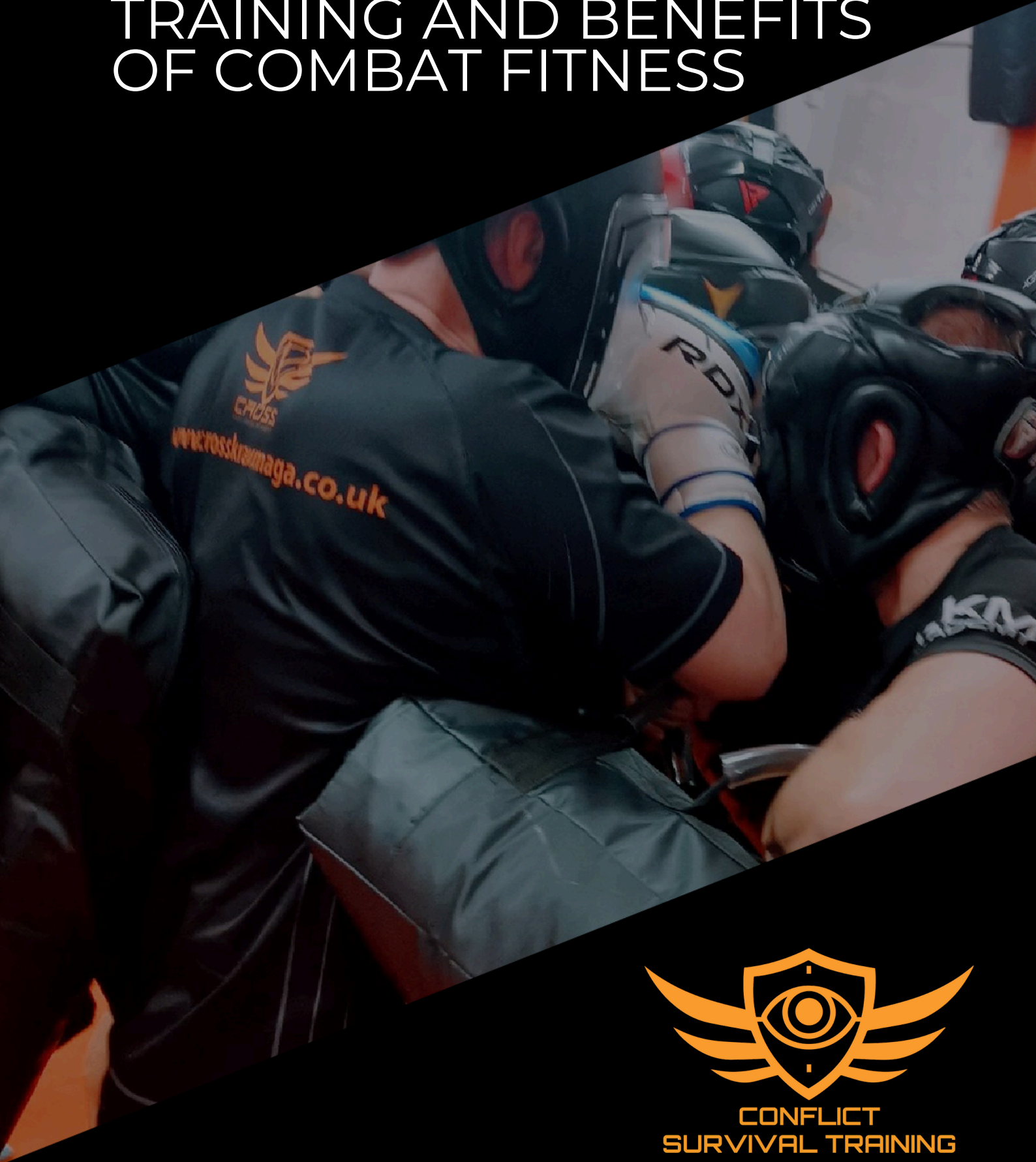


FREE GUIDE

CONFLICT SURVIVAL TRAINING AND BENEFITS OF COMBAT FITNESS



CONFLICT
SURVIVAL TRAINING

Introduction to this Guide on CST

I often get asked 'What is the best group class for starting to get fit? But something more interesting than a typical gym class that just repeats the same routines over and over? For a long time this was a difficult question to answer, as I couldn't honestly recommend one class that stood head and shoulders above anything else. Then after over 15 years experience, a black belt in martial arts, and a level 4 personal trainer qualification I started Conflict Survival training (CST).

Wow...

I was blown away on how the classes were structured, and how the fitness worked in synergy with the self defense principles and techniques being learned. I found CST ticked all the boxes, and was well-suited to learning to defend yourself in a modern environment.

Although I had previous experience in Muay Thai and boxing, CST was a realistic system based on British world war 2 combatives and Israeli military Krav Maga & other self protection systems whilst focusing on improving the mental health & fitness levels of the participants.

Although I am a qualified personal trainer, I still found that some people became bored training in traditional gym environments.

However, once I had started to add CST to my game my fitness has rocketed and even though some of the sessions can be tough they are always fun and I really looked forward to them as the highlight of my training week. The CST training team all take their roles seriously and show a real dedication to improving your knowledge and making the sessions fun, effective and comprehensive.

Not only will you meet some great friends, you will start learning a skill that you will be able to keep for the rest of your life and hopefully never have to use!

I've listed a few reasons why I think everyone looking to lose a few pounds, improve their fitness, learn a new skill or improve their confidence should try a CST session .

Enjoy - Andy Massey

Why CST

Reason Number 1

Great for fitness (intervals)

CST scenarios vary greatly, from awareness drills to multiple attackers and everything in between. The main similarity between most of the drills is that they are fast paced and very intense.

Studies have shown that high intensity interval training (also known as HIIT) is hugely effective for fat loss and increasing cardio - vascular fitness in a very short time. Contrary to popular belief, going for a long, slow jog is actually less effective than doing short bouts of intense exercise with limited rest periods.

