



NOSC BOISE Reservist Learn Krav Maga

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BOISE, Idaho (March 6, 2011) - Reservists and staff assigned to Navy Operational Support Center (NOSC) Boise were taught skills to protect and arm themselves against attacks. Hospital Corpsman 2nd Class Lidia Porter, Selected Reservist (SELRES) assigned to NOSC Boise, arranged a self-defense class earlier this month, during drill weekend.

This was not your normal self-defense class. It's called Krav Maga Self Defense, which is Hebrew for "contact combat". It's the official self-defense and fighting system of the Israeli Defense Forces and is recognized as one of the most efficient self-defense system for real-life situations, emphasizing practical defenses against real attacks.

More than 25 Reservists and staff participated in the class taught by Treasure Valley Fitness Gym owners and fitness instructors in the NOSC drill hall.

"This is an intense sport and you have to give it your all," said Porter before the instructors arrived to gear everyone up.

"Are you ready?" yelled Katie Horner, Fight Fitness Instructor, to motivate Sailors as the trainers entered the drill hall. "We are excited to be here with the Navy."

Before training the instructors educated Sailors on the type of self defense they would be teaching and explained reasons why it was beneficial training.

"This training is fun and gets you in shape," explained Kyoshi "Pon" Inthathirath, "But, most importantly it prepares you for any situation, it will keep you safe."

The first step of the training began with a challenging 15 minute warm up, which included high jumps, arm movements, and burpies.

Then, it was on to learning the moves. Pon performed each move first at full speed and then in slow motion. During the slow motion example he described a scenario where someone might use the move. He also used one of the other trainers to show what it would look like with another person counteracting it.

"The more you practice Krav Maga, the more it will become like second nature to you," said Pon.

Pon taught the service members training on basic moves and routines, while the other instructors walked around correcting their form.

Sailors thought the 2 hour training was both entertaining and informative.

"I'm looking forward to more training," said Master-at-Arms 2nd Class Guy Manley, SELRES assigned to NOSC Boise. "I learned a lot and want to try and get the other Master-at-Arms into the next class."

The group of trainers from Boise's Treasure Valley Fitness Gym will be working with NOSC Boise's Command Fitness Leader to make the training a reoccurring event during upcoming drill weekends.

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