Krav maga footwork drills printable sheets template

I'm not robot!

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I just wanted to write a few lines to express my deepest gratitude for all you are doing for the people seeking self defense system that is taught (to the
Israeli military) by dedicated and caring people with a serious skill set, than look no further! This is about street reality and all the best ways to get home safely from any potential threat to you or your loved ones. Randall and JJ are the most passionate instructors I have ever known and they are committed to your
success as a student. What touched me most after my first free class was the way all the students work to help each other to better themselves. It's a fun environment that also (as an added benefit) helps to get you into the best shape of your life! At 55 years old I have never felt more competent in my ability to defend myself and there's so much I've
yet to learn. Pompano Beach is lucky to have you sharing these skills with us! Thank you both so much! Hi Randall I passed my 6+ hour black belt test. Whew, it was tough but I feel like I have so much technical knowledge in my head forever. I was thinking that you need to write a Krav book
called "Krav Maga Supercharged - perfect your techniques" or something similar to that. Your videos are so helpful and informative and I can watch them again and again. I know ultimately you still have to train and practice. While training I can sometimes pull up a visual memory of some tip in one of your videos and really internalize it. Anyway,
have a great holiday season and happy new year!! Gregg Hey Randall, My name is Jackson. I train Krav in Los Angeles. I just want tell you that I really appreciate the videos that you have posted online breaking down the techniques. The way you break it down and explain everything is so clear and some of the best I have Ever seen. If I ever come to
Florida I would love to train at your gym. Mr Koch Just felt the need to thank you for your thoughtful, detailed and very helpful youtube krav maga videos. I also enjoy reading through your site: www.kravmagatraining.com I have been training for the past 3 years with Richard Swords at his Krav Pro training center in Atlanta. I am not sure if you know
him but he went with Alliance after Levine and Whitman went their separate ways. My goal after I complete my black belt test in Dec is to get trained and certified as an instructor. Your explanations and teaching style will serve me as a prime example of how to teach students. Finally, my stepmom lives in nearby Boynton Beach, so the next time I
visit her, if I ever get extra time to sneak away and train at your center I think I would enjoy that very much. Appreciatively Gregg Shapiro Last year at 55, I decided it was time to learn how to defend myself. I have some physical limitations due to a car accident 20 plus years ago so I wasn't sure what type of program would work for me. I also
wanted fitness to be a part of the program. I found Krav Maga Worldwide in Pompano online. When I spoke with Randall Koch (owner, head instructor) he invited me to watch a class and learn more about the program. From the moment I walked into the studio I was welcomed by Randall, II, and the other students. As I watched the class I realized
that the students were helping each other learn the technique being taught. It appeared that each student was not only invested in their own success but also the success of their training partner. The culture that Randall has created is very special and I wanted to be a part of it. Randall and JJ are both excellent teachers. They are able to watch you
perform a technique as if in slow motion and tell you what you need to do to tweak the movement so it is effective. They have also been able to help me modify techniques so my limitations don't limit my success. Eleven months later, thanks to Randall, IJ and all my workout partners, especially Mike and Ana, I passed my Yellow Belt Test 9/29/18 and
am working toward my Orange Belt. I would high recommend Krav Maga Worldwide to anyone looking to workout hard and learn a valuable skill, safely. I joined Krav Maga World Wide a little over three years ago and my life has changed so much for the better. I was extremely out of shape, overweight, and had blood test numbers so out of line the
Doctor's wanted to put me on several different maintenance drugs. I was traveling down the wrong path and program I would enjoy. I always wanted to learn Martial Arts and Fighting. While searching online I discovered Krav Maga Worldwide in Pompano and wanted to check it out. I
was invited to watch a class and learn more. That is when the magic happened! I was welcomed by Glenda and Randall and was very impressed by the both of them, the other students, and the school. I said to myself and made my health
a priority. I set both short and long term goals to keep me on track. My first short term goal was "Go to class, be there!" I made sure I put my Krav/workout clothes in the car the night before each class. No excuses not to go to Fitness class. That first short term goal was the building block for me to develop more short term goals, keeping me on track
to reach my long term goals. I found the Fitness and Krav Maga classes amazing, fun, and addictive! I trained, and still train, with very supportive Instructors and classmates genuinely interested in my success and keep me motivated to constantly improve. Shortly after signing up, I noticed a change starting. My eating habits improved, the scale
started to move in the right direction, the cardio was improving, and I was feeling better!! Joining Krav Maga World Wide for the Fitness and Krav Maga Classes was the best decision I have ever made for myself!! Three years later I believe I am in the best shape of my life, turning "50" into the new "30", losing over 50 lbs., and perfect blood test
number results. This journey continues with continuous goal setting. Also, I still make sure my workout clothes are packed in the car the night before class! If you are looking to join a great fitness/training program, a program designed to get you in the best shape of your life through diet and exercise, and the support of Instructors and classmates to
help you stick with it...YOU found it here at KMW!! Krav Maga Pompano is simply the best martial arts/self defense facility in the tri-county area. Randall Koch and JJ Oddone are the most professional, knowledgable and likeable teachers/trainers/fighters I have ever worked with. I am elated to train here and proud of all my advancements as a result
of such training. A friend of mine recommended I take up Krav Maga just about 1 year ago. I am very competitive and I was looking for something to challenge me and make me better. I found Randall and Krav Maga Worldwide in Pompano. I could not be happier! Randall and JJ are truly experts in their craft. They take the time to teach you step by
step and give you 100% of their focus. Randall and JJ, as well as the students in the gym, welcome you in, are friendly, and have become family. There are people of all levels of skill and athleticism that train here. We work with each, we help each other, and I have developed great friendships over the last year. Krav Maga will give you the self
confidence to handle "real life" situations. It will challenge you mentally and physically while having a ton of fun. Whether you are brand new to martial arts or have been training for years, I highly recommend Randall and Krav Maga Worldwide. When my kid turned fourteen, she told me she wanted to learn self-defense. We did an exhaustive search
online of various martial arts schools in Broward County, and visited several. Almost as soon as we stepped into Randall Koch's Krav Maga World Wide Training Center, we knew we'd found our martial art home. Randall trains teens and adults together; young people are not separated out into another class. They are treated like adults. After a year,
my older boy came to train with us too. When you step into the Krav Maga Training center you leave your worries behind and focus on your relationship with your body. You test your skill against the punching bag and sparring partners. You overcome your internal fears. You blow off steam. You lose weight and get into shape. I am
older and I have arthritis, but the training is perfect for me. No one is on their cell phones at the center. It's a place of complete focus on something real. Krav Maga training sharpens your mind, trains you to read other people's body language, gives you skills to defend yourself in a street attack, and helps you become the best version of yourself that
you can be. Everyone I know who sets foot in Randall's training space stays as long as they can. People who move away will come back and train even if it's only for a month or two. Randall is unique as a teacher, always unruffled and even-tempered. His classes are small — no more than six students at a time, often no more than two. They are offered
at all hours of the day. You schedule your lessons according to your own needs. Randall's emphasis on keeping all of your skills up to date. The day I tested for my first belt was a very proud day for me,
and I look forward to my next test. Dear Randhall, During the Holidays, I am reminded of those people who I owe a sincere thank you. Thank God I found your Training Center, instead of choosing one of the other area Martial Arts Studios, who are commercialized and treat their students like a herd of cows! I can tell you and your Team really care
about teaching. Shame on me for not showing up more regularly and making full use of my membership. I hope to do better in 2019. Respectfully, Mitch P.S. Tell II to get some quality hair mousse for his beard. My name is Doug and this is my testimonial for Krav Maga Worldwide (KM Worldwide), to put it candidly my experience with KM
Worldwide has been fucking incredible. I'm in my 20s and a DC native who has recently moved to the Ft. Lauderdale/Pompano area to start my structural engineering career. Upon arriving to the area, I began shopping for an activity/hobby that allowed me to clear my mind after the intensive design days in the office. It didn't take long to find the
website of the training center (which already had stellar reviews). I contacted Randall Koch (Pompano location owner and lead training program. Randall is an expert and does an exceptional job training his students. Randall keeps it interesting, he offers a variety of training
routines which makes every class different; Randall is competent and has put a lot of work into perfecting his craft, training with him is training environment is welcoming and supportive; the more advanced students are always
willing to help and have become one of my best support systems. If you are a fitness enthusiast and are looking for a valuable/practical training option, check out Randall's Krav Maga Worldwide two years ago with my daughter. The initial
reason for joining was for my daughter to get more confidence, and some exercise, which honestly I needed as well. My wife researche different Krav Maga places in our area, and narrowed it down to one. The research paid off because we definitely chose the right training center for us, Koch Martial Arts. Glenda and Randall are great instructors,
and are always giving encouragement. The classes are tough but fun. All techniques are explained thoroughly, and Randall and Glenda even make adjustments that they think will always take the time to give individual attention to any students that asks
even during the class. After class you are welcomed to stay and stretch, or work on any problems you may have had during class. The other students are friendly and out going, and those with more experience are always willing to give advice when needed. I highly recommend Koch Martial Arts and Krav Maga worldwide. I would like to take the time
to talk about Krav Maga Worldwide at Koch Martial Arts in Pompano Beach, Fl. (www.facebook.com/kochmartial arts from approximately 1996 until the present time. I consider myself a student of martial arts in general, I possess a black belt one specific style and I stay current on real world events
involving self-defense situations, as well as what it being shown on Youtube and other internet mediums. Therefore, I believe I have a good basis of knowledge to deliver a thorough review of Koch Martial Arts, and of the self-defense system itself. As an active member of Law Enforcement for over 20 years, I am always striving to obtain the highest
levels of training available to me, and this quest has lead me to begin my training in Krav Maga. When I first decided to pursue another martial art, I considered my options. I knew I needed to supplement what I had already been taught over the years with some "common sense" and real world training, because, quite frankly, my years of training in
other (I refer to them as "fantasy based") styles seemed to lack this "real world" application. I definitely found what I was looking for with KMW Koch Martial Arts. The style of Krav Maga is one of the, if not, THE most practical styles or martial arts. I say this not just because of my own history of training, but for the absolute beginner as well. Krav
Maga blends hand to hand combat, both, in a stand-up situation, as well as ground applications. Krav Maga curriculum includes weapon disarming as well. The materials being taught are extremely straightforward and demonstrated in a very consistent fashion. The head instructor/owner, Randall, is very knowledgeable in many areas, arts, and seems
to have vast experience in real world application of the style he teaches. Randall approaches each self-defense technique instructed with enthusiasm and a great attention to detail. The classes are full of students from many backgrounds, and a wide variety of ages. Randall injects a sense of fun and comedy into his teaching, but at all times remaining
on point with how critical it is to stay focused while training and how serious the overall topic of self-defense is. Randall is very attentive while my fellow students and I train, and with that in mind, I am very pleased
with my choice to train at KMW Koch Martial Arts. I would, and have, recommended the school to anyone wanting to learn self-defense, gain confidence, get fit, and just be around great people! 6 months ago I walked in the Krav Maga training center looking to learn a few self defense moves and hoping to get into habit of more regular exercise.