At Conflict Survival Training, this is effectively the basis of most of the drills that we complete. Not only will your fitness improve massively but your body will drastically change as your body fat starts to decrease.



Why CST

Reason Number 2

Always varied and more interesting than a treadmill

Another reason I love going to CST is because I need to fit at least two sessions a week into my training that raises my heart rate and focuses on improving my conditioning.

A long time ago I would of typically performed 500m intervals on the rowing machine but it was SO boring! With CST you will get excited before each class wondering what elements and drills will be incorporated into the session that evening.

Regardless of the technical focus of the class you are going to leave in a sweaty, red faced mess but love every second of it and enjoy knowing that each session you attend you will becoming fitter, stronger, more technically skillful and the more you attend the easier it can become .



WHY CST

Reason Number 3

Improve strength and endurance with bodyweight drills

The beginning of most sessions usually involves a variety of fitness training specific to the demands of the CST session . CST Coaches are excellent at using typical fitness exercises in new ways and incorporating them into combat specific drills. They often combine Bodyweight exercises such as press ups, crunches, planks and squats to create workouts that promote fat burning and muscular endurance.

Increasing your muscular endurance will help you in everyday life with things like carrying your shopping, climbing stairs and lifting things at home. Improving your muscular endurance is one of the keys factors to staying healthy and mobile as you get older and will help improve anyone's quality of life.

Once you been through a hard CST session you realise that what you struggled with physically in the past will become just a memory and you will look at everything as extra training

A healthy way to spend your life.!



WHY CST

Reason Number 4

Variety promotes adherence which means better results!

Every year I have hundreds of new clients come through the doors of my gym and one thing I hear over and over again is the amount of programs people have quit.

Ranging from Zumba, slimming world, power-lifting or pretty much any other training or nutrition system you can think of!

