



TRAIN. COMPETE. EVOLVE

ABOUT SPARTANS COMBATIVES



Spartan's Combatives is an amalgamation of the most ancient form of fighting with a modern science of martial arts ever known. It is a physical confrontation between two or more people at short range (grappling distance, or within the physical reach of a handheld weapon) that may also involve an unarmed individual fighting with an armed opponent.

Desperate times call for desperate measures. There are times when the human body is called upon to display overall physical fitness, mental toughness, and the ability to problem solve in the face of danger. In times like these, "Spartan's Combatives" can not only save your skin in sticky and tricky situations, but also build your confidence.

Current Vocabulary of "Spartan's Combatives" has been developed By Sensei Avnish. Mehta in association with reputed and experienced Traditional Martial Artist around the world. An amalgamation the Traditional Wisdom & Modern outlook makes this one of the best combative curriculum in the world.

To be fully effective, unarmed fighting skills need to cover a full range of techniques including striking, kicking, throwing, grappling, holding, locking and ground fighting techniques. However, it is better to be highly proficient in a small number of techniques than to be average at many. The more an individual trains in "Spartan's Combatives" the more will they bolster self confidence in the face of adversity.



PHYSIOLOGICAL CHANGES

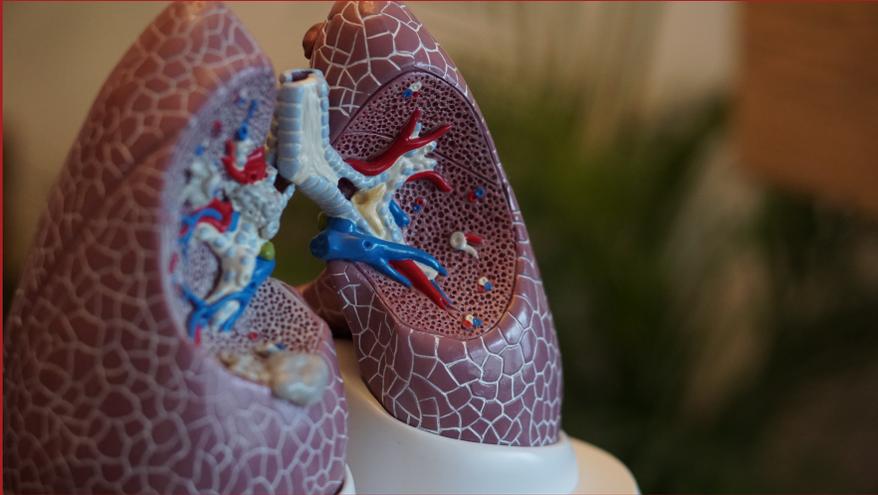
Arming the body



When the adrenaline hits the body the pupils dilate. They open up to let in as much light as possible and thus aid in threat recognition. The eyes, the only exposed part of the brain, relay information directly to the thalamus. The thalamus acts as a mixing and incorporation superhighway of sensory information blending the sights, sounds and other sensory intake into terms the brain can understand. The thyroid glands dump thyroglobulin, an iodine containing protein, into the body, raising the metabolic rate. The result is to make more energy available for the body to use as necessary to defend itself.

PHYSIOLOGICAL CHANGES

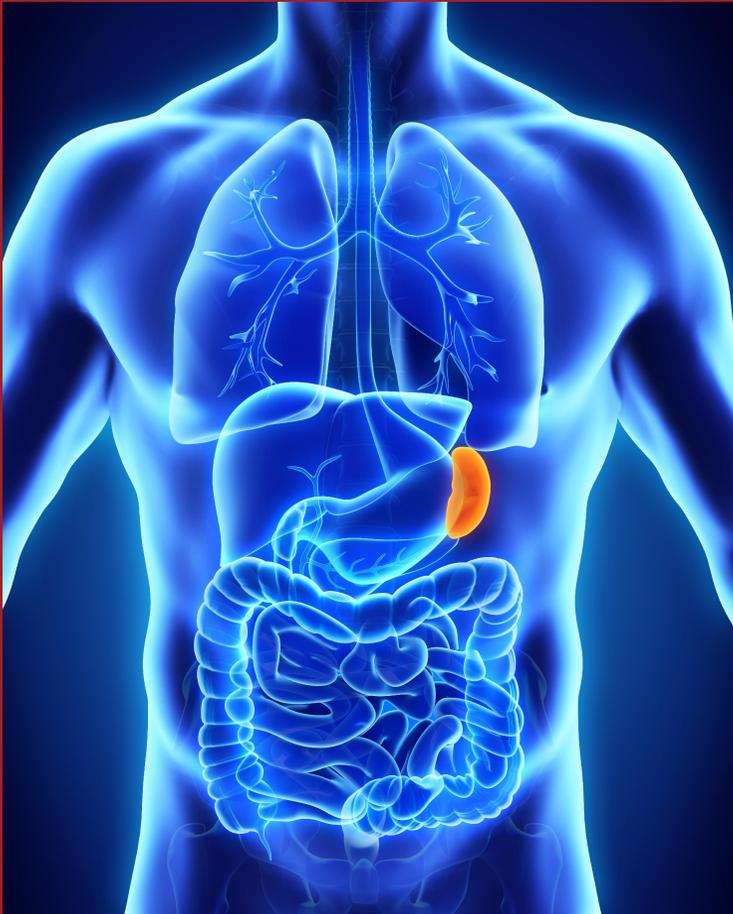
Arming the body



In the lungs, the bronchioles dilate. The walls of the air pipes in the lungs become target to allow more air to pass into the lungs. Hair stands on end to give the body a larger area of sensory reception. The liver breaks down glycogen, which is the main form in which carbohydrate is stored in the liver tissues. This break down of glycogen provides additional instant energy that helps keep us with the higher metabolic rate the thyroid has delivered.

