

Krav Maga

By Susan Carolin



If one of your dreams is to get in great shape and learn how to ward off attackers with one fell swoop, you should know about the MMA Academy. Stealthily located near the Sorrento Valley Coaster Station in the Torrey Pines Business Park, this martial arts training studio and fitness center specializes in fun, practical self-defense classes for people of all ages and fitness levels.

Owners Michael Mihalkanin and his wife, Anne Marie, have been teaching this discipline for an astounding 25 years in San Diego, with the last ten in [Sorrento Valley](#) and a studio in Vista as well. What started out as a martial arts class given to his employees at the Belly Up Tavern, has turned into a solid business and lifestyle Mihalkanin loves and embodies.

The academy's self-defense classes and fitness regime are based on Krav Maga, a world-renowned system used by military and law enforcement. According to Mihalkanin, this self-defense system is favored because it "is based on easy to learn but highly effective moves using our own natural reflexes." His academy teaches methods of conflict avoidance as well as self-defense, striving to empower students with skills and confidence for dangerous situations. The academy regularly volunteers free training workshops at women's shelters and expos, including the Women's Resource Fair coming to the San Diego Civic Center in March.

The MMA Academy offers popular self-defense seminars, called FAST (Fear, Adrenaline, Stress Training) Defense. The children's class stresses assertive, proactive, de-escalation tactics, as well as self-defense maneuvers. It can be a highly valuable tool against bullying or abduction situations.

So, if getting ripped and fierce is on your to-do list this year, contact Michael or Anne Marie about the possibilities at the [MMA Academy](#).