

I'm not a bot



























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years I have been 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 for a single police Police Institute in Miami-Dade County. In an effort to add to my personal martial arts respect, I became interested in Krav Maga. I asked around me 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 ended up finding I should give upsettled 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 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 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 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 at 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 need 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 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 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 not become victims of predators. ThanksFor me, Krav Maga has been a great experience. I like Krav Maga because it's realistic and a powerful way of fighting. Gabby 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 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 Randall teaches the techniques, no nonsense...all real, but its 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 Randall 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 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 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. 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. 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 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 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 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 Worldwide Pompano Beach!! 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. 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