Instead, I have found myself completely obsessed with an intense physical and mental discipline that is so much more than a few self defense moves and getting into shape. Although I was initially intimidated by the classes, they are very beginner friendly and allow each student to gradually increase in skill and strength at their own individual pace.
Randall is an amazing instructor that has the ability to correct our techniques and form while simultaneously encouraging our progress. As a side affect of training in Krav Maga, I have lost 15lbs and 17 inches in the last 6 months. I have found a new way to destress. I am empowered, completely confident that my body instinctively knows some self
defense moves that could save my life. I am so happy that Krav Maga was more than I expected and I am excited to continue to train as I know this will be a life long skill I want to master. I wanted to take krav maga as cardio to balance weight training I was already doing. I researched schools near me and decided to visit three different places. When
I stopped in to watch a class at Krav again Worldwide in Pompano Beach I noticed Randell, the instructor, was taking the time to explain and break down each technique and answer individual questions. I also noticed he was observing and making corrections during the class. By comparison these classes seemed a much better value than I had
observed elsewhere. When I started classes everyone was welcoming and helpful. She very best thing though was that I found out I couldn't do this and continue to smoke cigarettes so I quit smoking. So I'm very happy to have found Krav Maga Worldwide. Thank you. About 18 months ago I was searching on-line to learn about various types of Martial
Arts...something I always was interested in learning more about, but never did. Finally I came across Krav Maga (and Randall's website), which I had never heard of before and which is not really considered a "martial art". It interested me because what I read was that it was all about learning how to defend yourself and acquire a useful set of skills
that can be applied in real life situations all while getting into shape. I was a little nervous but I decided to call and go watch a class in person. I am so glad I did! Randall is a great instructor who is extremely skilled, detail oriented, patient, personable, thorough, and who takes great pride in what he does. As a result today I am in much better
physical shape, look forward to going to class, and am confident that if necessary I could defend myself due to the knowledge and skills I now have, fully realizing I have so much more to learn. Come see for yourself. You'll be so glad you did!! I love this training center! It is a great gym for people of ALL ages who want a fun and interesting way to
get into shape while simultaneously learning how to defend themselves with Krav Maga (the Israeli self-defense discipline, which is what you see all the "good guys" using in any action movie!) I am 58, and my knees and back used to bother me a lot. After five months of training in Krav Maga, I am very grateful at how agile and strong I have become
 I used to dread the boot camps and weight lifting that I did for 20 years, but now, I look forward to my three training sessions each week spent learning Krav Maga. I learn something new and interesting in each class, and it is an excellent, interactive crowd of instructors and students. The owner (Randel Koch) is a perfectionist who has multiple
black belts and now specializes in Krav Maga. He's knowledgeable, interesting, talented, and makes you work extremely hard. I don't have enough great things to say about him! If you are looking for a fun way to work out and get personal attention and get into shape while learning new defensive techniques then I HIGHLY recommend this training
gym for Krav Maga. Great atmosphere, diverse and friendly people, exceptional demonstrations and personalized instruction! Class is intense and fun. You get out of it what you put in. You also will have bragging rights when someone brings up how awesome Krav Maga is (happens more than you would think). Highly Recommended! If your still
unsure, you could always watch a class from the sidelines. I knew Krav Maga was the discipline of martial arts I wanted to study because of its real world concepts. I visited 3 Krav studios that looked ok, but it took all of about 10 minutes of watching Randall teach a class when I knew KM Worldwide was it. Nevermind Randall being well-versed in
multiple martial art backgrounds, he's solely focused on the student(s) during and after classes. I've seen other egomaniac instructors be arrogant and love to present a "tough guy" image and it's off-putting. Randall's done an excellent job of creating an environment of supportive students and instructors that have made me train harder than I ever
have, and love doing it. I can't give KM Worldwide enough praise, and would highly recommend it if you're looking to get in great shape and learn real-world self defense. I joined Krav Maga Worldwide Official Training Center - Pompano Beach about 4 months ago and I'm so glad I did. The self-defense training is excellent, with constant reference to
real life situations and potential applications. This is invaluable for me as a female who often travels solo. The owner/instructor, Randall Koch, is meticulous about technique and form, and is a very detailed and patient teacher. Classes are well structured and intense, and work for both beginners and more advanced students since you progress at your
own pace. Classes offered cover self-defense, sparring, ground fighting and kickboxing, and they're all open to students of every level. At KMWOTC I found a group of awesome people to train with. If you've been considering getting
started you should definitely give it a try. See you on the mats! I am so lucky that I found a right place to start Krav Maga. Many thanks to Randall, JJ and Pierre. They are very professional. I started to learn some self-defense skills since last year, I am so glad to spend my time at here every week. If you are looking for a place to start Krav Maga, don't
miss Krav Maga Worldwide Official Training Center - Pompano Beach, Florida, you won't regret it. It's very worthy!! The class is very useful and effective. Randall, JJ and Pierre can always help me achieve my fitness goals. And all my classmates are very nice, just like a big family. I very enjoyed my time at here. Many thanks to your guys again!!! I
have wanted to take Krav Maga for a Long time. I went and watched classes in a few places in a few places in a few States But when I went to Krav Maga Worldwide in Pompano Florida, I Knew I was in the place I Needed to be I took a Private lesson with Randell, he took the time to Help me with the Patience I needed. Explaining everything I needed to know
Not just the Moves but Tells you Why they are done the way they are, and modifies them for you to get the max out of them. His Krav Maga to come and See for yourself!! I Guarantee you will join!! No matter your Age or Size! Randell is an Awesome Instructor. And
then there is Glenda. I took my First Kickboxing / Conditioning class with her and Absolutely Loved it!! I'm out of shape but I Know for Sure, that Won't be for Long!!! She is also Amazing. Very Patient. She took the time and came over to tell me how to do what I was doing Correctly for the Max Benefit. Both of them also tell you when you are
doing Well which is Really Great to Hear and Pushes me to Push Myself to do More!! Encouragement is a Big part of both their Training. I just Couldn't be Happier!! Plus All the Other Students whether New or Old to Krav Maga Pompano are All very Helpful as they All remember they to at one time where New. I look forward to being here for
Years to come. We are very lucky and thankful to have found Krav Maga Worldwide in Pompano Beach. As many others have already stated, this place is a true gem. Randall and Glenda are excellent instructors. Very patient, attention to detail, can relate any technique to something you're familiar with, and always ready to answer any questions you
may have. They instantly boost your confidence when you execute a technique and quickly correct your misalignment when something needs improvement. We learn a lot from every class. You feel exhausted and most importantly, proud of yourself, after every lesson. You also feel more confident knowing that you can defend yourself in a worst case
Worldwide in Pompano, I knew I had found the place for me. Randall and Glenda are incredible instructors who make the classes enjoyable and practical. The students are extremely friendly and come from a very diverse set of backgrounds. I've learned so much in the time I've been training with Randall and Glenda. I'm more confident, in better
 shape, and the classes are a great outlet for any stress. I would definitely recommend Kray Maga Worldwide in Pompano to anyone interested in Kray Maga. Thank you both for delivering an excellent training one-on-one program for my 40 hours of training. I started my Kray training in
2002 and had to stop after achieving Orange Level. I wanted to refresh my Krav skills and learn more – you met expectations. I arrived from the Northern Virginia on April 22nd, started on Thursday April 21st (my first 8 hour session) and completed my last session on Tuesday April 26th. My expectations and goals were met. I renewed my skills,
learned new techniques, had my knowledge and ability to apply what I was taught tested, and increased my confidence to use the skills you taught. I did my research before selecting your Training Center. I checked at least 15 other Krav training schools via the web, e-mail inquiries, and calls. My criteria was: 1) A Krav Maga WorldWide approved
Glenda was the best training partner I have worked with. Having a training partner that was experienced and committed was critical to my ability to focus on Randall's training with Glenda and Randall in Krav Maga and Kickboxing for a couple of
months. I had no firsthand knowledge of Krav Maga prior to this and wasn't sure if it was for me but after Glenda explained everything and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I watched the first class I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be and I was happy to see how practical and useful self-defense can be an additional and useful self-defense can be added to self-defense can be add
correct me when I need to be corrected and support and encourage me when I succeed. I'm very happy that I found you both and I'm very motivated to keep learning and to keep getting better each day. I highly recommend Krav Maga at Pompano where you will learn practical and effective self defense skills in a fun and safe class, plus it's a great
workout! Thanks to both of you! Randall and Glenda I would first like to express my gratitude towards you both. Since I've become a part of the Krav Maga family, my knowledge and understanding of self defense has grown; thanks to the training and your wealth of experience, care, and knowledge thereof. Prior to discovering Koch Martial Arts, I
