

Sweat box *Krav Maga*

The floundering economy and imminent arrival of 2012 have made everyone crazy with rage. How do I break someone's appendages, or possibly blind them?

By studying Krav Maga. This self-defense system, derived from street fighting, is used by the Israeli Defense Forces, and eschews the dancerlike beauty of most martial arts; instead, instruction focuses on brutal holds and strikes. Make that mugger wish he was never born!

I need to learn this. Who is my new master? James Sherman, of Protect-Israeli Security



Solutions, is one of only six Americans certified in Israel by the Israeli Krav Maga Association (kravmaga.israeli.lybay.co.il). (His clients include NYPD officers and Mr. "Your Body Is a Wonderland," John Mayer.) As Sherman demonstrates in his weekly Wednesday night class at Elite Plus Fitness, he can heel-kick your groin, bend your arm the wrong way and gouge out your eye before you can say uncle.

Will I get to rip someone's ear off in the first class? No, but Sherman guides you through a few basic combinations—including reverse punches

to the face and knees to the groin—and, more importantly, demonstrates some real-life situations

that Krav Maga was designed to handle. (Sherman helpfully brings along fake training knives and handguns, to better simulate a dire conflict.) After you pair up with a classmate, you'll understand how to keep an aggressor at bay with a low heel kick, and save yourself if someone tries to garrote you from behind (it involves elbows to the face). **But won't it take an eternity of dedication for me to become a killing machine?** Not at all. "Within five hours of Krav Maga instruction, you will respond to a threat instinctively," says Sherman. **Great, I'm ready to kick some ass!** The class meets Tuesdays and Wednesdays from 7 to 8pm at Elite Plus Fitness (3 E 33rd St at Fifth Ave; 212-684-1170, eliteplusfitness.com) and Tuesdays at 9:15pm at the JCC in Manhattan (334 Amsterdam Ave at 76th St; 646-505-4444, jccmanhattan.org). Classes are \$35 per session; just show up in workout gear, prepared to make someone taste your pain. —Drew Toal

