

Krav Maga South Coast Testimonials – announces FREE introductory class!



*Krav Maga Boston South Coast, 675 Orchard
Street Second Floor, New Bedford,
Massachusetts: (508) 259-1592*

Krav Maga South Coast has been transforming people's lives for over a year now. The dual fitness and modern martial art has improved the health of hundreds, whipped people into athletic shape and helped them earn the ability to defend themselves, friends or family in the modern world.

Under the tutelage of fully accredited Instructor under Alpha Krav Maga International, Inc. David Eaton, hundreds of pounds have been shed, blood pressure lowered, bodies shredded, and muscles built! More importantly executed in a world class environment, with a friendly group of like minded locals!

In this article, we'd like to announce a FREE introductory

class – so you can see what all the buzz is about – and share some real stories!

I wanted to get back into the martial arts. I wanted something physically challenging yet practical. I needed to add more cardio into my weightlifting routine. But at this point in my life I was not looking to memorize complex katas, do a Warrior Dash on one weekend or become an MMA champion. I needed something to fit in with work and my kid's busy schedule. Also, as an adult learner, I want be told what is important, shown how to implement it, practice it, internalize it and move on.



Krav Maga is a modern self-defense system for men, women, and children.

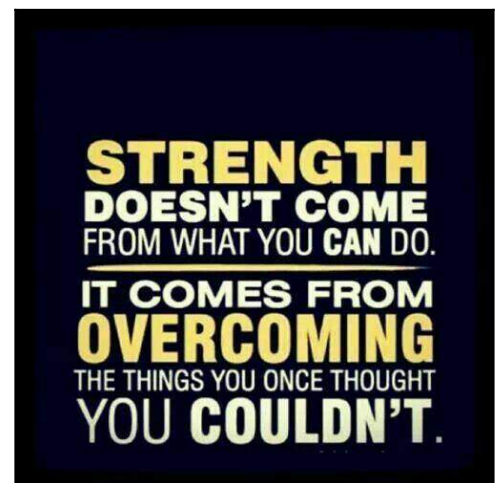
The simplicity, intuitiveness and practicality are what drew me to study the Krav Maga system. The inclusiveness of the students and the professional instruction is what got me hooked with Krav Maga Boston Southcoast. Even before I attended the free introductory class, Dave Eaton spent a good hour on the phone with me explaining Krav Maga and the school. I can say with authority, through my 12 years of experience as a law enforcement professional and law enforcement firearms and tactics instructor, that Dave and Dennis are spot on with their instructional techniques and understanding of basic and advanced tactics. Simply speaking, they know their stuff. I cannot say enough great things about the school and Dennis and

Dave.

-Christopher Trivino

My name is Celeste, my son Ryan and I started taking Krav Maga in March 2014. My son was experiencing bullying in school and although it was verbal not physical, I could see it taking a toll on his confidence because he was worried it may become physical. I wanted to find a self-defense class for both of us but instead we found so much more in Krav Maga.

From day one the instructors were patient but completely pushed us to be the best we could be. Krav has given us confidence and strength to fight back if we are ever in a threatening situation. It has help build our strength. Given us tools to protect ourselves. Words like cross and jab, side elbow, how to use our power tools are now in our vocabulary and we both can throw a mean punch!



*Accredited Instructor
under Alpha Krav Maga
International, Inc.
David Eaton will
inspire, push, and
motivate you to bring
out your best!*

For me as a woman in my 40's Krav has build up my strength and my confidence to know that I can protect myself if ever in a threatening situation.

For my son after only six months of taking Krav, Ryan has a different demeanor about him, a quiet confidence because he knows he can protect himself if he's ever in a situation where he has to defend himself. In this new school year he has yet to have any bullying issues. I'm fully convinced it's because of how he carries himself with the confidence he has in himself thanks to his Krav training.

Krav Maga training is amazing not only physically but also mentally. It's great if you're 16 or if you're 60 everybody should feel confident in their ability to protect themselves and Krav Maga will give you that and a great workout too.

-Celeste Rego

As a kid I had always been interested in learning about self defense; however I did not get a chance to sign up for any classes. Now as an adult, the idea has recently resurfaced. I wanted to learn something that would benefit me in practical real world situations. I did some research and a variety of arts came up such as Brazilian Ju-jitsu, Karate and Judo. Each of the aforementioned had its benefits however Krav Maga stood out to me as the most practical for everyday use.

I am not looking to become a master or compete in competitions, however should a situation arise where I need to defend myself or family and friends, the most important are becomes "the art of coming home alive." That's where Krav Maga comes in and the teaching is simple to learn yet extremely effective. Krav Maga is quite the workout and its lots of fun.

The Instructors are great and everyone in the class is friendly. I'm very happy to have signed up and look forward to learning more in the future.

-Mike Mariano

My husband and I have been students of Krav Maga Southcoast for the last year and a half. As soon as they started offering classes for kids, our kids were signed up and we go as a family. Studying Krav has given my kids (a 9yr old daughter and 7yr old boy) a lot of confidence. They are taught effective self defense as well as boundaries/situations that define when and what is necessary. Both of my children have had to apply this skill set while at school.



Krav Maga combines, modern self-defense with health & fitness.

My daughter had another girl raise her hand threatening to slap her. On the first day of first grade my son had a new classmate grab, then hit him. The second day he was was not unprepared and handled what came his way. In both cases my kids relied on their training and dealt with each offense with the appropriate level of response. My children are not powerless and what's important is that they know it.

-Eva

On Saturday, September 20th, from 10:00 AM to 11:00 AM Krav Maga Boston South Coast will be conducting a FREE introductory seminar at the 675 Orchard Street, New Bedford location. The seminar is open to everyone; regardless of age, fitness level

or martial arts experience. During this seminar you will learn the basic's of Krav Maga to include: stance, footwork, punches, kicks and a basic choke defense.

This seminar is limited to 25 students so reserve your spot at kravmaga.deaton@gmail.com today!

Krav Maga Boston South Coast

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