



After that, you will learn all of the above again but this time using movement. After this comes the fighting stance training. You will be taught kata (form) and you will also be taught breaking (breaking wooden boards with the elbow, punch or a kick) which is how we measure a student's strength. There will also be a full day dedicated to cardio and fitness so that you can be in shape to perform all the exercises mentioned above."

The studio is currently taking classes three times a week with each class going for about two hours. Because of their popularity, they are however now relocating to a bigger dojo so naturally things are picking up. "Once our new studio is furnished and ready, we will be increasing the number of classes per week and we will also be adding classes for children," added Abdullah.

"Some students pick things up quickly while others take more time and need to be shown how to do certain things. That's why it's even more important for us instructors to give those students that extra support and keep telling them to practice and pay attention in class," he said. If you want to learn a more offensive martial art, then visit the KO Fight Studio and sign up for a class of kyokushin or Brazilian jiu jitsu. You will not be disappointed.

Check it out here:  
<https://www.facebook.com/KO-Fight-Studio-513827285395489/?fref=ts>



**COMBAT GYM**

If you want to give something else a try then you can go all out with some Krav Maga classes! Krav Maga is taught at the Combat Gym and is known to be one of the deadliest self-defence systems developed for the Israel Defence Forces.

The Krav Maga classes are taught by Khosru Parvez, a trained boxer who also

learned judo, karate, kung fu and taekwondo over the years. A black belt at taekwondo and a certified tactical Krav Maga instructor, Khosru now teaches his own class.

"I started Combat Gym in 2001 because I wanted to share my experiences in fitness, nutrition and self defence ideas. Both my wife and I follow the same lifestyle so she

gave me the idea of opening and teaching a class. She now looks after the ladies section of combat gym," said Khosru.

The philosophy of Krav Maga is threat neutralisation through simultaneous defensive and offensive manoeuvres as well as aggression. There are separate classes for children and adults and most of the classes are taught by Khosru himself, although there are senior instructors who sometimes help out.

"We try to change the mental state and physical fitness of the students. As their course progresses, they will become more fit and confident and will also improve their technical ability," added Khosru.

Krav Maga is a realistic defence system but Combat Gym also has weight training programmes, cardio, yoga, pilates and meditation that students can pick up. There are no separate beginners or advanced classes. Krav Maga is mostly basics so anyone can try to learn!

To check out Krav Maga, visit:  
<https://www.facebook.com/combatgymbd/?fref=ts>

**By Naveed Naushad**  
**Photo: LS Archive/Sazzad Ibne Sayed**  
 Contact Info  
 Khosru Parvez: 01726268827  
 Abdullah Mohammad: 01924999000  
 Awlad Hossain: 01670224534

