



Name: Abhijit Sarkhel

Skills: IUKMF Krav Maga Instructor

Abhijit is a Software Engineer by profession and very passionate about martial arts and associated sports.

He started with Mixed Martial Arts and later joined Krav Maga due to his inclination towards more realistic martial art form. It was his dedication towards Krav Maga and passion of teaching which led him to be an IUKMF Instructor.

Abhijit believes in going beyond ones' limit and endorses thought that *"Do not limit your challenges But Challenge your limits."*

In leisure time, Abhijit like to indulge himself in various sport activities and love to go for trekking. He also likes to work with NGOs to support social causes.

He believes that Krav Maga is a way of life and it helps to be streamlined in daily life. For him, krav maga helps in improving agility and reflexes to adapt and respond quickly. It is his believe that krav maga helps in learning the strategy when it comes to dealing with tensed situation in real-time. Apart from this Krav Maga also provides the exposure on dealing with various human mentalities by acquiring the skill to understand surroundings and general human behavior. Also, it helps ones' mind to think promptly which is of great importance while dealing with day-to-day situations.

Self-defense is a knowledge which everyone must gain once, if not for profession then from general awareness perspective.