

Krav Maga: Martial Arts Mission to Israel

Led by Rabbi Jonathan Hausman

November 16 – 25, 2019

Saturday, November 16, 2019

DEPARTURE

- Departure from the United States.

Overnight: In Flight

Day 1: Sunday, November 17, 2019

Note: The first day's itinerary is subject to change depending on the flight arrival.

BRUCHIM HABAIM – WELCOME TO ISRAEL

- Arrive at Ben Gurion International Airport, with assistance from a Makor Educational Journeys representative.
- Meet your Makor tour educator and proceed to Latrun.
- Guided visit through the **Armored Corps Memorial** at Latrun for an understanding of the special nature of the Jewish army, including a meeting with IDF soldiers.
- Proceed to Tel Aviv.
- Introduction, Welcome, and Opening Ceremony at the **Jaffa Promontory**.
- Check in to the hotel.
- *Creating National Pride the 'Gentle' Way with Judo:*
- Opening dinner and introduction to the program

Overnight: Tel Aviv



Day 2: Monday, November 18, 2019

NATIONAL STRENGTHS

- Training session on the beach.
- Breakfast at the hotel.
- Travel to Rehovot.
- Drive to the **Ayalon Institute** in Rehovot, a clandestine munitions factory from the War of Independence, for a look into some of the ingenuity used to create the State of Israel.
- Return to Tel Aviv.
- **The Taglit-Birthright State of Mind Innovation Center** encapsulates the reasons why Israel is known as the “startup nation” by allowing the visitor to learn about the new advancements Israeli startups are making in different fields.
- Lunch on own, while exploring the Levinsky or Carmel open-air market.
- Meet/train with **Tzevet Lochamim**, a non-profit interdisciplinary pre-army combat leadership training academy led by special forces cadre and combat training experts that focuses on all the necessary attributes to be a warrior in the most elite units of the Israeli army.
- Dinner on own.

Overnight: Tel Aviv

Day 3: Tuesday, November 19, 2019

DESERT CHALLENGES

- Training session on the beach.
- Breakfast at the hotel.
- **Hiking** and **sandboarding** in the **Makhtesh HaGadol** (the Large Crater).
- Lunch with the **Culinary Queens** of Yerucham or Sderot, local women who welcome you into their home as they cook the traditional food of their ethnic origin.
- Travel to the **Black Arrow Overlook** into Gaza, focusing on a view of the Sejaia neighborhood, for a briefing on the present state of affairs between Israel and the Palestinians in the Gaza Strip.
- Conduct a **martial arts workshop** for children in Sderot or the kibbutzim/moshavim that lie close to the Gaza Strip.
- Return to Tel Aviv.
- Dinner on own.

Overnight: Tel Aviv



Day 4: Wednesday, November 20, 2019

AN ISRAELI MOSAIC

- Training session on the beach.
- Breakfast at the hotel.
- Check-out of the hotel.
- Proceed to the **Wingate Institute**, Israel's National Centre for Physical Education and Sport. Training session with the faculty and students of the Wingate **Martial Arts Instructors** course.
- Visit **Caesarea**, where both the Romans and Crusaders built large and significant cities, and explore the vast reconstructions and artistic interpretations of original archaeology.
- Lunch on own.
- Stop in **Nazareth** to visit the **Church of the Annunciation**.
- Meet with **Danny Hakim**, two-time world Karate silver medalist and philanthropist, who is both the Founder and Chairman of **Budo for Peace**, the translation of his vision to create a society in which socially constructed rivals can conquer their cultural, social and political differences through the universal language of sport.
- **Wine tasting** at the Tabor Winery.
- Check in to the hotel.
- Dinner at the hotel.

Overnight: North

Day 5: Thursday, November 21 2019

NORTHERN EXPOSURES

- Training session on the shores of the Sea of Galilee.
- Breakfast at the hotel.
- Drive across the Golan Plateau to **Mt. Bental** for an overlook into Syria and up-to-date **security briefing** on the delicate relationships in the Middle East region.
- **Hand-to-hand combat session** with soldiers and veterans from elite IDF units.
- Lunch on own.
- Visit the **Christian Holy sites** on the shores of the Sea of Galilee. Stops may include:
 - **The Mount of Beatitudes**, site of the Sermon on the Mount
 - **Tabgha**, site of the Multiplication of the Loaves and Fish
 - **Capernaum**, site of Jesus' teachings
- Travel to Jerusalem and check in to the hotel.
- Dinner on own.
- Attend the **Jerusalem Night Spectacular** sound and light show at the David Citadel Museum, followed by a night walk along the rooftops of the Old City.

