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WHO CAN BENEFIT FROM EXPERIENCE IN KRAV MAGA MARTIAL ARTS? EVERYONE!

HERE'S WHY:

SELF-DEFENSE: “Practice the fight so that you don’t have to: is a phrase that is often used to describe the self-defense benefits of martial arts training. It refers to the fact a person becomes more confident in the ability to defend themselves through martial arts training. The need to defend themselves automatically decreases because they unconsciously begin to carry themselves in a more confident manner and that confidence is projected to those around them, making them less vulnerable to predatory behavior. On top of that, martial art’s training includes strategic self-defense as well as actual self-defense. Students are taught how to recognize a potentially dangerous situation and how to avoid confrontations.

ATHLETIC ENHANCEMENT: There is a reason why virtually every professional sports team in virtually every major sport, supplements their training with martial arts. Martial Arts training offers several advantages. Firstly, it is amazingly effective in enhancing general coordination because it uses every part of the body in a balanced way. Upper body, lower body, right side, left side, forward movement, lateral movement, rotational movement, it’s all included in martial arts training.

FITNESS: The three (3) pieces of the fitness puzzle are strength, flexibility and endurance. Martial arts training demands a balance between the three. Therefore, a student who trains in martial arts, will find their deficiencies greatly enhanced. Also, because of the balance in the three pieces of the fitness puzzle, they are less likely to injure themselves while participating in other athletic endeavors.

HEALTH: Martial arts training is a proven link to better health for people of all ages for several reasons. First, it is a great exercise. Also, discussing diet lifestyle habits with students is a part of martial arts training so students who train, develop healthy habits that will stick with them for life.

CONCENTRATION: Very few activities engage the mind, body and spirit more than martial arts. Because of this, a student’s ability to concentrate is greatly enhanced by their martial arts training, concentration tends to be easily transferable to other activities.

RESPECT AND COURTESY: Due to the fact that martial arts teach techniques that could be harmful to others if applied, martial arts instructors are obligated to stress the importance of respect, courtesy, and restraint. It has been proven time and again, that children who are skilled in martial arts tend to be extremely respectful, considerate and composed.

CONFIDENCE: Martial arts virtually always leads to increased confidence, The structure of martial arts is to build on the concept of setting students up for success by giving them a series of realistic, short-term goals that they can attain quickly, while keeping them focused on the exciting, long-term goal. Each time they experience success, their confidence improves until they believe that with hard work and dedication, they can accomplish just about anything.

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