PHYSIOLOGICAL CHANGES

Arming the body



The spleen, an organ located in the left of the abdomen near the stomach, which assists in the final destruction of red blood cells, filtration, and storage of blood, mean while the adrenaline has hit the heart and the blood pressure is up there as well. The body system is ready to perform, almost.

Due to the physiological effects we have discussed, your heart rate can jump from 70 bpm to 200 bpm in less then 1 second during a violent counter.

HERE'S HOW COMBAT STRESS CAN AFFECT YOU



- ❑ For people whose resting heart rate is around 60- 70 bpm, at around 115 bpm many people begin to lose fine motor skills such as finger dexterity, making it difficult to dial a phone, open a lock, or aim a weapon. While martial
- ❑ IAL techniques requiring fine motor skills become less affective, those involving gross motor skills remains unaffected.
- ❑ Around 145 bpm, most people began to lose their complex motor skills such as hand an eye coordination, precise tracking movements, or exact timing, making complicated techniques very challenging if not possible to perform. A trained martial artist can perform very well in this range.
- ❑ Around 175 bpm most people begin to lose depth perception, experience tunnel vision, or some time even suffer temporary memory loss. It is very challenging to think logically, at this point, yet conditioned gross motor techniques are still effective.
- ❑ Around 185- 220 bpm many people experience hyper- vigilance, loss of rational thought, and inability to consciously move or react. Without prior training, most people cannot function at this stress level. Even highly trained practitioners tend to experience degraded performance.

UNDERSTANDING PHYSICAL FITNESS AND ITS ELEMENTS FOR BETTER INDIVIDUALISTIC HEALTH GOALS



What is Physical Fitness?

With my understanding, knowledge and experience put together, I have come to look upon physical fitness as trunk of a tree that supports many branches which represents all the activities that make life worth living: intellectual, spiritual, occupational, love and social activities. In other words any bodily movement produced by skeletal muscles that results in energy expenditure.

Can elements of physical fitness be measured?

The above mentioned explanation is a bit philosophical. Variables such as vigor, alertness, fatigue and enjoyment are not easily measured. To clarify the importance of physical fitness, it is important the components that can actually be measured and defined and developed separately from each other. Although has been misunderstanding in the past, regarding the measurable elements of physical fitness, there is now growing consensus on this important matter.



FITNESS COMPONENTS

Skill related fitness



❑ Agility

Related to the ability to change the position of the entire body in space, with speed and accuracy.

❑ Balance

Related to the maintenance of equilibrium while stationary or moving.

❑ Coordination

Related to the ability to use the senses, such as sight and hearing together with body parts in performing motor tasks smoothly and accurately.

❑ Speed

Relates to the ability to perform a movement within a short period of time.

❑ Power

Related to the rate at which one can perform work.



FITNESS COMPONENTS

Health Related Fitness



❑ Cardio Respiratory Endurance

It is the ability of the circulatory and respiratory systems to adjust and recover from the effects of whole body exercise or work. For many people being in good shape means being in good cardiorespiratory endurance. Eg:- Running, cycling or swimming for prolonged period of time. To most fitness leaders, cardiorespiratory endurance is the most important of the health related physical fitness component.

❑ Body Composition

Body composition refers to the body's relative amounts of fat and lean body tissue or fat free masses. (muscle, bone, water)



FITNESS COMPONENTS

Musculoskeletal fitness



❑ Flexibility

Is defined as the functional capacity of the joints to move through a full range of movement. Flexibility is specific to each joint of the body. Muscles, tendons and ligaments largely determine the amount of movements possible at each joint.

❑ Muscular strength

Means the maximal one effort force that can be exerted against a resistance. The stronger the individual, the greater the amount of force that he or she can generate. Common muscular strength exercise includes weight lifting.

❑ Muscular Endurance

Is defined as the ability of the muscles to perform a given task over and over again for a certain period of time. Eg:- push ups, chin ups, squats (with body weight)



ISRAELI JIU JITSU RANKS



Avi Nardia - Founder



“Educator”



“Master Teacher”



“Advanced Teacher”



“Teacher”



“Teacher”



“Teacher Associate”



“Teacher Associate”



7. Grade



6. Grade



5. Grade



4. Grade



3. Grade



2. Grade



1. Grade





ABOUT AVNISH. B. MEHTA



- ❑ Currently holding a 3rd Degree Black Belt in Okinwana Goju Ryu Karate Style.
- ❑ P.G in Sports Science from Apollo Hospital (Hydrabad)
- ❑ Level 2 Kapap Combatives Instructor In India, 3rd In the Hierarchy.
- ❑ A combined experience for 18 years (Practicing and Teaching)