

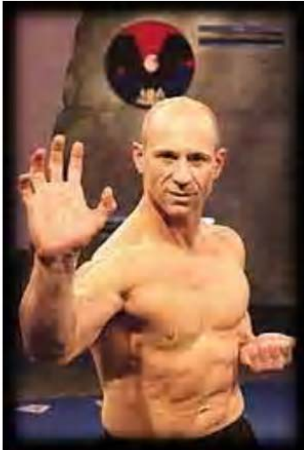
## Second Feature

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# PHILIP ROSS

## Creates The Ultimate Self Defense Workout

BY SUE KENNY



This past Friday, I got the opportunity to meet with Philip Ross, owner and master instructor of the American Eagle Martial Arts center in Ho-Ho-Kus and creator of the new S.A.V.E. (Survive A Violent Environment) self defense workout video on DVD. S.A.V.E. is a compilation of self-defensive techniques derived from Ross's 25 years of experience in Taekwondo, Bando, Wrestling, Kickboxing, Jujutsu, Arnis, and Security work. Ross describes his workout as "a "No Nonsense" approach to the self-defense situations that we are faced with in modern day society."

Ross carries an extensive list of victories within the competitive world of Martial Arts. He is a National Amateur Kickboxing Champion, an eight time New Jersey State Gold Medalist and is recognized in three Martial Arts Halls of Fame! He has proven himself as both a gifted competitor and as a successful instructor. He has instructed many well-respected students to victorious championships. He is a great role model who teaches the importance of strength and wisdom!

According to Ross, his S.A.V.E. system focuses on "where true fitness and self defense meet!" His approach teaches people how to defend themselves while getting an effective full body workout. His technique features basic kicks, strikes, movement, blocks, grappling, and defensive tactics. The workout is designed for people of all abilities so do not feel discouraged if you do not have any previous training in self-defense. The DVD is 51 minutes and is broken up into different sections including a warm-up, workout, defensive tactics, and a cool down. This means once you have mastered the techniques you can choose to only do the warm-up, combined routine, and cool down if time is a problem for you!

Ross believes that S.A.V.E. program "heightens students' awareness, hardens the body, and sharpens the mind." The S.A.V.E. workout is a great way to add a little kick to your workout! This DVD teaches protective techniques that could save your life someday while burning fat and building muscle! There are many factors involved within violent attacks, but with Ross' unique system,

your body will be prepared to protect itself reacting as a weapon. His workout targets all the major muscle groups including the upper body, abs, legs, and butt. Understanding and practicing these techniques will build both self-confidence and self-respect, which will help protect you in a possible dangerous situation.

There are so many ways to check out Philip Ross' S.A.V.E. workout! You can take the easy route and order his DVD online or plan a visit to his American Eagle Martial Arts Academy. Ross offers personal training as well as a wide variety of classes six days a week. He teaches both men and women of all ages and all levels. Classes range from the Lil' Eagles to the Black Belt Club. He has even trained Federal Marshals! He also arranges seminars in the area if you are interested in his philosophy on the S.A.V.E. workout. There really is a little something for everyone at the AEMAA!

So you think you are ready to take the plunge and kick some serious butt. Check out Philip Ross' website online at [www.aemaa.com](http://www.aemaa.com) or for information on the video visit [www.saveworkout.com](http://www.saveworkout.com). Give the AEMAA and Philip Ross a call at 877-233-2873 or visit them at 500 Barnett Place in Ho-Ho-Kus.

