



## **Krav Maga New York Launches km X, a Self Defense, Fitness and Life Skills Program for Children Ages 5 to 10**

*Krav Maga, the official Self Defense and Fighting system of the Israeli Army, renowned worldwide for its effectiveness against real life violent encounters, is being taught in upper Westchester County.*

Somers, NY ([PRWEB](#)) May 20, 2009 -- [Krav Maga New York](#), announces that it has introduced km - X; a martial arts based, self defense and character development program for children ages 5 to 10. The classes are taught by certified instructors with experience teaching martial arts to children and whose primary goal is to foster a safe, fun and positive environment.

km X is modeled after the world-renowned Israeli system of self-defense known as Krav Maga and offers a well-rounded alternative to traditional after-school programming. Classes combine fitness, martial arts self defense training and character development.

"In addition to Krav Maga fitness and defense training," says Davide Gristina, Chief Instructor at KMNY, "this specialized program for children teaches life skills through the study and discussion of 'key words' that describe universal emotions, behaviors, perceptions, and attitudes encountered in every day life experiences. We use stories and role playing at the end of each class to teach the importance of key word concepts and demonstrate how they can be incorporated into a child's daily routine."

Children who remain with and actively participate in the program experience an increased level of fitness, coordination, confidence, courage, modesty, and leadership. To further promote a sense of achievement and pride through hard work, respect and commitment, children enrolled in the program are awarded stripes and belts of different colors as they progress through the curriculum.

Classes are held at Somers Sports & Fitness, 245 Route 100, Somers, NY 10589 and are offered Tuesday, Wednesday, and Thursday evenings at 5 pm. There is also a class offered on Saturdays at 11 am. There is no limit imposed on the number of classes or days of the week a child may attend.

For more information, or to receive a Getting Started kit, visit [www.kmny.us](http://www.kmny.us).

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### **Contact Information**

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<http://www.kmny.us/>

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