became a part of the Koch Martial Arts family. Training has been amazing. The meticulousness of Randall and Glenda, the sheer care for your well being, the excellent training provided in a great atmosphere, are all things things I find to contribute to my stellar experience. I am more confident in my abilities! I originally started looking for a Krav
Maga training center for my son who wanted to train when he got out of the Marine Corp where he had earned his black belt. Because of my experiences the first 20 years of living in Florida I felt defeated as soon as he asked me to search out a school. I had trained in Martial Arts in my 20's in upstate NY. I loved the school and my Sensei treated us soon as he asked me to search out a school. I had trained in Martial Arts in my 20's in upstate NY. I loved the school and my Sensei treated us soon as he asked me to search out a school. I had trained in Martial Arts in my 20's in upstate NY. I loved the school and my Sensei treated us soon as he asked me to search out a school. I had trained in Martial Arts in my 20's in upstate NY. I loved the school and my Sensei treated us school and my 
additional money to test and get a new belt, 'because you were so ready after that short time to move up.' On top of that I knew my son's standards were going to be high, I couldn't get why he was so interested in more training? I found Koch Martial Arts first try and sat in on a class; now I understood why he would want to train in Krav Maga. I
found Koch Martial Arts first try. I Googled Krav Maga Training in Pompano Beach called the school, Glenda responded with information and let me know I could come watch a class. (Then the dreaded part of fending off the sales pitch) Glenda sat with me and answered my questions I really enjoyed talking to her she is very personable but, I wanted
to remember how Randall went from 0-60 with a defensive technique in one class. Randall and Glenda's method of teaching is to the point, right on, explains each detail even of how it could go wrong and how to recover. I was exceptionally bored with my workout routine at this point in my life. I was 55 and wanted something to do serious battle with
the bulge. It never entered my mind to train in Martial Arts (I use that term loosely, Krav Maga is Martial) again mainly because of the cost and the thought of being invisible was nauseating. I was never pressured. No sales pitch there. I couldn't sign fast enough. The orientation classes were very helpful to help me switch up and out of my old style
and stances, increased my endurance and flexibility. The orientation classes allowed me to learn Kray techniques so that when I took my actual class I came
away with another defense technique and in between classes I watched the videos. There are fight classes, stand up & ground fighting to really put into practice what you are learning. I have never felt uncomfortable because I didn't know something. i.e. I decided it was time to try a fight class; I hadn't sparred in many years. Randall showed me what
I needed to know to block kicks with Krav Maga techniques. I was off and running. (almost, the classes kick your behind endurance wise but, increase you determination). For those of you male and female who are no longer 30 or 40 or in the best of shape there is no reason to be discouraged and every reason to start taking classes. You will never
ever be bored, you will get strong, increase your flexibility and endurance. There are some fierce (gentle) people that take classes and they are more grown-up (?) mature than me. My point, whatever your age or level of fitness take Krav Maga. I would often hear newer students saying, 'that it was the best thing they ever did for themselves and their
only regret was that they didn't start sooner.' Oh! My son? I think I can speak for him and say that Krav Maga Worldwide has exceeded his expectations. Randall-Glenda I would like to start off by saying thank you to you both, often in my line of work it is hard to feel settled from the constant relocation, it is also very challenging when searching for
training opportunities and instruction. Having just begun my study into Krav Maga and moving to south Florida I was facing this dilemma once again. From the beginning it was the attention to detail and passion for teaching that stood out and will stick with me. I am grateful for the opportunity to have trained with such a focused and committed
group of men and women, from all of the students to the instructors. It was because of this that my skills and abilities have grown in the area of Krav Maga. The team approach and consistent strive to help one another grow and improve will be surely missed. I hope to be able to train with you all again in the future. To anyone looking into Krav Maga
training – if you are looking for a belt mill that you can just show up and move through the ranks – this is NOT the place, but if you are looking for a group of people dedicated to helping you develop and hone your skills in the area of practical real world self defense, if you want the physical fitness and self confidence that comes from working hard and
trusting in your abilities, if quality is more important than quantity and if you are looking for a dedicated team atmosphere led by proficient and professional instructors then you've found the right place. Stay focused & train hard!!!! I started training Krav Maga thanks to my dad. He was always talking about how great it is, so I started watching
classes and indeed I really liked it. I could see how everyone in the class were giving the best of themselves, using all this good things about Krav Maga, and nowere putting into it. Once I started training I understood why my dad was always saying all this good things about Krav Maga, and nowere putting into it.
I agree with him. Training Krav Maga here is really pleasant thanks to the coaches Randall and Glenda and to all the movements we learn are very useful, especially for self-defense in any situation, and the activities in general are pretty enjoyable. I personally think of Krav Maga as an exciting totally worth it experience
that it actually gives you a lot of profits (physically, emotionally and a lot more), and honestly, the only thing you need to start is the motivation to try something for myself. I wanted to grow as a person and learn practical self defense. It
was important that the school I would choose taught both stand up and ground fighting. That the instructors really cared about their students success, and that they had a wealth of knowledge about self defense to share. I couldn't be happier that I chose Krav Maga Worldwide in Pompano. Randall and Glenda have that wealth of knowledge. They care
enough to make sure that as a student, you're going to be able to defend yourself in any situation. You're going to learn a curriculum to pass a belt test. You're going to get an education in fighting and self defense. As a result I find myself a healthier, happier and more confident person. I've enjoyed my time so much, and think so highly of
Randall and Glenda that I brought my little sister to train at Krav Maga Worldwide as well. It's been incredible to see her grow as a young woman and a martial artist. Something I wouldn't trade for the world. I am thankful for becoming a part of the Krav Maga Worldwide family, and look forward to continuing my martial arts education. I am very
grateful that I found Krav Maga worldwide right here in Pompano Beach. I have been comming here for almost two years. when I first started to learn with Randall and Glenda I noted that the center is very clean and all the equipment is in good shape and well taken care of. What made a big impact on me is that there are all kinds of people and You
feel welcome no matter what age, shape, body type or gender you are. Everybody was welcoming and friendly. I started to learn more are exhilarating and attention is paid to all details so you train safe and very effective. I also attend Glendas Kick
Boxing Class and that is a workout like no other. I have always been very active, but I don't remember ever being in this great shape and actually having fun getting there. Thank you Randall and Glenda I had been looking to train in Kray Maga for quite some time and I am glad I found Kray Maga Worldwide in Pompano. I have been training with
Randall and Glenda for over a year and couldn't be happier. I have training of next and couldn't be happier. I have training of next and systems based on forms or are sports based, which does not do not translate well to real life situations.
Fortunately, Krav Maga is founded on the basis of effective yet efficient techniques to diffuse a situation as quickly as possible, which is what we train in each class. Being a personal training with Randall. He really places a lot of
importance on the little nuances of each technique which can be the difference maker in proper execution of the technique. The class atmosphere is great as well. Although we are training hard, it's a fun and friendly environment
that is conducive to learning. Along the way I have meet some really nice people and have made friends with others. I really enjoy going to the classes and the seminars. Randall is a great teacher and you can tell he really has a passion for what he does. I know I am not the only one of my fellow classmates who looks forward to coming to class.
Everyone is always excited to learn something new or refine techniques. I would highly recommend this school to anyone who wants to learn how to effectively defend themselves. Both Randall and Glenda run a terrific school that I am glad to be a part of. My name is Tom Schafer, i am a first year Krav Maga student, its been a great year learning and
studying Krav Maga with Randall and Glenda. When I first search for a martial class, I look at everything from kung fu to aikido, and I Stumbled upon Krav Maga and unique way of self defense, and how it incorporates so many martial arts into one, so made the move and join Glenda and Randall classes, I look at everything from kung fu to aikido, and I Stumbled upon Krav Maga and unique way of self defense.
of seriousness ,but good hearted people who not only ,welcome me with empty arms , but willing to help with questions if i had any, Randall and Glenda teach all the classes with a sense of patience and detailed expertise of the techniques of Krav Maga, they are upfront and honest of what each student needs to do , to accomplish the curriculum and
moved on to the next step.for me the classes have been more than just classes, i leave each classes exhausted but fulfilled with a mental and physical strength that i have not felt for years, you gain confidence not of cockiness but a self assurance that you take anywhere you go, any situation you encounter, that's i how I feel now, and Glenda and
Randall make sure they give you that, their there for any questions and answers you may need, both Randall and Glenda are humble folks but they knowtheir stuff, for those who are reading and thinking of joining Krav Maga classes this is the place, you won't be disappointed, again thank you Randall and Glenda are humble folks but they knowtheir stuff, for those who are reading and thinking of joining Krav Maga classes this is the place, you won't be disappointed, again thank you Randall and Glenda are humble folks but they knowtheir stuff, for those who are reading and thinking of joining Krav Maga classes this is the place.
