor & Crime Psychology Specialist
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CONNECT WITH US

- **YouTube:** [Krav Maga Bengaluru Self Defence](#)
- **Instagram:** [Krav Maga Bengaluru Self Defence](#)
- **Facebook:** [Franklin Joseph Krav Maga Bengaluru Self Defence](#)
- **Linkedin:** [Franklin Joseph Krav Maga Self Defense Bengaluru](#)
- **Twitter X:** [Krav Maga BLR](#)

1. TRAINING CENTERS & LOCATIONS

📍 WILSON GARDEN (MAIN CENTER)

- **Address:** Your Day Studio, 7th Cross, Wilson Garden, Bengaluru, Karnataka 560027.
- **Landmark:** Near Shanti Nagar Bus Stand / Lal Bagh Metro Station.
- **Google Map:** [View Map Location](#)
- **Timing:** Sat & Sun : 10:00 AM – 12:00 PM

📍 KENGERI (SATELLITE CENTER)

- **Address:** Good Earth Malhar Resonance (Front Gate), Kengeri, Bengaluru, Karnataka 560060.
- **Landmark:** Near Challaghatta Metro Station (10 min walk).
- **Google Map:** [View Map Location](#)
- **Timing:** Sat & Sun: 2:30 PM – 3:30 PM



2. FEE STRUCTURE (WEEKEND CLASSES)

We offer tiered pricing based on training intensity. All fees are paid monthly in advance.

Wilson Garden Low Intensity - Monthly Fee: ₹4800 (Kids & Adults)

Wilson Garden Medium Intensity - Monthly Fee: ₹4800 (Kids & Adults)

Wilson Garden High Intensity - Monthly Fee: ₹4800 (Only Adults)

Trial Class: The 1st hour is FREE. Get ₹1000 discount for first month.

Kengeri Low Medium Intensity - ₹4800 (Kids) / ₹6800 (Adults).

3. SHORT PRIVATE DIPLOMA MASTERCLASS

For Busy Professionals (Doctors, Engineers, CEOs, Lawyers)

A fast-track, elite tactical training program designed for high-net-worth individuals and professionals who cannot commit to long-term weekend schedules.

- **Format:** 1 to 5 Days (Customizable dates).
- **Focus:** Pre-Crime Indicators Neuro-Behavioural Crisis Management, and finishing the fight in seconds.
- **Curriculum:** Family Protection Capsules, Anti-Rape & Anti-Abduction Tactics, Anti-Terror Response.

Pricing Structure:

- **Daily Rate:** ₹11800 per day.

4. POWER TO WOMEN CORPORATE WORKSHOPS

Corporate Safety & Psychological Empowerment

Trusted by Fortune 500 Clients including **Google, Amazon, TATA, and the Israeli Consulate.**

Our corporate workshops go beyond self-defense; they focus on **Psychological Leadership Empowerment** and **Stress Resilience** in the workplace.

Key Modules:

- Crisis Management & Decision Making under stress. Conflict Leadership & Command Presence. Tactical Self-Defense drills for office environments. Adrenal Response Management.

Investment: ₹26500 – ₹68500 per workshop (depends on duration and team size).

5. ITEACHIPOWER CSR GIRL SELF DEFENSE WORKSHOP

For Schools & Colleges

A transformative **3-Day Empowerment Program** designed to create a ripple effect of safety within educational institutions.

- **Philosophy:** "Girls Train Girls" – We empower senior students to train, educate, and mentor junior students, creating a sustainable ecosystem of safety.
- **Core Focus:**
 - Critical Decision Life Safety Skills with Tactical Krav Maga based on reflex actions. Identifying grooming and pre-crime behaviour. Building psychological resilience against harassment.

Investment:

- **Range:** ₹30,000 – ₹40,000 per workshop.

FREQUENTLY ASKED QUESTIONS (QUICK GUIDE)

- **Q: Do I need to be fit to join?**
 - **A:** No. Krav Maga is designed for real people, not athletes. You do not need to be fit or young. We rely on **Reflex Instinct Tactics**, not brute strength.
- **Q: What if I miss a class?**
 - **A:** Regular students finish their course in 4 weekends (16 hours). If you miss a class, we provide a **1-week buffer**. You must complete your training within 5 weeks maximum from your last payment.
- **Q: Is there a refund policy?**
 - **A:** No. We operate on a strict advance payment policy to reserve your slot and instructor time.
- **Q: What gear do I need?**
 - **A:** Comfortable workout clothes and athletic shoes are mandatory. You will eventually need to buy personal safety gear (groin guard, mouth guard, gloves) for hygiene and safety.



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