Being completely honest, the biggest challenge people have is staying interested in what they are doing to reach their goal. If I told you to jog on a treadmill for three sessions a week for the next three months, how long do you think you would last?

One week? Four weeks? Eight weeks?

The person with the best intentions will still get bored of a monotonous routine and will then start to lose interest and eventually their goal will be forgotten.

With CST you are learning a new skill each session or building on previously learnt skills so the sense of boredom you encounter with other programs is irrelevant.



WHY CST

Reason Number 5

Learn a new, useful skill to protect your loved ones

Another reason I love CST is the fact that I have a passion to help people, stop them being bullied, and also being able to look after my family if needed.

In my years training as a martial artist I have never been exposed to a system as comprehensive, realistic and easy to learn as Conflict Survival Training ! Thats why I trained hard, became an instructor, and looked at starting my own Academies.

I have always been a relatively adept fighter but since I started training my levels of awareness, confidence and ability have risen extremely quickly.

Learning CST may save your life or the life of one of your loved ones one day, however I see it as much more than that. The increased confidence that you will gain will be useful from social environments to seemingly empty spaces - you will have so much more situational awareness its amazing.

The training really does give you a set of transferable skills that you can apply to most areas of your life.

You will learn to be able to deal with any type of attack wether verbal or physical. We teach you the tools to be able to defend and defuse verbal altercations, deal with assaults with empty hand, grabs, chokes, locks, to be able to deal with multiple attacks, Ground survival, defending from seated positions, defending from enclosed spaces, deal with weapon attacks such as knife and edged weapon threats or attacks, impact weapon assault or firearm threats, its all there giving you the best tactical options so you can escape or facilitate an escape to get home safe. you will gain better awareness, deal with the adrenaline dump, make the best decisions to keep you safe! You don't get this type of training practicing martial arts....sure they help with fitness and the ability to strike.....but not to know what to do under pressure. All scenario training is pressure tested to make it as real as possible!



WHY CST

Reason number 6

Release aggression and decrease stress levels

In the body there are a few key hormones that need to be carefully balanced long term to prevent illness, burnout and fatigue. Some of the hormones also help to build muscle, burn fat and keep you mentally balanced.

One of these hormones is Cortisol, cortisol is the hormone that is released as part of our stress response. Some negative effects of high or prolonged levels of cortisol include;

Decreased immunity from disease and illness

Increased abdominal fat

Break down of muscle, bone and connective tissue

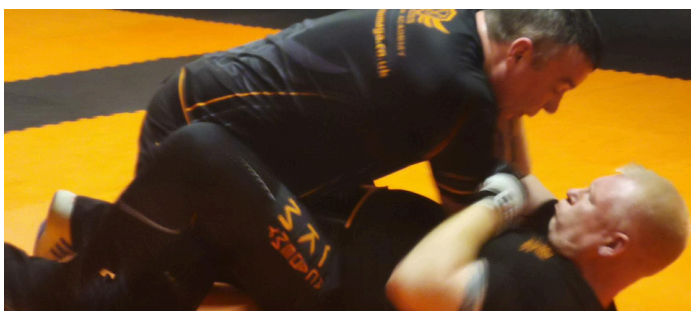
Prevents the thyroid activating properly which promotes rapid weight gain

Increased risk of depression, anxiety, heart disease and disrupted sleep.

As you can tell excess cortisol in the body is not wanted or needed.

However due to our modern lifestyles of constant pressure and stress, poor diets and lack of exercise we have a constant influx of cortisol. Historically we should only have large spikes of cortisol when faced with predators or life threatening situations to help us survive.

Learning CST will help you decrease your stress levels in two ways, firstly it will teach you how to handle adrenaline and keep your cool in potentially stressful situations and secondly it will enable you to release all of your pent up aggression in the sessions you attend each week.



WHY CST

Reason Number 7

Improve mental clarity and determination

When I first started CST some of the workouts seemed difficult and often I wondered if they were too hard for new students.