Overnight: Jerusalem



Day 6: Friday, November 22, 2019

ANCIENT JERUSALEM

- Breakfast at the hotel.
- **Tai Chi** session with Dani Kahn at **ToraDojo**. “Tora” is the Japanese word for “tiger”, and “Dojo” means “school of martial arts” or “gates of learning”, which is also indicative of the system’s Jewish orientation (as in Torah).
- Travel to the **Old City**.
- Descend to the **City of David** for a guided visit through some of the newest archaeological finds in Jerusalem, including the 2000-year old drainage tunnel, which connects the City of David to Robinson’s Arch.
- Stop at the **Western Wall**, a section of the retaining wall that encircled the Temple Court in ancient times and only remnant of the Temple compound built by Herod the Great.
- Lunch and time on own in the **Jewish Quarter**.
- Shabbat dinner at the hotel.

Overnight: Jerusalem

Day 7: Saturday, November 23, 2019

THE DEAD SEA BASIN

- Breakfast at the hotel.
- Proceed to the **Dead Sea Basin**.
- Ascend **Masada** via cable car for a guided visit through the site and an exploration of the symbolism and questions that arise from the Masada story and their implications for Jewish life today.
- Training session at the southern end of Masada.
- Descend Masada and continue to **Ein Bokek** for an opportunity to float in the Dead Sea and swim in the hotel pool, followed by lunch.
- Hike up to and cool off in the refreshing pools and waterfalls in Nahal David (David’s Stream) of the **Ein Gedi Nature Reserve**, a unique ecosystem of springs, waterfalls and pools surrounded by lush greenery in a desolate desert setting.
- Havdallah in the desert.
- **Krav Maga session** in Ma’aleh Adumim with **Moshe Katz**, whose philosophy is that the nation of Israel was born in a struggle between Jacob and an angel in the form of a man; modern Krav Maga is but a continuation of this ancient struggle as the people of Israel are still fighting for survival.
- Return to Jerusalem.
- Dinner on own.
- Guided visit through the **Western Wall Tunnel**.

Overnight: Jerusalem



Day 8: Sunday, November 24, 2019

A JERUSALEM TAPESTRY

- Training session overlooking the Old City Walls.
- Breakfast at the hotel.
- Visit **Yad Vashem** World Holocaust Remembrance Center with a guided visit through the Avenue of the Righteous Among the Nations, the Holocaust History Museum and the Children's Memorial.
- Guided tour and lunch on own in the open-air **Machane Yehuda** Market.
- Tour of Christian Jerusalem Holy sites that may include:
 - **Mt. of Olives overlook**
 - **Basilica of the Agony in the Garden of Gethsemane**
 - **The Holy Sepulchre**
 - **The Garden Tomb**
- Martial arts training session with **El HaLev**, ("To the Heart"), an NGO dedicated to empowering vulnerable populations through martial arts and self-defense training.
- Dinner on own.

Overnight: Jerusalem

Day 9: Monday, November 25, 2019

JERUSALEM: ISRAEL'S CAPITAL

- Breakfast at the hotel
- Special guided visit to the **Knesset**, Israel's parliament, stands as a symbol of both Jewish sovereignty and dedication to democracy.
- Proceed on the **Jerusalem light rail** to Ammunition Hill where the wall dividing Jerusalem from 1948-1967 once existed.
- Guided visit at **Ammunition Hill**, the site of one of the most decisive battles for Jerusalem in the 1967 Six Day War.
- Adjacent to Ammunition Hill is the **Jerusalem Ropes Course** that includes 3 different stations of varying difficulty, focused on unique themes related to the history of the location and the soldiers who fought there to liberate Jerusalem.
- Lunch and leisure time.
- **Farewell dinner TBA.**
- Depart for Ben Gurion Airport for return flight to the United States.

