

EP17 Show Notes: Self-defense training as part of Personal Development with Rob Ferreira @Krobmaga | Krav Maga Toronto @KravMagaToronto | www.kravmagatoronto.com

As part of personal development, I believe it's important for everyone to learn how to fight and defend themselves if ever they had to, or if a loved one is being attacked and lives are threatened. I also think from a physical health perspective, it's also important to maintain an active and healthy lifestyle. My special Guest today is Rob Ferreira, and he is the owner and head instructor of Krav Maga Toronto. Krav Maga is an Israeli military Self-defense training system created to address real life situations and circumstances. It includes a mix of other martial arts such as- Kickboxing, Aikido, judo, Boxing, wrestling, and a few others, as well as Knife, Stick and Gun defense training.

Krav Maga Toronto has been open since 2007, and they are the first and only Krav Maga training center that is certified by Krav Maga worldwide. Rob holds a black belt in Krav Maga and he is one of the most amazing, peaceful and kind hearted person you'll ever meet, just don't cross him..haha, I'm kidding..Not.

Thanks for listening ☺