

The Newest Trend

KRAV MAGA

The Largest
Attending Fitness
Training in
Anthem, Arizona

This new fitness trend is becoming one of the most popular forms of fitness training around and it is right here in Anthem. Its name simply rolls off the tongue so gracefully but this self-defense training is no ballet. In fact, the form of self-defense and physical training was first developed by the Israeli army in the 1940's based on the use of reflexive responses to threatening situations. Owners, Matt and Stephanie Numrich of Elite Defense Systems and Phx Krav Fit brought this to Anthem over a year ago and it has become one of largest attending fitness classes in the North Valley ranging between 40-50 people each class. Matt has been teaching full time for 21 years. In short, do not mess with Matt!

"The great thing about this training is that it doesn't "feel" like a workout, because you are learning a skill," said Sifu Matt Numrich. Most training sessions have two or more trainers conducting the group training. You may have seen their videos and even some of the ads, but there is nothing like joining in, putting on some gloves and get professionally trained on how to defend yourself.



This one-stop-shop training was developed to get fit, learn self-defense and gain self-confidence. These classes are not just for adults either. The owners also offer Anti-Bullying and Child Safety Seminars as well. Children ages 6 – 12 will learn how to verbally de-escalate a fight before it starts, defend themselves against stronger bullies, teach them discipline and respect towards parents and teachers, and so much more. "Bullying is a huge topic and unfortunately it is the cause of many school absences, poor grades and even suicides. My goal is to help kids understand what it is, what it isn't, and give them the tools on how to be reactive and deal with it," said Matt. He believes this also is just as important in being proactive and building kids up.

People who have finally tried this type of training are addicted to it and live by this form of training. Listen to and read all about the testimonials that residents in the community are raving about. Student and resident, Matt Gable states "What I like most about it is that it is a combination of self defense and cardio." Other students state that you get better and better each time, it builds confidence, that it's a great workout, that they are learning great self-defense techniques and getting a high intensity workout at the same time. Don't take my word for it, click the link below and watch the video testimonials and comments for yourself. Hear what the Krav Maga students are saying, click here.