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Location **New York**
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QR Code Link to This Post My name is Michael Lans I have trained in various styles within the last 12 plus years ranging from Modern Kickboxing, Muay Thai, Jeet Kune Do, Kali, Panatukan (Dirty Boxing), and currently Silat Bela Diri Suffian. JKD/ Kali I studied under Forrest Dworsky a certified instructor under the Blade Smart system created by Guro Barry Cuda who trained with Guro Dan Inosanto for nine years. What I will teach you is effective self defense techniques that are practical street lethal forms that are designed for limb destruction counterstrikes, joint and lock manipulations as well as ground defense. This style of training will help you develop not only physically but mentally. You will gain the confidence to walk on the street without worrying about being able to protect yourself. The sessions will involve empty hand close quarter combat reality-based scenarios which will include the use of weapons from the knife and stick to improvised; so no matter whether you have experience or not my sessions will motivate and inspire you to a level of achievement and satisfaction. The price per session is 50.00. I can train you at your home, gym or outside weather permitting.

I am available from Monday-Friday from 10am- 8pm

There are no contracts for more information you can contact me at

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