

Fear Ends Here

Krav Maga: Intro to Self Defense

Instructor Bios

Billy Spalding has been a Police Officer in Massachusetts for 15 years. Currently a Patrol Supervisor in charge of the Field Training Program for new Officers. He has been a RAD instructor for 3 years and is in charge of the RAD self defense program for the Department. Just recently Billy was certified as an Instructor Trainer for RAD, one of 80 in the country. Billy holds 3 Instructor certifications for Krav Maga, the Israeli military system of self defense. He has been teaching Krav Maga for 4 years. Since 2006 he has been an instructor for the Municipal Police Training Council in Massachusetts teaching several topics to veteran and new recruit Officers.

Tony Cadogan is a Sergeant with the Boston College Police Department. He currently runs the women's self defense program for the school. He has been a RAD instructor for over 10 years and also just completed all requirements to become an Instructor Trainer. Tony has been a Krav Maga instructor for 3 years.

Katie Davis is a registered nurse with a Masters in Forensic Nursing. She is a certified Sexual Assault Nurse Examiner and currently works in an Emergency Department of a local hospital. Certified as a RAD instructor for over 5 years she has taught several hundred women self defense. She has been through several trainings in Krav Maga. Katie is a wealth of knowledge and gives a different aspect on self defense to our students.

Together we have taught hundreds of men and women different forms of self defense. Our youngest students being 8 years old and we have taught women over 70 years young. Our training and experience allows us to adjust the program for every student in our class. Classes are physically challenging in the respect that we push each student to do their personal best, but they will have fun doing it.

APPROACH

The techniques we teach are based from Krav Maga, the Israeli military system of self defense. Krav Maga, meaning "contact combat" in Hebrew, is a simple, aggressive easy-to-learn and easy-to-remember system of self defense. Krav Maga training focuses on not just techniques, but also the principles behind them, because no two attacks are ever the same. No two people are the same. And, in fact, the same person confronted with a certain threat may react differently one day compared to another day.

In a short period of time we will cover striking techniques, kicking techniques, defense against strangulation, and much more.

Krav Maga uses major muscle movements and no intricate joint locks making it easy to learn and retain in a short period of time.

We discuss scenarios with the students as we teach the techniques and answer questions whenever they come up. Through our discussions we increase the student's understanding of risk awareness and reduction, thus helping students avoid bad situations before they happen. We help increase self-confidence while assisting the student in realizing their own true strengths.

At the end of the session we have simulation. The instructors will wear heavily padded suits and put the students through different scenarios where they can use their newly acquired skills to fight off the “attackers”. The students are able to fight full force to see their true strength.