

Brain Trenholm

2nd Degree BLACK BELT KRAV MAGA

Lead Instructor Krav Maga Force (KMF) Rocky Mountain Region

Brian grew up in the upper Midwest, went to Southern Illinois University (SIU) and graduated with an engineering degree. He was then commissioned into the U.S. Air Force serving 25 years where he flew many combat missions over the years in his F-16. He now flies passengers in his 737s with Southwest Airlines. Brian loves being outdoors and likes to “Push It” to see how extreme he can go. He was the Scoutmaster of the local Boy Scout troop for 5 years and is the proud dad of two Eagle Scouts!

Brian got involved in Krav Maga in 2008 in Arizona, he moved to Colorado and became a Krav instructor in 2012 and earned his Black Belt in 2017. He earned his 2nd degree Black Belt in 2020. He has been instructing Krav Maga continuously from 2012 to the present day. Krav Maga is the same self-defense system that is taught to all the Israeli combat defense forces (IDF), in the present day. And is touted as the best self defense technique in the world! Brian has built an amazing instructor cadre over the years, and currently has 5 assistant instructors which include 2 additional Blackbelts. This amazing team is a hidden Gem in a small gym called Stayin Fit! Where all students get incredible one-on-one instruction with very experienced instructors, due the small class sizes and the individual instructors desire to truly teach each individual to the best of their ability. Brian keeps the classes fun and challenging while creating a welcoming atmosphere so new students feel comfortable and truly enjoy the training while becoming more confident and truly capable of protecting themselves and their loved ones.