However, with the support of the coaching team you are pushed to your own limit and each session you can notice small improvements in your fitness and also your mental strength.

As a personal trainer I already know how to get the most from clients so it's refreshing to see the same training methods are employed to coach and get the best from students.

You will begin to relish the physical and mental challenge that each session presents and this will transfer to your everyday life in multiple ways, making the challenges your face seem much less daunting.



WHY CST

Reason Number 8

Relieve stress

Linking back to what I mentioned above about cortisol, stress is a large factor in everyone's life in various forms.

It may be physical, mental or emotional. It can also be caused by numerous sources. Studies have shown that stress stays with us much longer than we typically think it would and leads to an overflow effect.

What I mean by this is that all of the seemingly small events can add up and then your anger and stress will one day explode once it reaches a certain level.

For those of us with children, families, loved one and colleagues this is definitely not something you want to happen.

Physical exercise has been proven to relieve the build up of stress from everyday factors and it's even better when you get to kick and punch pads with your partner, learn to grapple and spar in a safe environment.

This is achieved by pressure and stress testing, a valuable part of our training you don't see in many traditional martial arts.

This builds mindset, tenacity and attitude that helps you think like a winner, building confidence along the way.

CST can help you become fitter and stronger both physically and emotionally which means you will be able to handle a higher level of stress and the physical element of Combative's training will decrease your stress levels



WHY CST

Reason number 9

Improve your core strength and prevent back pain

One of the top reasons 75% of the population have back pain and injuries is due to a lack of movement in their everyday lives and also weak core musculature (the muscles that wrap around the abdomen like a belt).

At CST every session trains the core muscles and also stretch after each session which helps to re-balance any muscular imbalances which can also cause back pain.



WHY CST

Reason Number 10

Improve flexibility

As people become immobile due to sitting at a desk all day or driving everywhere, the first thing that suffers is the flexibility of their muscles. This then has a knock on effect on their posture and also injuries will start to present themselves.

At CST you stretch the entire body after every session. Not only will this help you to recover from each session and prevent DOMS. (Delayed Onset Muscle Soreness) but it will also help you become more mobile and help stabilise your posture.

It is an excellent way of not only getting fit but also staying fit for years to come.



WHY CST

Reason 11

Why Conflict Survival Training Supports Mental Health

Conflict Survival Training is not just physical — it's transformational. Every session is designed to help you break through mental barriers, release tension, and develop a resilient, confident mindset.



The intense physical activity triggers the release of endorphins — powerful chemicals proven to reduce stress, combat depression, and lift mood. Regular CST training helps regulate emotions, improve mental clarity, and give you a renewed sense of purpose and control.

Over time, it rewires how you respond to stress and challenges, helping you feel stronger, calmer, and more empowered in every area of life.

In conclusion, CST is an excellent way of not only getting fit but also staying fit for months and years to come. You will also learn a valuable skill, how to protect yourself and your loved ones, which is immeasurably useful, especially in today's world!

Your confidence and mental discipline will start to shine through and benefit every aspect of your life.

So to make changes, booking your trial session might be one of the best decisions you make!

Hope to see you in class soon!

Andy Massey
Student/ Coach and Level 4 Personal Trainer

CKM offer



Hi , I hope you have enjoyed the guide and the many benefits that I thought would be good for you to read from a students perspective who is also a Coach & high level personal trainer.

All of our Coaches are fully qualified, have actual coaching qualifications, fully insured, first aid trained, have safeguarding, trauma aware, concussion awareness and have enhanced DBS as minimum requirement to teach for us, most have other qualifications to help assist our members .

