

I'm not a bot



Explore the dynamic world of Krav Maga, uncovering why it's unique with curated blogs, training tips, and exclusive video content. Discover training facilities and certified instructors near you and learn how to get started with our classes. Ideas on how to start a Krav Maga school or add Krav Maga to your existing martial arts program with KMW Licensing. Unlock your potential for personal safety with our FREE Krav Maga Worldwide Personal Safety Checklist! This free guide offers essential things to consider when it comes to assessing your own safety measures. Martial arts schools and training centers can license with Krav Maga Worldwide to utilize our official marks alongside the certification process to become official. This affiliation allows them to use the Krav Maga Worldwide name and curriculum, including exclusive entry to training and major savings on events. Krav Maga Worldwide offers the gold standard in instructor certification programs for individuals who want to become certified Krav Maga instructors. These programs typically involve rigorous training and evaluation processes, upheld by the highest standards in the market, ensuring credibility and success in community development. Licensed instructors and certified instructors have access to the official Krav Maga Worldwide curriculum, which includes techniques, training drills, and instructional materials that continue to evolve with the modern world. We uphold the integrity of the origin of Krav Maga and implement changes thoughtfully, with this standard in mind: "Old school grind, new world concepts." Licensed schools may receive marketing support, beginning with the use of Krav Maga Worldwide branding and promotional materials. This can help attract students to their Krav Maga classes and inform their community of the importance of self defense training. The organization may organize events, seminars, and workshops for instructors and students to further enhance their skills and knowledge, with specialized topic demand in mind. Apart from the training benefits, our events foster growth and connection within the community. Krav Maga Worldwide may provide ongoing training and educational opportunities for certified instructors to ensure they stay up-to-date with the latest developments in Krav Maga and teaching methodologies, including but not limited to our newest coaching certification that offers a holistic approach to teaching self defense skills. To speak with a team member about licensing, instructor courses, opening a school, or if you need assistance finding a training center, please fill out your information and we will reach out within 24 hours. Praise for kmw licensed schools Highly recommended. Staff and fellow students make everyone feel welcome. Don't worry if you've never done any self defense training before, the instructors offer workouts for all skill and fitness levels. I can't say enough about all the instructors. They are experienced and helpful. You will get training directly with high level black belts from the Krav Maga worldwide system. Bill Hall, Krav Maga Houston This place is so passionate about their work and it truly shows. Its not just a place to workout, its a family. Incredible atmosphere and so rewarding/inviting. It wont feel like exercise because you're having so much fun. Ryan Haga, Fortitude Krav Maga Big shout out to Todd and Christian for their support, guidance, inspiration and training for my Orange Belt test! I've been training with them ever since we were all in lockdown on Zoom, defending against invisible attackers with knives. Their words and presence uplifted us, during the bleak days of the pandemic. Much gratitude, respect and admiration for their experience. These advanced black belts are the real deal! Having studied 15+ years of other martial arts styles (Kung Fu, BJJ, Muay Thai), I continue to be impressed by their deep reservoir of knowledge and talent. Lia W., KMW - West L.A. This place is awesome! Every experience I've had has been positive. The staff 100% cares about you achieving your goals. If you're willing to put in the work, so are they. I would highly recommend checking them out. Cian Oatts, Krav Maga Maryland Geweldegoedsport, zeer kundig, helpten tijden voor je om kennis en vaardigheden over te brengen, met de nodige passie. Erik Dirksen, Safety Training Center. The Netherlands もう10回通っていますが、最高です！ココでもカラダも精神も強くなれます！ Kensuke Kitafuku, Krav Maga Japan Krav Maga Worldwide is a place you can walk into and feel welcome. Great instructors, great people, and a place full of good vibes. Rarely seen in martial arts schools out here. Also, a great self-defense system that prepares you for REAL LIFE situations (chocks, knives, guns, multiple attackers, etc.), especially for women. If you are ever in Fort Lauderdale or live there, I highly recommend you stop by this place and check it out. I believe you won't be disappointed. - Brad just wanted to write a few lines to express my deepest gratitude for all the people seeking self defense classes here in Broward County Florida. I have been around the block enough to know that there is no perfect program for everyone but for those who are out there looking for a proven self defense system that is taught (to the Israeli military) by dedicated and caring people with a serious skill set, look no further! This is not 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 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 passed my 6+ hour black belt test. Whew, it was tough but I feel like I have so much technical knowledge in my head right now that I want to store it in a safe place 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! GreggHey 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 with you in 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 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 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. Appreciably GreggHey Randall. 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 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 trainer) 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 and the other students. As I watched the students I realized that students were helping each other learn the technique better. The culture that Randall has created is very special and I think that each student wanted not only to invest in the program but also to be successful. That's what I wanted to do. I am also able to be successful because I have so many limitations so my limitations don't limit me. Elbow, months later that's what I am. Randall, JJ and all my world partners, especially Mike and Anna, I passed my Yellow Belt 9/29/18 and am working toward my Orange Belt. I would highly recommend Krav Maga Worldwide to anyone looking to workout hard and learn a valuable skill, safely. I joined Krav Maga Worldwide 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 needed to make serious changes. I needed to find an activity 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, "This is the real deal!!" This is where I need to be. "At that point, I made a major decision to take care of myself and 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 additive! 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 Worldwide 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 through diet and exercise, and the support of Instructors and classmates to help you stick with it... YOU. I found it here at KMW!! Krav Maga Pompano is simply the best martial arts/self defense facility in the tri-county area. 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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 interested in Krav Maga. I asked around and visited several schools. Quickly I became disheartened when it seemed like my standards weren't going to be met with the schools I visited and I even wondered if I should give up/settle for less than what I wanted. That's when I heard about Krav Maga Worldwide in Pompano Beach. I took a look at the website and figured 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 if you want this information email. Along with the answers to my questions she invited me to 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 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/staff are all wonderful people. Randall is easily up there with any of the world renowned instructors that I've trained under. Their 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 that I read others' ideas and always look for what I could be missing. I did not know what to expect but 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 regimen 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 so they can walk the streets safely too. I recommend 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 Krav 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, Krav Maga has been a great experience. I like Krav 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 didn't think the training she was receiving would translate in a real world situation, or God forbid in 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, it's been a fantastic experience to date. Not only do we both love the way Randell teaches the techniques, no nonsense, all real, but it's been a great way for my daughter and I to bond and spend quality time together. My favorite time of the week is the service