Worldwide for a few months and every time I go I learn something new. If you are into a good workout or just wan to get fit and learn urban military grade defense, this is the place to go. The teachers, Randall and Glenda are always there to help you. The way they teach is straight to the point and step by step practice ensures that you get it down. My
classmates are very nice and the more experienced ones are always happy to help you along with your training. I am proud to say I train at Krav Maga Worldwide with Randall and Glenda. Hi Randall and Glenda I just wanted to thank you guys again for all the work you do at your training center. I truly enjoy the classes I attend and the great workout
each class provides, I am now in better shape and better capable of defending myself. You guys have made it a very welcoming place and I appreciate the professional methods and techniques used in training. Thanks. Hi , my name is Jay and I am a student at Krav Maga Worldwide Training School. I feel very lucky that I started this training and I am
very thankful for this to my best friend who started Krav Maga about 6 months before me and that was all she talked about: what a great place it is, how useful this type of workout can be, how great and professional the instructors are, Randal and Glenda and how much she enjoys it. Now, knowing my friend so well, how high her standards and
expectations are in almost everything.., these compliments had at least ten times the value! So, I became very interested as well, I joined Krav Maga Worldwide and I can understand now why my best friend was saying all those good things! It truly is the best place!! As a teenager I was hanging out with the wrong crowd. One day I went to a party and
been training with them for almost 3 years. It's nice to be able to go places and feel safe as a young women. Krav Maga has given me confidence to know that I'm able to protect myself. The learning environment is safe and the instructors are amazing. Thanks to Randall and Glenda for letting me train with the last three weeks visiting from out of
state. Really enjoyed my time and classes. Highly recommend this school for self defense. The training is hard and fun all at the same time. I hope I never, ever have to use the skills I'm learning on someone for real, but it sure feels good to know I won't be helpless. Randall is disciplined, experienced, precise and patient. He's extremely skilled, and
knows how to teach those skills to others. Randall and Glenda are truly unique professional people who have the experience and talent to teach skills to anybody willing to learn. The school is clean, the training is extremely good, the students and Randall and Glenda are truly unique professional people. Can't wait for my next vacation. Thank you so much, Glenda and Randall and Glenda and Randall and Glenda are truly unique professional people.
you're awesome As a woman frequently out on my own, I figured it might not be a bad idea to learn some self defense techniques. And at 4'10 and 96 pounds, it's not like I could intimidate anyone older than maybe a fifth-grader. My friend (and fellow student) Alan Feldmesser told me how fired up he was about his classes with Randall and Glenda at
Krav Maga Worldwide, so I finally got off my (now firmer) butt and signed up. This has been one of the best decisions I've made in a long time. I'm learning is hard and exhilarating and fun all at the same time. I hope I never, ever have to use the
skills I'm learning on someone for real, but it sure feels good to know I won't be helpless. Thank you, Randall and Glenda, for literally changing my life. I love your school and services that you guys provided. I really appreciate the things that you guys have done for me as a school. Man! It's good to have people that CARE! I don't go to a gym, I rarely
jog, my current weight loss and muscle growth I owe to diet and the training I receive at Krav Maga Worldwide Official Training Center – Pompano Beach, Florida. I will still continue to work hard, but just want to take a moment to thank Randall and Glenda for all that they have helped me achieve Hi, this message is for Randall. I am the owner of
KMW in Peru and have benefit greatly from your videos. I dropped by your studio today while on vacation with my family to Orlando but unfortunately your studio was closed. I brought you a tshirt from our school in appreciation of your videos and left it with Ron at the printshop next door. Keep them coming, they are very instructional and funny.
Kida Thanks to Randall and Glenda for letting me train with them last week as a Krav Maga Worldwide student visiting from out of state. Really enjoyed my time and classes. Highly recommend this school for self defense. I've had an interest in martial arts and been practicing one form or another for a very long time. From kickboxing, karate,
wrestling, and ju jitsu I feel like I'll always have a scrappers chance against any threat that may come my way. However, my newest and greatest motivation for safety is my infant daughter. I can't just be confident that I can remove or protect myself from dangerous intentions any more. I have to be POSITIVE that no matter the situation, no matter
defense system ever created and changes the definition of Martial Art forever. After spending a year training at Koch Martial Arts with Randal and his wonderful team, I've realized that spending time in any other discipline would be a half assed effort toward my families safety. The slogan 'Get in shape, go home safe' isn't just marketing. It's true! For
anyone looking for the epitome of hand to hand combat training, Krav Maga has no equal. For anyone looking for the epitome of a Krav Maga instructor, Randal has no equal. One 100% recommend this place. They have it together no non cents Krav Maga instructor, Randal has no equal. One 100% recommend this place.
signing up for Krav Maga at Krav Maga at Krav Maga at Krav Maga at Krav Maga as it had the vast majority agreeing as the best self-defense option as far as effectiveness is concerned. I live in
Deerfield and found the Krav Maga Worldwide website, when I sent Glenda the first email asking about the program she was so helpful and attentive that when she offered me to watch a class before I signed up, I just forwent it and scheduled my introduction class. After the first class, I was hooked. I remember leaving the class with a clear
understanding that this was one of the best financial and time investments I could've made. Let's be honest, when you are committing yourself to learn something it required from you an investment of time, effort and let's not forget the money part. If anyone is debating registering for classes in Krav Maga Worldwide because they aren't sure if it's
worthy it, let me help you stop wasting time. Wonder no more, it's not worth not to take the classes. Plain and simple, you are rarely going to have a chance to invest on something that can save your life someday. Krav Maga is that investment. Randall's thoroughness and teaching skills are second to none. Glenda's conditioning class will, beyond the
shadow of a doubt, condition you. Her support and customer service is impeccable. If you have been waiting, wait no more. Every day you wait to sign up is a day that you could be learning and training new techniques. It's one of the best decision you will make. I first looked into Krav Maga classes about 5 years ago because I'd ballooned up and
wanted a weight loss workout that would hold my interest. Krav got my attention because of working with a person's natural reactions in dangerous situations, and since I have a habit of living in rough neighborhoods I figured I could learn a valuable skill while I slim down – win-win! I looked on the internet to see what was offered around me and was
to utilize if necessary. I started training with KMW when I moved to Pompano and was immediately IMPRESSED – the other classes I'd taken were good but not on the level of the instruction you'll find here. The first thing these guys do is gear the student up with protective equipment – safety first! Then every student is given a curriculum book to
keep track of what coursework has been covered and be able to practice between lessons. The curriculum book is tremendously helpful and it's apparent these guys have planned out the lessons in a common sense progressive flow. Each student is given a private introductory class to cover the basics to have a foundation going into the first class. The
teaching itself is excellent quality - asking questions is encouraged and these guys are all about small details that makes the difference between sloppy & send the thug away wimpering. They also encourage students to make up missed classes - they could pocket the money at a loss to the student, but they genuinely give a rat's ass about passing
along knowledge that could save someone's life. Lastly, and probably most importantly because I'll bet this is the basis of their bad-assness – these guys aren't teaching because they're insecure & wanna boost their egos, and they aren't
singling out macho type students - they want both fit & not so fit adults, make it out of one if there's no other option, and live to tell about it & make it back to more classes! My personal benefits have been 1) a weight loss of 70 pounds 2) to be able to walk around 3rd world
country & South Florida dark alleys at night alone - not recommended, but I don't feel I have to be afraid & stuck behind locked doors 3) get a workout that even my 6 days at the gym plus running couldn't give me - Krav is the BEST for triceps - and I had a gorgeous model tell me I had the best hamstrings she'd ever seen - many many thanks
Glenda & Randall!!!! I'd give you more than two thumbs up if I had 'em! I visited Krav Maga Worldwide because my son wanted to learn Krav. Due to work schedule I did not think I would have the time for it but then I thought of using this opportunity to start an activity with my son. I was happy for him but I did not think this was for me. Sitting at a
computer desk all day for the last 15 years and not working out for about 22+ years, I did not think I could keep up with the class. Since I started, I've lost over 13 pounds and my strength has significantly increased. I enjoy every minute of it. The skills and professionalism of Randall and Glenda are impressive. Krav will change your body and you will
learn how to defend yourself without all the choreography moves you see in other disciplines. This is the real thing. The conditioning class is the best I've seen in years, it is full of action, you work cardio and strength in a very professional way taught by Glenda. I started Krav Maga a year ago at Krav Maga Worldwide Official Training Center – A Koch
Martial Arts & Fitness School with Randall the instructor and Glenda the school manager and fitness instructor. I had a very good impression from the first time. Quick call back, set up a day when I could go and watch a class to see what's all about..., in the mean time I asked all the questions I had and Glenda answer me and explained everything I
 wanted to know; she was great! Watching the class I saw all the students enjoying the workout and being very focused. The instructor, Randall, was showing and explaining every single move of each technic and the students were practicing after that over and over each technic under his supervision, watching each and every one of them's moves and
correcting if needed... I was very impressed of Randall's professional skills, perfection to details, speed and intensity of his performance! After I watched that first one hour class, I knew I m in the right place! Great customer service; Highly skilled instructors; Great management; Very organized with all the necessary equipment and clean place; Great
team with fit, anxious to learn and happy students! Right there, I knew: KRAV MAGA is something that I am interested in and I really want to do and learn! And I was THE BEST decision I ever made! (I could also swear – it's addictive I think I can say – I have a pretty strong athletic background (details are insignificant), I 've been in
many gyms and dojos, and I had plenty, if not too many instructors, couches, trainers,...but none of those experiences can even come close with my present experience in KRAV MAGA! I was a gym worm as well, for many years before Krav.., and looking back to only thing that comes in my mind is what a waiste of time and energy! Why?? Because I
have nothing left from it, nothing! Yes, it keeps you in shape while you are engaged in it, if you do your best, but that's about it.. With Krav Maga at Krav Maga
learn all the self defense technics and combatives that can save your life one day! And the most important !! After all, I can say that I feel very fortunate and happy that I found this place!!! Thank you! Kray, the best cardio one can get outside the bedroom So signed up
for Kray Maga worldwide pompano with Randall Koch 4 weeks ago. And I have to say I believe this is one of the best things I have ever become a part of. In four weeks time things are already becoming instinctual. I am way stronger and much more powerful when I deliver a combative combination. It is best workout I have experienced and I strongly
recommend Randall and his pompano beach training center! If you want to feel super confidant in scary situations this is the program for u!! I have previously attended law enforcement academies, as well as numerous reality-based personal protection courses, including courses sponsored by other Krav Maga organizations. Not only do Randall and
Glenda teach a viable, effective method of self-defense steeped in reality, but their methods of instruction to both novices and advanced students alike are impeccable. Some instructions are considered 'subject matter experts' and
explain in full detail the principle behind a particular technique, the reason for its proper execution and some of the common pitfalls that may arise if the technique is executed erroneously. All of the drills & technique is executed erroneously. All of the drills & technique is executed erroneously.
