



KEITH COLLYER – Founder and Chief Coach



When I was very young we moved to Australia. I was bullied for being the only English kid in school. My mother couldn't stand the heat so we moved back to South London, where I was born and raised.

It was the late 1970's, in a major recession. Life was tough. My father found part time work and we lived in a guest house for a year until being moved to a large council estate in Brixton. I had to fight for money, if I won I got paid, if I lost I got nothing. I soon became street smart. It was survival!

We moved around a few times and settled in Crawley. I hadn't been to school since Australia. After a period of home schooling, I enrolled at Thomas Bennett school. The bullying continued, I stood my ground and eventually they left me alone.

After leaving school I joined the Royal Marine cadets, I was ready to sign up full time but my father, a second world war veteran, asked me not too. Out of respect I followed his wishes. I played American Football for Crawley Raiders for 3 years. Something I really enjoyed and enforced precious life skills.

My father died suddenly from a heart attack. It was a shock to my system and I took the opportunity to reflect on what I had lived through up to that point. This reflection led to Martial arts. I was impressed by the instructor's speed and grace. I was hooked. I joined my local Wing Chun class in Crawley.

I have been training Wing Chun for over 20 years. I am a 5th PG degree Black Sash and teaching in Crawley.

I found Krav Maga after researching defending weapon assaults. After attending some weekend bootcamps, I signed up for an instructor's course. It was brutal. Mentally and physically. It taught me a different approach and mindset. I became an instructor and after some time set up CROSS KRAV MAGA ACADEMY. This training has opened opportunities of teaching Knife assault defence in the United States with NLB (No Lie Blades), self-defence training for HERT (Hostile Environment Response Training), police officers, close protection officers and door supervisors.

I am a full-time instructor and I love what I do. I help people gain confidence, overcome fears, gain skills, help people to become fitter and stronger, how to protect themselves and their loved ones and I have built a supportive community.

My next project is to form a Community Interest Company (CIC) so I can help people with disabilities and mental health train in martial arts, meditation and general wellbeing.

My interests are Motorcycles, 1950s music and culture, History and visiting Spain where i hope to retire someday.



KEITH COLLYER – Qualifications

- Founder and Chief Coach CROSS Krav Maga Academy
- KAPAP Level 2 Instructor
- NO LIE BLADES Level 2 Instructor
- NO LIE BLADES (NLB) MIL/LE Level 1 Instructor
- FRACT Tactical Foundation Level 3 Coach
- WCK UK WING CHUN BLACK SASH 5th TG (DAN) and SIFU
- KAMON WING CHUN BROWN SASH 2
- PHRAYA PICHAI MUAY THAI 10th KHAN (Black Belt) Instructor
- Trains Brazilian Jiu Jitsu (BJJ)
- NFPS Certification Knife and Edged Weapon Awareness
- NFPS Certification Situational Awareness
- NFPS Certification Personal Safety
- CCW (COMBAT CLINCHWORK Instructor)
- KEWAP Instructor (Knife and edged weapon awareness programme)
- Level 3 PTLLS professional teaching qualification
- Level 3 Personal Trainer
- Level 2 Gym Instructor
- KETTLEBELL Instructor
- URBAN KOMBAT Instructor (UK)
- NFPS CQC Instructor
- NFPS Level 3 Self Defence Certified
- Shi Kon Yang Family Tai Chi Club Coach
- Safeguarding Children
- USP (Ultimate Self Protection) Instructor
- DEFENDO UK British Jiu Jitsu Apprentice Instructor
- ViPR instructor certified
- Fully Insured
- Enhanced DBS checked
- Trauma Medic First Aid with catastrophic bleeding Certified.
- Tactical Firearms Training / Tactical Pistol L1/2
- Training in Libre tactical Knife System
- Level 2 Door Supervisor (SIA)
- Level 2 Conflict Management
- Level 2 Physical Intervention