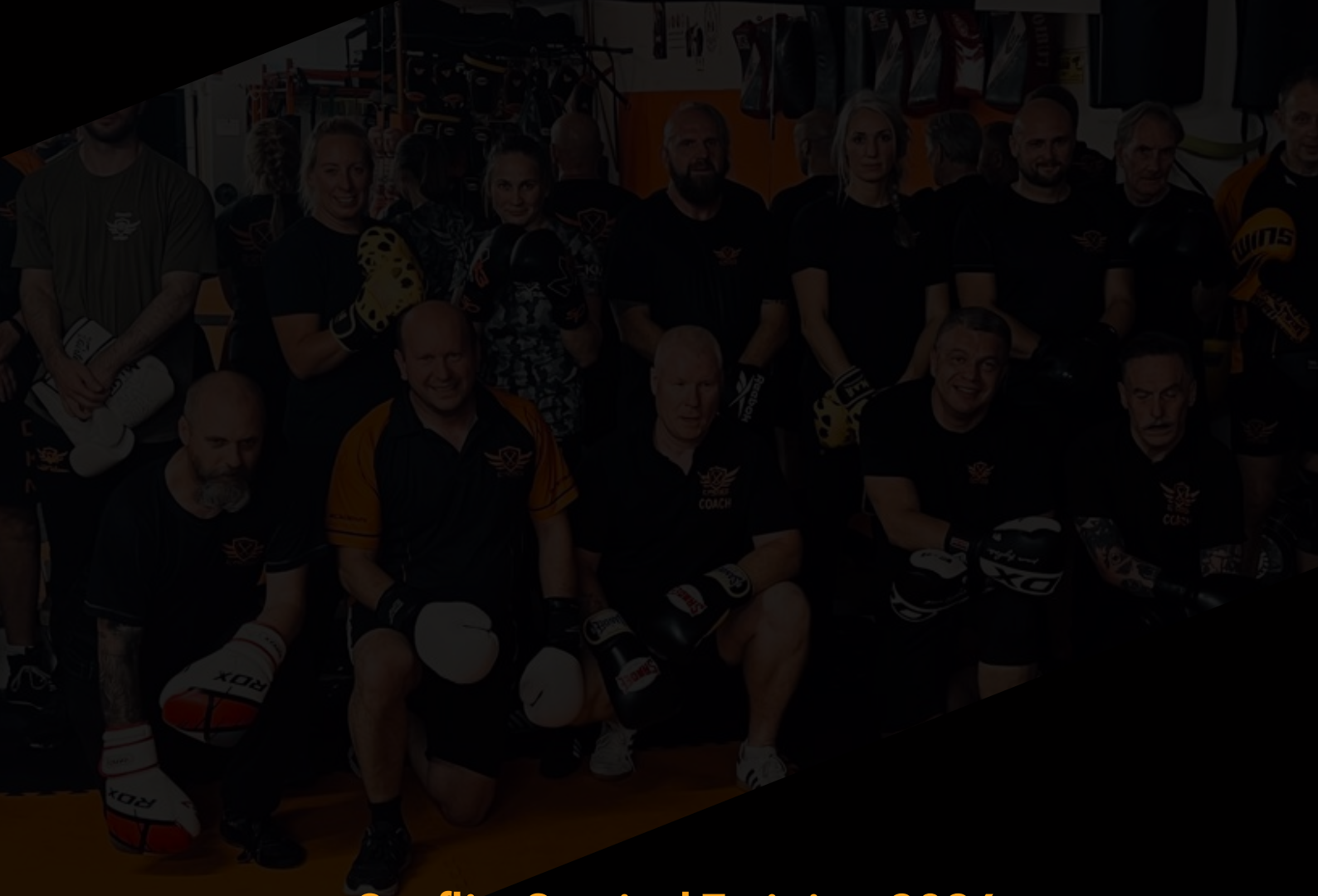
All of our members are treated with respect and helped, it's a community of like minded people coming together to make life easier !

Really look forward to hearing from you.
All the best,

Steven Jenkinson
Coach
Conflict Survival Training .



CONFLICT
SURVIVAL TRAINING



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