at their own pace. If you are interested in training in a reality based fighting system, I believe this is one of the only viable options in South Florida. As a 51 year-old woman, I had lost confidence in my ability to defend myself. Fear led me to take action. After searching for a school where I could learn practical techniques in self-defense, Glenda invited
me to watch a Krav Maga class as she patiently answered all my questions. She spent an individual session preparing me for the basics of my first class. After 8 weeks of working with Randall, I'm amazed at how quickly I'm learning. Randall is disciplined, experienced, precise and patient. He's extremely skilled, and knows how to teach those skills to
others. Every day I'm more mentally and physically confident that if necessary I can fight back. We all feel awkward at first. Don't let it stop you. My name is Doug, I am a 19 year old premed student. I have been raised within a lineage of doctors and after seeing innumerable cases of patients that were assaulted or stricken I considered to start some
type of self-defense training. When I decided to start physical combat schooling I didn't know where to turn. I looked to MMA, Jiu Jitsu, and Karate, but after thoroughly reviewing my choices I realized Randal's Krav Maga class was the best choice for me because it involves real life situations. Situations that I have seen the consequence to if you are
untrained. Kray Maga is a form of Israeli martial arts that is taught to the Israeli soldiers. It is not a ring sport, it is meant to get you out of an emergency situation as fast as possible with minimal energy usage. Kray Maga is designed to save your life. My first class of training I was a little doubtful, but Master Randall's warm
welcoming and exceedingly expert demeanor took my skepticism away and I recognized I was at the appropriate place. We began by learning accurate footing involving balance and stability and how the Krav Maga punch is on a certain tilt. Randall studied my every move making sure I was flawless before we proceeded. His responsiveness and
helpfulness to modifying my movements displayed that he cares about his students, that truly impressed me. I am so happy I made the decision to begin training for Krav Maga. Once you begin training for Krav Maga can be trained by everyone, no matter
how young or old. I have nothing but good to say! I now feel safer and prepared just in case something dangerous was to happen. Krav Maga also helps me stay in shape! My decision to start training Krav Maga teachings
so close to my home. My son Jacob had been doing another form of Israeli Mixed Martial Arts for the past 6 years and I was always his sparing partner, but was not allowed to take that formal class. With finding Koch Krav Maga, it has been amazing! I have been taking classes with my son, and have steadily been learning and improving my technical
skills as well as seeing a big improvement in his. We have both gone to the conditioning classes and we grapple every Wednesday night. We are not always partners even though we are in the same class, but that is by choice so our skills can be tested better with various others in the classes. Tonight Randall started the summer grappling workout. IT
WAS FANTASTIC! I love it so much more because we really grapple while learning new techniques. It was excellent the way any questions were answered and repeat demonstrations were done without a second thought. I would so recommend anyone to try this. Self defense is so important in today's time, and you learn so quickly and can use it
immediately. I should say that my son is 18 and I will be 60 this year. This is for folks of all ages. A terrific workout! All the classes are intense in the most positive way. I love being fit. I love having the ability to defend myself. Everyone is friendly and helpful. A TOTAL delight!! Thanks so much. My name is Eric, my wife Karen and I have been training
at Kray Maga World Wide for a few months now, (we took a month off to travel) and felt every minute of our next class. The class is great, and Randall is a great instructor, i feel like i really learned something every time we leave the class with my wife is also great, Its something we enjoy doing together, and I love the fact that we
learn how to defend ourselves against real world situations. Besides the self defense training the workout is great and i feel like we are in much better all around, i have back problems and back pain all the time, but ever since starting the class my back feels so much better. I recommend Krav Maga Worldwide
of pompano to anyone wanting to get in shape and learn how to protect themselves. P.S. Don't ever make your wife mad on the way to Krav. I started off like most boys do fascinated with traditional martial arts, sometime later I got more into self defense based training and for the last 10 years I have trained in some type of martial art almost daily.
This training has sent me all over the country and I've had the pleasure of training with and meeting some of the most talented martial artists in the world. I'm an instructor in Jeet Kune Do and Filipino Kali, I hold credentials in Brazilian Jiu Jitsu and my training has even led me to teaching Police Officers at the Metropolitan Police Institute in Miami
Dade County. In an effort to add to my own personal martial arts arsenal, I became disheartened when it seemed like my standards weren't going to be met with the schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools.
when I heard about Krav Maga Worldwide in Pompano Beach. I took a look at the website and figure that I would just send them an email. Frankly, Pompano is a little outside of my normal stomping grounds and I didn't want to waste a trip to see more of the same. Glenda (the school manager) responded to my email quickly with all the information I
requested. Honestly, I found it quite refreshing as most schools just sent you back the typical come in and watch a class. I was so pleasantly surprised by the no pressure email, that I thought what the heck let me go watch a class. I went in on a
Tuesday and Glenda came over and greeted me as I was walking in. I took a seat in the viewing area, and Glenda sat next to me and showed me the syllabus as the students prepared for their training. I don't quite remember what the lesson was that I watched that night, but I do fondly remember watching Randall teach the class. I was instantly
impressed with what I saw. Randall's teaching style was simple and to the point. He taught with passion, and clearly understood each action he was performing and teaching. At the same time, Glenda sat quietly next to me and answered any questions I had. At the end of class, she got up and thanked me for coming in and asked me if I had any more
questions. I think it's important to emphasize that this clearly wasn't a sales pitch, Glenda presented the information to me plainly and didn't put any pressure on me what so ever. I have rarely seen that at any martial arts school, but I guess she's able to do that because they really do have a great program that sells itself. Now having trained with
them for a while, I can honestly say I'm extremely happy with my decision. The school is clean and safe, the training is extremely good, and the students come from all walks of life, and every class I find a great
training partner. Both Glenda and Randall are always available for questions, and many times I've seen students stay after class for a little extra help if they needed it. I would recommend this school to anyone interested in Krav Maga, Self Defense, or even someone looking to just improve their own health. You won't meet better people or find a
better Krav Maga school in South Florida. I would love to share my experience with the workshop (Defending MMA Submissions - Part 2) since I know what I ended up finding out is that I enjoyed learning the moves as much or more than the
defense of them. There was plenty of time for each person to get individual attention to make sure that each of the 3 defenses and attacks were understood before moving on to the next one. 3 hours seemed like a long time but afterwards I couldn't say that I hadn't learned a lot and would do it again. For me, that's what is worth it, wanting to do it
again. Hope everyone takes advantage of these opportunities since it helps with overall skills and makes you feel more of the community we have. Thanks. My name is I.G. and I am a 10 years veteran Federal Law Enforcement Agent. Currently I am a second level student in the Krav Maga Worldwide Pompano Beach. After a few close calls on the job,
I began to look for Krav Maga classes. I was looking for a place where the instructors really care about their students and did not put business profit above the integrity of this honored self-defense technique. I am so happy that I found Krav Maga Worldwide Pompano Beach because it combines a family environment, strict regiment of tactical
techniques and instructors that really care about us and our learning process. Randall, Glenda, and the rest of the instructors share a great deal of knowledge and made me feel part of a family from day one. From a Law Enforcement stand point, Krav Maga has taken my confidence to work the streets to new levels. I am so pleased with them that I am
bringing the rest of my family to Krav Maga Worldwide Pompano Beach not just to the community but to any Law Enforcement Officer that wants to have an extra tool in their bag and increase their chances of facing a close contact challenge in a successful
manner, I also recommend Kray Maga Worldwide Pompano Beach to young ladies, so they can learn how to defend themselves from close contact attacks and do not become victims of predators. Thanks For me, Kray Maga has been a great experience. I like Kray Maga because it's realistic and a powerful way of fighting. -Gabby I always wanted my
kids to be able to defend themselves, and enrolled them at a very early age in Tae Kwon Do, Gabby excelled and received her Black Belt before the age of 12. I noticed along the way I didnt think the training she was receiving would translate in a real world situation, or God forbid an attack by a bigger or stronger opponent. She also lost interest
quickly and after getting her Black Belt asked if she could stop going. Enter Krav Maga. I first stumbled across it online while researching self defense techniques. I found Krav Maga worldwide Pompano beach and went to see a class. I immediately liked it for myself and thought I could get Gabby to attend with me. I thought if I was going with her,
she would be more involved and dedicated. Well its been a fantastic experience to date. Not only do we both love the way Randall teaches the techniques, no nonsense...all real, but its been a freat way for my daughter and I to bond and spend quality time together. My favorite time of the week is the car ride home after class just her and I, talking
about what we learned, and just everyday stuff. I highly recommend Krav Maga Worldwide, Pompano Beach for anyone interested in learning real world self defense techniques. I will never forget the day I made the decision to contact Krav Maga Worldwide, Pompano Beach. As an independent woman, I wanted a safety plan; a defense system I'd be
able to call upon should I ever end up physically threatened or attacked. I researched various martial arts instructor, aided with the research process. I stumbled upon Krav Maga, not knowing anything about it. I read the
mission statement from Darren Levine (founder of Krav Maga Worldwide), watched several videos, read and absorbed the #1 principle in Krav Maga (Go home safe), and realistic training scenarios. Perfect for a single woman
wanting the ability to defend herself. My experience with Krav Maga Worldwide-Pompano Beach has been incredibly rewarding. I started classes with Randall and found his teaching style effective and motivating. And the fellow students completed the
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trinity. I have felt like a valued member of an amazing family from the first moment I stepped foot in that center. I work full time and attend school. With seven Level 1 classes to choose from, I'm able to train despite my chaotic schedule. I selected Gabe's Sunday morning session as my weekly class (although I'm hoping to increase to 2 classes per week, as I love it so much). Gabe is an awesome instructor and coach. He is incredibly talented and engaging, and a pro at explaining the moves in layman's terms. He also has a great sense of humor. His classes are challenging, but so much fun! Krav Maga empowers by helping to prepare me for whatever might come my way. It stresses the

importance of awareness and knowing what is out there, how to avoid trouble, and how to respond to a threat or attack. Krav Maga has improved my physical prowess and my confidence has skyrocketed (just knowing that I can better handle myself). And I'm super-excited and anticipant for continued growth and confidence. I look forward to my Krav Maga training all week. When I'm not at the center, I'm practicing in anticipation for class. It stems from pure, unbridled enthusiasm over the notion that I'll be able to protect myself (perhaps even save my life, or someone else's) should anyone ever try to hurt me. I am so fortunate and thankful to have found Krav Maga Worldwide. At first, I was

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hesitant in joining Randall's Krav Maga classes in Pompano Beach. After all, I was old (age 68), out of shape, and had heart surgery. I needed to get back in shape, and not use my age nor my surgery as excuses for my sedentary life. Several months ago, I had an extended phone conversation with Glenda. She reviewed the Krav Maga program and
how it could help me achieve my fitness goals. Glenda invited me to observe a class, followed up with a private lesson. After my first group session, I was hooked...I never looked back. Randall, Glenda, and Jacob were my prime motivators for getting back into shape. I have substantially improved both my focus and my physical conditioning. I am now
in the best shape of my life, with the confidence to handle myself in any situation. Thanks Randall, and Glenda, for taking an old guy and giving him the confidence to handle myself in any situation. Thanks Randall, and Glenda, for taking an old guy and giving him the confidence to handle myself in any situation. Thanks Randall, and Glenda, for taking an old guy and giving him the confidence to handle myself in any situation.
