

What the kids need to bring from home?

- Comfort clothes and comfort pants
- Water gun
- Green T-shirt

What we need to bring?

- Color face – Black and green
- Jump ropes
- Balloons
- Disposable razor blades
- Shaving cream
- Ropes

What is the program?

- 1- They will learn how to stand in a military posture.
- 2- Then me and my brother will explain about the IDF, and the different between girls and boys.
- 3- they will learn how to welcome the commander .
- 4- we will have stations :
 1. Shave the balloon (Because you have to shave every day in the army)
 2. Obstacle Course - Pass under the ropes
 3. Jumping with jump ropes for a certain time
 4. Push up
 5. Crunches
- 5- They will learn time management .
- 6- They will learn KRAV MAGA (A few basic training to protect themselves)
- 7- (If we will have time) They will learn Camouflage (FCWRF) , using color face and learn where and how to hide:

IDF – א"טצטפ FCWRF

FCWRF of IDF is an acronym meaning: **falling down, crawl, watch, range, fire**, and their aim is to introduce measures which Rifleman taken when encountering the enemy.

Initials are used as an aid to memory for remembering and valet operations:

Fall down: Moving from a standing position when lying down, reducing the body's exposure to enemy fire.

Crawl: crawling the nearest optimal position, ie, one that provides shelter and allow observation.

Range: An examination of the region, in order to locate the source of fire.

Range: The estimated distance to the goal and direction of the barrel.

Fire: shooting at goal.

- 8- When we finish, they will get a certificate that will say – they pass the Basic IDF Training.
- 9- We will have a few minutes for questions

