

“

*I had been interested in Krav Maga for some time already. The practical aspect of this unique martial art appealed to me but at the same time, I was daunted by what looked like a very high barrier to entry -- was I "tough enough" or "fit enough"? It didn't help that there was not an easy availability of good instruction in Singapore that I could access conveniently, which is important for folks like me with a busy, full time job and family.*

*So when Protect-SG's offer came up on Groupon, I jumped at the chance. The website was comprehensive and gave me a good flavor for what they were like and it looked like a great operation. Plus their gym was very conveniently located and easy to get to!*

*I've been training for about a couple of months now, and have signed up for a full membership. It has been terrific and rewarding training! GL, the head Krav Maga instructor, is an excellent teacher and is able to get people with different abilities (and sizes!) to quickly learn various techniques -- but of course, mastering them will take a lot of practice. And the practice part is pretty good in Protect-SG as GL watches over everyone's movements very closely with the small instructor to student ratio. He is also a great motivator so you can really get to stretch yourself in the class! Of course, safety is on everyone's mind, especially in an intense activity like Krav Maga and the ProtectSG team is always looking out for the students, with appropriate protective equipment for each activity and of course, the close supervision that the small class sizes allow.*

*It's been a good Krav Maga start for me in Protect-SG -- and there is a lot of great learning to look forward to in the months and years ahead. ”*

*Chrys Fernandez – Krav Maga (Apprentice)*