'seriously' protect myself. An ex-military coworker advised me to look into the Krav Maga program. I called 2 schools which teach the Krav Maga program, one that is much closer to my home and Krav Maga program. I called 2 schools which teach the Krav Maga program, one that is much closer to my home and Krav Maga program.
immediately went through the belts and the pricing to test for each. It felt very commercialized with no sense of personal touch at all. I then spoke with Glenda Peel, Koch Martial Arts director & trainer, she was very patient with my many questions and encouraged me to come see a class to get a better understanding of the Krav Maga program.
Glenda sat next to me while I watched, again answering my questions and was very happy to do so. I immediately felt comfortable with her and the school. As a local bank manager in a tough neighborhood, I decided to waste no time and began classes. Randall Koch, owner/certified instructor, is professional, patient and passionate about his
instruction. He is able to spot what needs improvement and guide you in a very easy and understandable manner. All the other students, both male and female, are very friendly and willing to help each other during and after class. I feel comfortable at the school and confident I am learning from the best. I work 50+ hours per week so my time is very
precious and the school closer to my home certainly would have been more convenient. I can't say enough great things about Randall, Glenda, the other instructors and Krav Maga Worldwide in Pompano Beach. I'm trying to get
to a second class per week and would go three times if I could. I have only been training a short time but already feel much more confident in my ability to defend myself. It's definitely hard work, but well worth it! You don't get what you worked for!!! Moving to Florida three years ago as a Red Belt in Taekwondo, I was
frustrated that I could not find a school serious and dedicated enough to train in. Then I learned about Koch Martial Arts. Owned and operated by Randal Koch and Glinda Peel, their approach to teaching Krav Maga was exactly what I was looking for. While other schools try to lure students by offering many different styles, Koch Martial Arts has one
focus. Teaching Krav Maga. This is a fighting and defense style that everyone can do that is based on real life situations. The Instructors confident teaching style easily has students moving from simple warm ups to more complex reality based self defense combinations. The supportive and professional atmosphere provides a great physical workout,
allowing you to test your limits while learning the skills necessary to protect yourself and keep others safe if the need ever arises. I am happy to have found Koch Martial Arts and look forward to many years of training. I began searching for a no-nonsense, practical approach for handling confrontational situations and was fortunate enough to find
Kray Maga Worldwide. After meeting both Randall's experience is exemplified by his ability to teach anyone who is willing to learn. Learning the techniques, and mastering them, is within reach thanks to Randall's teaching style. The training environment is very
welcoming and allows those without a martial arts background to learn invaluable skill sets within just a few classes. It's a great feeling knowing that you can protect yourself and you'll see why Krav Maga training is the real deal! It's great you've
decided to get in better shape, or just be more confident protecting yourself and others, but the next important decision is deciding how and where. Krav Maga is a very practical and straight forward to learn system that was recommended to me by friends with a solid martial arts background. At 45 I was a bit concerned about starting something new
like Krav Maga but it's been great. The thing I most want to tell you is how lucky I got finding this studio. There's not a lot ego here and everyone seems to concentrate on learning or helping out other students. It's simply a great place to learn and it's not an accident. Randall, the Head Instructor, has a very patient and calm demeanor that fosters an
excellent learning environment. It's rather rare to find someone highly skilled in any field who also excels at imparting their knowledge. All the students here with a martial arts background that I've spoken to are equally impressed with this studio and Randall. Don't even think about walking, get up and run to Krav Maga Worldwide Pompano Beach!
I am a retired Federal Agent with 30 yrs of law enforcement experience. I have been involved in many 'incidents' on and off the job and by an amazing amount of luck I never got hurt. Throughout my career I never even considered taking self defense classes or learning the Martial Arts (My mistake). I have recently become motivated to take Krav
Maga classes through watching and enjoying my 10 yr. old kid learn MMA. I am 60 yrs old and at this stage in my life I do not want to spend the time required to learn, developed with that ease in mind, and extremely effective as a self defense method to
 'end it quickly' in Your Favor. Exactly what I was looking for! The head instructor at Kray Maga Worldwide, in Pompano Beach, Randall, and his Assistant, Glenda, are both very dedicated instructors and go out of their way to make their students feel comfortable and appreciated. I really like the school and there are students of all ages, male and
female, learning together every day. I highly recommend Randall's school to everyone, and like the American Express commercial states, 'Never leave home without it'. Kray Maga has changed my life and inspired me to channel my energy in a positive way. Randall and Glenda are truly unique professional people who have the experience and talent
to teach skills to anybody willing to learn. Training at Krav Maga Worldwide Pompano Beach is a golden opportunity and one of the best decisions I've ever made. It's an honor to be part of such an effective program and surrounded by amazing friends. The atmosphere in class is outstanding, stress free and very supportive to all walks of life. Train
hard, be aware, act with vigor when threatened, go home safe! Krav Maga is my escape from reality, preparing me for reality, preparing me for reality. I recently moved to Florida from New Jersey to further my career. While moving here by myself has been challenging at times, training at Krav Maga Worldwide has helped greatly. This facility has a little bit for everyone
While all classes will make you break a sweat, Glenda's conditioning class is the perfect cardio workout that focuses on techniques used in training. Randall's training in various martial arts can be seen in almost every class, but he specifically offers two fighting classes to allow you to develop your skills one on one. But perhaps the most important
classes are the actual self defense classes. Each class will allow you to develop your combative techniques in an efficient, reaction-based defense. What's great about this gym is that everyone gets to know each other fairly quickly. Randall, Glenda, the other Level One instructors, and even your training partners are always
offering advice to improve your strengths and develop your weaknesses. Training at Krav Maga Worldwide in Pompano Beach has been the best decision I've made since I moved. Its almost two years since I've started training at your school, and I'm proud to have met such a dedicated teacher who understands the art and is passionate about
teaching. Randall, you are very humble and the techniques you instill in us are expressed in more than just physical forms. I'm honored to be a part of this school and the effort you and Glenda take to better our community. Like the book says... KM is not an martial arts. I say it is the confidence we acquire through practice, and practice, to be able to
walk in life more confident and secure. On every class there are challenges, that only with practice, I have learned to over comes them. Thank to that I feel more confident, feel more energetic, agile, and in a better shape. I look forward to every class. When I first started researching what martial art I wanted to focus on I was overwhelmed with all
the different options. I have many friends who are either in the military or with other backgrounds who have mastered different forms. They all told me that if they could do it all over again they would choose Krav Maga. Not knowing what Krav Maga was I began to research it and found out that it was exactly what I was looking for. This form is more
practical and efficient. Once I decided that this was what I wanted to do I contacted Glenda with questions regarding the classes and requirements. I came in one night and Glenda sat next to me and answered all of my questions. The atmosphere is very welcoming regardless of age or experience. Glenda and Randall are very patient people they do
not get annoyed or aggravated when they are approached with questions, instead they want you to ask questions, they want you to understand and learn. I have done a few private lesson with Randall and he has a lot of experience with martial arts in general, especially with Krav Maga. He understands that everyone is different, and with that being
said, everyone encounters different issues when first starting out. Rather than working against you he works with you. I would highly recommended seeking out Krav Maga with Glenda and Randall for self-defense. I've been a part of Krav Maga Worldwide with Randall and Glenda
since Aug, 2011. Since then, not only have I gained strength and confidence, I've also lost weight! I strongly believe that every woman should know some defensive techniques, just in case.... Unfortunately, we do live in a crazy world and therefore, it is so important to feel safe by knowing that you can defend yourself. Randall has an incredible
background in martial arts and with his guidance and instruction I have that sense of security. Randall demonstrates any defense or combative move in an easy fashion – anybody can do it! With practice we polish our technique and gain speed. So I can definitely refer to this class as a two-in-one: awesome workout plus self defense! I wouldn't trade
that. So no more regular gym membership for me, that's for sure! Love you guys and thank you so much !!! From my very first class the whole school has impressed me, Glenda and Randall work very hard to provide a positive and safe training environment. If your interested in learning Krav Maga, you're going to want Randall as your teacher.
