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## LIFE LESSONS, KRAV MAGA STYLE



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Krav Maga — the very name suggests something that Gerard Butler should be doing in the movie “300.” Something strong, athletic, powerful.

## Something that says, “This is Sparta.”

And indeed 914 Krav Maga is a specialized martial arts and fitness kickboxing school that recently opened on Central Avenue in Greenburgh.

But don't let those words and images intimidate you. At 914 Krav Maga — whose students range from children to senior citizens — ego and negativity are checked at the door.

“At 914 Krav Maga, we are dedicated to helping our students get in shape,” says Marty Fareri, partner and senior instructor. “Our programs and instructors also teach essential life lessons. Students learn about the importance of integrity and the value of hard work and dedication.”

“We take the time to get to know all of our students on an individual basis,” says Greg Melia, partner and head instructor.

Melia brings his 20-plus years of martial arts experience to teaching Krav Maga— actually an Israeli self-defense discipline that combines boxing, judo and wrestling techniques with fight training. (The term is Hebrew for “contact combat.”) Melia also teaches grappling; Brazilian jiu-jitsu, about defending yourself against a larger adversary; Muay Thai, a combat sport from Thailand in which fists, elbows and shins come into play in various striking and clinching motions; as well as the classes for children ages 5 to 17. Fareri is in charge of assessment and training programs for mature adults that help keep the golden generation active and independent.

Says Melia, “We help students develop the confidence they need to succeed in both their professional and personal lives.”

***For more, visit [914kravmaga.com](http://914kravmaga.com)(<http://914kravmaga.com>).***