

The Krav Maga Houston 24-Hour Crucible:  
**QUORUNDAM**

The most challenging and difficult training event available to Kravists is now the world's foremost event in forging real-world self-defense skill and unshakable mental toughness.

**QUORUNDAM** is Latin for *reclamation* - the reclaiming of one's true self - through hard, committed work across the physical, mental, emotional and intuitive dimensions of ourselves that culminates with the Krav Maga Houston 24-hour crucible event.

Those that choose to embark on this 8.5-month journey will transform through:

- Experiencing world class, dedicated, and event specific Krav Maga training with Chief Kirk and the KMH Black Belt team,
- Following an event specific nutritional plan for optimal, event specific body composition,
- Completing challenging physical preparation,
- Acquiring powerful mental toughness skills,
- Creating a personal ETHOS,
- Uncovering the WHY behind successful commitment and action,
- Learning through one-on-one, human performance coaching with Chief Kirk, and
- Meeting the challenge during **QUORUNDAM**.

If you try and fail, you'll achieve more than you know.  
If you succeed, you'll never be the same.

**QUORUNDAM** means reclamation but the transformation comes from hard, dangerous work and suffering.

Sound good? It is!

**QUORUNDAM** training is offered in four tracks:

1. Elite Level: Includes \*dedicated Krav Maga & physical training classes, \*event specific nutritional plan for optimal body composition, \*additional physical training guidance/workouts, \*seminars focused on human performance, mental toughness, and emotional control, \*personal ETHOS development support, \*uncovering your WHY facilitation, \*one-on-one human performance coaching with Chief Kirk, \*access to closed Facebook coaching/group forum, AND the access to the event (\$19,125 value). *\*Limited access available*
2. Select Level: Includes \*dedicated Krav Maga & physical training classes, \*event specific nutritional plan for optimal body composition, \*additional physical training guidance/workouts, \*seminars focused on human performance, mental toughness, and emotional control, \*personal ETHOS

development support, \*access to closed Facebook coaching/group forum, AND the access to the event (\$11,950 value). *\*Limited access available*

3. Professional Level: Includes \*access to resources and training methods daily/weekly that support event preparation, as well as, \*access to the closed Facebook coaching/group forum, AND the \*access to the event (\$4,240 value).
4. Standard Level: Includes \*access to resources and training methods daily/weekly that support event preparation, as well as, \*access to the closed Facebook coaching/group forum for those who are seeking the training and camaraderie of this crucible for the purposes of meeting other challenges (\$999 value)

During the actual EVENT day, you will be provided with hydration, food, and outstanding training.

Upon successful completion you will receive:

1. A certificate of completion
2. **QUORUNDAM** Challenge Coin
3. **QUORUNDAM** Patch & Jacket
4. **QUORUNDAM** T-Shirt

\*\*These items are not for sale, cannot be purchased, and must be earned.

Training starts March 29<sup>th</sup> - will you be there?

For an application, FAQs, as well as, the Krav Maga & Physical standards requirements, please contact James @ 713-526-2500 (or [info@kravmagahouston.com](mailto:info@kravmagahouston.com)).