Randall breaks down the techniques in easy to understand demonstrations, then works closely with us to insure we get it. I have enjoyed working with my all classmates and feel confident that Krav Maga is the right system to get me home safe. The first day I walked into Mr. Koch and Miss Glenda's studio I had no idea how much their training would
impact my life. As a woman I love having the knowledge and confidence to properly defend myself in various situations. Among self defense I have also improved both mentally and physically. I cannot even imagine where I would be in life without their years of dedication and support as my mentors. My training with both of these instructors have
proven to be invaluable. This training center is first class. Randall & Glenda are seriously passionate, proffesional yet still easy going in their teachings. Every student I've gained in only my first month is priceless. Can't wait
for my next session.... I won the Tri-State Kid Gloves in New York as a minor, took Tae-Kwon Do for 6 months as a kid, and did BJJ for 3 months as a hid, and did BJJ for 3 months as an adult yet I learned more in one class with Randall than all of those 3 experiences combined. Both Randall and Glenda are like family to me and I would venture to say most, if not all, students feel the
same way. Besides truly caring about the contribtions they are making to people's lives Randall is an absolute technician when it comes to teaching and his laid back yet active observatory approach is excellent. He is watching you all the time and when you have a question he addresses with laser guided precision. Go there and experience it for
yourself and you won't regret it. I've always been interested in martial arts and fighting since I was young. When I first learned about Krav Maga about 4-5 years ago I did some research on it and instantly loved how effective it seemed to be and that it caters to not only the super fit but also the average joe. At least at the basic level it didn't appear to
be something that you needed to be extremely fit for. Fast forward to present, I did some research looking for schools in the area and Krav Maga Worldwide Official Training Center was one of the first ones I found and the only one that had classes that worked within my schedule. Plus Glenda was so nice and very responsive in my emails! I was
nervous about just jumping into something having very little training beforehand but Randall (and Jacob) made it seem natural. I never felt afraid to ask a question and I've never seen Randall lose his patience. Being a woman in Broward County I feel
like it's so necessary to know at least basic self defense. To be honest, the threat of rape and murder is so real down here that you really don't know what can happen. I feel much safer when I'm out and even my friends make me be the brave one when we're in dodgy situations. I'm excited to learn more and progress to the point that I can feel safe
being out and I wouldn't want to do it anywhere else than at Krav Maga Worldwide Training Center under the leadership of Randall, Glenda, and of course Jacob! Thanks guys, you're awesome! I became interested in Krav Maga after watching a television documentary on martial arts. I am a Vietnam Era Vet and having just retired from a sedentary
job, I knew I had to find something that would keep my interest and provide me with a cardiovascular workout as I was not interested in working out at the local gym. I began researching Krav Maga on-line and found the nearest training center was in Maryland, a 1 1/2 hour drive from my home town of Harrisburg, PA. I began going there 3 times a
week for approximately 10 months and loved the workout. Due to the distance, I convinced a buddy of mine, who is also retired, to work out with me during the week. We bought additional books, training videos and equipment. I always wished I would have tested while training in Maryland. Last year in planning a trip to my parents, who live in
Boynton Beach, I discovered Krav Maga Worldwide Pompano. So, I decided to check it out. I attended several classes per week during my 4 week stay. Although I had been away from formal training over the last several years, training under Randall brought it all back in a matter of no time. This year, I again planned a trip to Fla. and contacted
Glenda to see if I could again train with them. They were more than happy to have me come back. There were others in the class who I had training with Randall and Glenda who encouraged me test.. I enjoyed training at Krav
Maga Worldwide Pompano. The staff is both knowledgeable and professional, and their style is unique. They train in a manner to attain confidence in yourself without intimidating you if you messed up. I tested as part of the Fab 4 and ended up passing the Level I test at 63 years old. I love this training because it not only provided a good workout; it
gives me the confidence to be able to handle situations I hope I never have to deal with. What I like most about my Krav Maga classes is we are taught real-world self-defense, not posing or for-show martial arts. I've had previous MMA & Jiu-Jitsu training and was happy with those, but I especially like the new skills I've acquired through my Krav
Maga classes because I feel that it is self-defense at it's finest. Not just fighting to hurt back, but survival techniques and strategies to get away, should it ever come to that. Our instructors Randall & Glenda don't just work on our physical strength & agility, but on our mental skills too. They teach us to be prepared for anything, improvise & how to
handle all situations. I look forward to participating in all the new classes that will provide opportunities for me to learn new skills. Krav Maga Worldwide of Pompano Beach is the best Krav center around. I tried some in West Palm but Randall and Glenda's center have, hands down, the most professional, focused, disciplined and structured classes.
They create an extremely comfortable atmosphere for all different types of people. The techniques are broken down into simple steps that are easy to learn while all questions are handled immediately and in a friendly way. As a self-defense course, Krav can't be beat...it is focused solely on getting you home safely, without unrealistic sport-focused
quidelines or eastern philosophies that require a spiritual commitment. The workout is great, mentally and physically! And the level of self-confidence soars as you feel you will be able to defend yourself should the situation arise. Let me say, I've trained with numerous Krav instructors and was very impressed with Randall's approach and similarly
impressed with Glenda's positive and wonderful customer service. I've been a student at Krav Maga worldwide training center for the past couple of months and I must say I love it here. I love the street smart fighting and self-defense system and the way the techniques are easy to learn. Everybody here is great including my positive and awesome
instructors Randal and Glenda. Thanks to their classes I lost 20 pounds in just 4 months! I'm learning self-defense skills, losing weight, getting fit and building confidence. I couldn't have asked for a better Krav Maga school to attend to! Krav maga not only stimulates a since of courage and a feeling of self protection, it gives me a entitlement of self
gratification. Accomplishing level one of krav gave me a feeling of self worth. Giving me the tenacity that I am capable of reaching new levels in many other aspects of my daily life. Krav not only makes me feel good by letting out my frustrations of the week, it also gives me a new perspective of how I look at the world. Krav let's me not be intimidated
by bigger guys and gives me the courage to stand up for myself like I'm supposed to do, regardless of the circumstances. I can truly say krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga is the best investment I have made to improve my life. Ever since I started training krav maga
is the krav maga class a great workout, you learn to be disciplined mentally, physically, and emotionally. I can honestly say that I feel on top of the world after every krav maga class and honing my skills to the best of my ability and beyond. Randall is
a great instructor and is knowledgeable in many mixed martial arts disciplines and he will repeat skills over and over until you've mastered them. Men and women of a wide range of age groups can learn a great deal by joining our krav maga classes for self defense, conditioning, and fighting techniques that will literally train you to 'work hard, have
fun, and get home safe!' Before joining Krav Maga, I tested other martial arts such as Jui Jitsu, Kickboxing, MMA, Muay Thai and boxing. Although they were great in each aspect, I felt as if they were TOO concentrated and focused more on 'competition rules' and guidelines to prevent disqualification instead defending your life against people of all
sizes. The moment I sat in on a class, I knew I found the martial arts that I've been looking for. Randall and Glenda break down the material to accommodate both visual and verbal learners. I started Krav in Jan of 2012 and since then I have looked forward to every day of class. The class sizes are perfect. There was never a question or concern that
didn't get addressed within seconds of me asking. If you are looking to do martial arts so you can gain some cool points on facebook, pay the extra ten bucks a month at your local gym for the kickboxing classes. If you want to learn how to defend yourself in the real world, feel more confident and sharpen your senses, join us! Krav Maga incorporates
techniques from martial arts across the board and with their organized curriculum guide; you can track your progress and look forward to the upcoming new material. Recently I was the victim of an an unarmed (and unprovoked) assault!:( thanks to your expert instruction I was able to defend myself effectively against a larger opponent. Thank you
both so much! I will have to refine my avoidance strategy (some people wont take no for an answer.) I sustained injuries for sure but it could have been alot worse. THANKYOU THANKYOU! Krav Maga was something I read about a couple years ago and although interested, I was never able to find a location near me that offered classes on
a regular basis. At the beginning of 2011, I discovered Krav Maga, not just a one day seminar on the technique. After speaking to Glenda it seemed this was exactly what I was looking for and she invited me to watch a class
to see if I was interested. I will never forget the first class I watched. I was amazed at the skill displayed by the participants in class that night. They were punching and blocking, they were doing ground defenses, they all looked very accomplished and knowledgeable, I was impressed and admittedly, a bit intimidated. I was nervous about being able to
keep up or be tough enough or be coordinated enough because they all seemed to know exactly what they were doing and I assumed they had been training for a long time. After class, I asked one of the participants how long he had been training for a long time. After class, I asked one of the participants how long he had been training for a long time.
sign up immediately! I initially committed to one class per week and for the past six months I have trained with Randall. I am very impressed with his knowledge, instruction and guidance during class. He is very clear in his demonstrations, breaking each defense technique down to it's individual components, which are learned and practiced
individually, then ultimately combined into a comprehensive self defense move. He encourages questions and constantly observes his students for correctness, adjusting and guiding to ensure the defense move. He encourages questions and constantly observes his students for correctness, adjusting and guiding to ensure the defense move.
