



## STEVE JENKINSON – Club Coach, Haywards Heath



Steven grew up in Manor Park Slough, This was a rough area and his school was always in constant fights with the school next door.

He left Home at the age of 16 and lived in a shared property. One day several youths burst into his room with knives and he was threatened with a screwdriver up against the wall. They his bank cards and pin which wanted he gave up quickly and luckily managed to escape unharmed. He learned first-hand the importance of de-escalation and self-defence.

Steven was bullied through most of his school years and first got into martial arts at the late age of 23 when he studied Kung Fu Lou Gar in Slough. Although he enjoyed the training he thought it was way too complicated to learn in order to protect himself in a real situation.

He then trained Wado-Ryu Karate-Do with Chis Kent in Brighton. Even though the training techniques were easier to learn, the system would still take years to master before it would be effective on the street if at all.

Steven then went on to train with Lee Cole at the Horsham Boxing Club where He learned a lot about footwork, endurance and the importance of core training as well as pad drills and boxing fundamentals.

All this time Steven was working in the security industry as a qualified NTIPDU Professional Dog Handler and SIA trained doorman. The SIA have some very basic restraint techniques that come as part of their training, however these were not good enough to deal with the problems he would face on sites and on the door.

Steven started to look for a self defence system that he could incorporate with his previous training which he could really rely on. His searching unfolded several systems that looked very flash but again would not be any good with a noncompliant attacker.

It was then he found Krav Maga. After researching further into this system he realised although it looked very good it was still lacking something and a lot of the clubs looked like a boxer-size class.

Finally he found a teacher nearby that was trained in several martial arts and had brought the traditional Krav Maga to the 20th Century by incorporating his martial arts into a new system called Cross Krav Maga.

Steven studied and went through the system to become a Level 2 CKM Instructor. With his instructor experience he became an instructor in several other systems such as CCW ( Combat Clinch Work) and UK Urban Combat.

Today he runs his own classes in haywards Heath for adults and is about to open a kids school in Horsham.

## STEVE JENKINSON – Qualifications

- CROSS KRAV MAGA LEVEL 2 COACH
- CCW ( Combat Clinch Work) INSTRUCTOR
- URBAN KOMBAT (UK) INSTRUCTOR
- British Kung Fu Association Lou Gar
- ABA Boxing
- Firearms Training
- SIA Physical Intervention Level 2
- TRAUMA MEDIC FIRST AID QUALIFIED
- FULLY INSURED
- Safeguarding Children
- DBS Checked.