



914 Krav Maga

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## Workout of the week: Krav Maga



(Photo: 914 Krav Maga)

When it comes to personal safety, it's important to have a sense of self-awareness any time of the year. But what can the average person do to feel confident that they could defend themselves in a time of need?

Greg Melia, partner and head instructor at the newly opened 914 Krav Maga in Scarsdale, says with some basic training, anyone can avoid or extricate themselves from a sticky situation, with some added fitness benefits on the side.

"We are dedicated to helping our students get in shape," says Melia. "Our programs and instructors also teach essential life lessons. Students learn about the importance of integrity and the value of hard work and dedication."

Krav Maga is a form of self-defense and physical training, first developed by the Israeli army in the 1940s.

914 Krav Maga offers a variety of martial arts programs including children's ju-jitsu, adult Krav Maga, adult Muay Thai and fitness kickboxing, as well as a specialized functional training program for mature adults (50 and older). "We help students of all ages get in shape while teaching the importance of self-defense and self-esteem," Melia says.

Melia and Dante Goldsmith, a member of the gym, demonstrate four essential Krav Maga self-defense moves:



**1. The knee strike:** The knee strike is the great close range weapon that comes in handy when you don't see an attacker coming until they are up close. By grabbing with both hands, that gives you control over the attacker while you strike. To generate a powerful knee strike, you must drive your hips forward while making contact with your knee cap. It is a fast and easy strike that should be used in bunches aimed at the gut and groin.



**2. The palm heel strike:** The palm heel strike is a close range weapon used to attack all the sensitive areas on the face. Making contact with the heel of your palm, is much safer then punching with your knuckles. Its a bigger surface area than compared to a punch, and the power is equal. The Power is created by the simple twisting of your foot. That gets the hips and shoulders involved to deliver a strike that can break a nose or eye socket. It should be thrown with both hands, and just like the knee strike, it should be thrown as fast and as many as possible until the threat is gone. *(Photo: 914 Krav Maga)*

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**3. 360 Defenses:** These are the blocks used to defend any attack throw at us from the outside in. You are creating a strong wall by positioning your body to defend with your strengths against their weaknesses. Always have a 90 degree bend in your arm. Anything more will create a ramp that directs straight to your body, which is bad when the attacker has a knife, and anything less will not have the power to stop the attack. Block with your wrist against their wrist so you have the leverage. Burst forward to defend their attack at their weak point. If you wait for the strike to get to you, it may be too strong to defend. If those 3 things are done, there is nothing you can't defend, no matter how big they are or how little you are. (Photo: 914 Krav Maga)

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**4. The Groin Kick:** This is a great strike, specifically for a smaller person who has to defend themselves against a much bigger person. You are taking one of the strongest strikes you can throw and aiming for one of the most sensitive parts of the human body. Keeping your leg slightly bent, drive your hips forward and up while making contact with the top of the foot or your shin. Great follow up strikes would be knee strikes, or palm strikes if they are still standing. *(Photo: 914 Krav Maga)*

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