Center is the result of his and Glenda's friendly attitudes and approach to their training and their care for their students. I thoroughly enjoy and look forward to class each week. I feel more confident about myself and my ability to protect myself and react in an appropriate way to a threat which I feel is extremely important for men and women alike.
Truly, the absolute best I feel both physically and mentally all week are the moments after attending class! Even after being in law enforcement for many years, I felt lacking in my hand to hand, self defense skills. When I started my search online, I was looking for something that would work on the street, where there are no rules. I didn't want to be
involved with a rigid discipline, with a lot of dancing around. When I came upon Krav Maga, I decided this was the way to go. This was also confirmed by a friend who is involved in very high profile bodyguard work. I just so happened to run into a fellow officer that had a copy of the book, Complete Krav Maga, on his front seat. He introduced me to
Randall and Glenda and their Pompano Beach Krav Maga Official Training Center. I signed up at the end of May 2010 and in about 10 months with a whole lot of practice, hard work and Randall's great instruction, I completed my level 3 (green belt) test and am working on the level 4 (blue belt) curriculum. Now that I'm over the level 3 hump, my
friend suggested that I should get involved in the Krav Maga Instructor Program. I have found both Randall's qualifications in place, he is currently helping me through the Krav Maga Instructor Apprentice Program. I have found both Randall and Glenda to be extremely professional and trustworthy. Randall's style of teaching is very conducive to learning.
He is very humble and patient. He can help you clean up your moves without making you feel stupid or incapable. I still find it amazing that he is able to watch me do a technique a few times and can analyze just what I'm doing wrong or how I can do it better. Since Krav Maga is a mixture of the best parts of numerous disciplines, it is only fitting that
Randall is so very capable in several of them (Taekwondo, Brazilian Jiu-Jitsu, American Kenpo). This, along with having over 10 years of training in Krav Maga, has given him the ability to not just teach the best of the Krav Maga, has given him the ability to not just teach the best of the Krav Maga curriculum but to build upon it, in order to provide a complete fighting system. It has been a true pleasure learning from
Randall, but most of all I believe he is providing me with training that I can trust my life to. The most important factors on why I like learning Krav Maga are both Glenda and Randal. Their professionalism and dedication is obvious to everyone, yet they are very friendly and approachable. Whenever I had doubts or questions, they've never failed to
respond in and help. The studio has all the adequate space and equipment, and everyday there's something new to learn; even if you already know the moves, they'll make sure you work your technique until you get it right. If one is looking for a place where to improve their physical condition, learn to effectively defend yourself and do something
different, Kray Maga Worldwide Pompano Beach is the place you're looking for. I have been training with Randall for three months and already feel like I have acquired more self-defense moves are efficient, practical, and highly
effective; a perfect combination. Randall is very patient with his students and is very effective at pointing out a student's weakness and administering a corrective drill to fix it. Having never taken Martial Arts, I wanted a system that is effective and practical so I chose Krav Maga. Also I didn't want to take classes at a "cookie cutter" school which
unfortunately are abundant in South Florida, so I chose Krav Maga Worldwide under Randall Koch and Glenda Peel. Krav Maga is what is taught here without any fluff, it is direct and to the point. Every technique is broken down, you practice it slowly then speed it up. Randall and Glenda are great! They have been doing this for a long time and it
shows, they really care. If you ever have any questions they are happy to take the time to make sure you understand. Not only is it a great fighting system it is a great work out. After the first class I felt more confident in myself, this is definitely the way to go if you are looking for a way to protect yourself and your family. I started Krav Maga
Worldwide in February 2011 with not really knowing what to expect. I was nervous and being a new student, I wasn't sure that I would be able to keep up with the other students. But this was quickly diffused after the first class. Randall is a great instructor and will break down the techniques so that it can be easily learned. Even his personality was
great; serious with the class but pull him aside and carrying on a conversation shows that he is a down-to-earth kind of guy. This isn't just some fitness class. This is truly a place to come and learn self-defense skills that you can use to protect yourself and your family members. As a former state champion high school and Division I wrestler, I wanted
to find a competitive sport after college and Mixed Martial Arts was the logical choice. I won my first MMA fight just using my wrestling background and fell in love with the sport. However, I realized I needed to learn more to improve for future fights and tougher competition. When I lived in Oregon, I found Koch Martial Arts and started taking
Brazilian Jiu-jitsu classes under Randall and then added his stand-up training. I've learned under many coaches but Randall's attention to detail and togens of victories in BII and Submission Grappling tournaments. I now do MMA training at American Top Team in
Coconut Creek but continue to learn Krav Maga under Randall. There are so many things I learn in Krav Maga that are not taught in MMA." My daughter & I trained with Koch's Martial Arts in Newport on the Oregon coast. We took Krav Maga and other self defense classes for several years. I felt the training was so valuable I had Koch Martial Arts
do a class at my Real Estate Company. As President of the Board of Windermere, DCP I wanted my agents to have some self defense awareness. The agents were impressed with the training skills. I would recommend Koch's Martial Arts. Krav Maga! I have been involved in the world of martial arts from the young age of 4, I must say that these
classes of Krav Maga are very educational and are very informative, Coach Randel is one of the most dedicated instructors I have met in a long time, his way of teaching is very unique as he implements real life situations, I highly recommend to join in the classes. On September 15 I attended a Gun control seminar, it was fantastic as you learn life
situations and problem solving tactics, I strongly recommend it. The team of Randel and Glenda are the success of this school they are willing and able to work with you as much as needed to improve your technics as well as your understanding of the Krav Maga fondamentals. You are great. Special thanks to Koch Arts for the amazing handgun
defense seminar, I had a great time and learned vital skills needed for survival. I highly recommend this to everyone, does not matter what your background is. Thank you Randal and Glenda for this opportunity! I used to be in the Mexican army and have done some boxing...so I wanted to learn something practical like I have learned before. I watched
a class and liked how Randall taught it so I decided to join. Since then I've learned a lot of good techniques, especially a lot of groundfighting which I really enjoy because it's not something I knew a lot about until I started training here. I've also used the punching defenses I've learned in class to avoid getting injured during a confrontation I had at a
bar recently. It's nice to know the techniques I learned in class actually worked in a real situation. I've also lost over 20 lbs. and I'm in much better shape since starting. The best instruction I've ever experienced, in anything; I had the good fortune to be a martial arts student under Mr. Randall Koch for eight years, during most of my 60s. He has an
incredibly strong skill set not only as a martial artist but more importantly, from my perspective, as a teacher. He has an uncanny ability to hone in on a student's problem, if asked, and to then devise a perfectly tailored corrective drill, explanation or change in technique. Also, I never saw him lose his patience with myself or any of my fellow students,
which must have required the patience of Job at times. He is not only advanced in Krav Mage but in Taekwondo and in a number of other martial arts disciplines. If you are fortunate enough to become one of his students, you will agree with this assessment. I am confident that every single one of my former fellow students would echo it. At an
undisclosed location, I was at a birthday party a which point a fight broke out behind me until I got pushed from behind me until I got pushed from Bandall in my Kray Maga
class. As my onknown attacker advanced to strike me I rolled onto my side still in a defensive position and kicked my attacker on the lower part of his leg with my bottom leg and immediately stood up ready to attack. I have been doing Krav Maga for approximately four months and through multiple repetitions which Randall has us doing in class, it
was like second nature to me when I fell on the ground to get into a defensive position and fight my way up. My name is Denise Runions, Randall Koch was my martial arts instructor for ten years. I'm a 2nd Degree blackbelt in Tae Kwon Do, a greenbelt in Krav Maga and I was just really getting into Brazilian Jiu Jitsu when Randall moved. Before I
trained with Randall I had tried four other martial arts instructors, never staying with one for very long because of poor instruction. I was so impressed with Randall that I was his student for ten years and still would be if he hadn't moved away from the area. Randall was always extremely patient, yet expected 100%. He's able to integrate people's
different learning styles and abilities very well. I would recommend his Krav Maga to anybody, but especially the ladies. It's made me a lot more aware of my surroundings and more confident. I just wanted to let you know that while I'm on vacation in Florida, I had the pleasure of visiting a fellow
Kray Maga World Wide Training Center operated by Randall Koch and Glenda Peel. Originally from Oregon, they recently relocated to South Florida and have only been in business a short time. Both Randall and Glenda were very gracious host to me and invited me to join them for (2) LV-1 classes at no cost. I received excellent instruction. Randel did
in fact include me as his student, he watched and evaluated my performance and made specific critiques with attention to detail. I appreciated this very much. I starting training Krav Maga under Randall Koch in 2003, before Mr. Koch I had trained 8 years under various instructors and systems including American Kenpo, Judo, Karate, Kosho Ryu
Kempo, Small Circle Jiu Jitsu and Boxing I am currently doing Brazilian Jiu Jitsu and at this time I have yet to have found any instructor who is more Professional, Knowledgable or passionate about a fighting system as Randall is with teaching Krav Maga, whether you are a rank Beginner or a seasoned Black Belt he will give you an equal amount of
attention and Patience as you increase your skills and I have very much enjoyed being taught under Mr. Koch if ever he came back to Oregon I would definitely look him up, Thank you Mr. Koch. Sincerely.
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