with me. I thought if I was going with her, she would be more involved and dedicated. When it's been a fantastic experience to date. Not only do we both love the way Randan teaches the techniques, no nonsense...an read, but it's been a great 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 schools, learning about the different methods and gauged how applicable they were to my needs. My father, a former 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 was convinced... Krav Maga was exactly what I needed. It emphasizes instinctive movements, practical techniques, 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. Glenda welcomed me on my first viewing. Her charisma and hospitality were inspiring and inviting. I started classes with Randan and found his teaching style effective and motivating. And the fellow students completed the 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 hesitant in joining Randan'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. Randan, 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 Randan, and Glenda, for taking an old guy and giving him the confidence that, regardless of age or physical condition, it's never too late to change your life. With the rapidly rising crime rate here in Broward county, as a female, I decided I need to learn how to '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 Worldwide Training center in Pompano Beach. When I spoke with the instructor from the school closer to me, he was very rushed and 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. Randan 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. Don't make that mistake.... not all schools are created equal; where and who you train with is critical to your development. I can't say enough great things about Randan, 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 wished for, you 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 Randan Koch and Glenda 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 Krav Maga Worldwide. After meeting both Randan and Glenda, I knew my search was over and my training was just beginning. Randan'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 Randan'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 your loved ones should the situation present itself. Schedule a time to meet with Randan and Glenda 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. Randan, 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 Randan. 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 the traditional Martial Arts. Krav Maga is a street fighting/survival system that is easy 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 Krav Maga Worldwide, in Pompano Beach, Randan, 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 Randan's school to everyone, and like the American Express commercial states, 'Never leave home without it'. Krav Maga has changed my life and inspired me to channel my energy in a positive way. Randan 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. 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. Randan'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 and apply those techniques in an efficient, reaction-based defense. What's great about this gym is that everyone gets to know each other fairly quickly. Randan, 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. It's 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. Randan, 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 Randan 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 Randan 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, helping you to the point that everything you learn will stay with you. I would highly recommended seeking out Krav Maga with Glenda and Randan for self-defense. I've been a part of Krav Maga Worldwide with Randan 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. Randan has an incredible background in martial arts and with his guidance and instruction I have that sense of security. Randan 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 Randan work very hard to provide a positive and safe training environment. If you're interested in learning Krav Maga, you're going to want Randan as your teacher. Randan 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. Randan & Glenda are seriously passionate, professional yet still easy going in their teachings. Every student I've trained with has been completely positive, encouraging me to push myself within my limits. The knowledge and experience 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 an adult yet I learned more in one class with Randan than all of those 3 experiences combined. Both Randan 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 contributions they are making to people's lives Randan 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 Randan (and Jacob) made it SO easy to learn. Although I really didn't know what I was doing, the way they taught it just made it seem natural. I never felt afraid to ask a question and I've never seen Randan 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 Randan, 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 Randan 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 trained with the prior year but had moved on to more advanced classes. During February, I attended about 4 times a week training with Randan 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 1 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. Our instructors Randan & 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 Randan 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 guidelines 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 Randan'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 Randan 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 sense 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 and I feel safe being out and I wouldn't want to do it anywhere else than at 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. 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Although I had been away from formal training over the last several years, training under Randan 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 trained with the prior year but had moved on to more advanced classes. During February, I attended about 4 times a week training with Randan 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 1 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. Our instructors Randan & 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 Randan 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 guidelines 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 Randan'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. 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