



MARTIN NOBLE

Martin Noble grew up in Southampton Bucks County PA, where he attended William Tennent High School. He then attended West Chester University in Pennsylvania and went to school for Kinesiology which is the science and study of human movement as he wanted to enter a career in the fitness industry.

Martin played sports his whole life with a passion for baseball and football and had a career ending injury in 1995 when he broke his neck. Not letting his injury slow him down in 2000 Martin started experimenting with mixed martial arts. He first started with jujitsu and then eventually started training in striking styles from Muay Thai, Boxing, and Kickboxing.

For over 15 plus years, Martin has trained in many different gyms throughout the Philadelphia area. A few of those include Daddis Fight Camps in Philadelphia, owned by Brad Daddis, Cool Hearts Muay Thai in Philadelphia with Rigel Balsalmico as Head Coach, Stay Fly Muay Thai in Philadelphia by Justin Greskiewicz, Balance Studios Muay Thai in Philadelphia under Phil Miglarese. Balance is where Martin started training/teaching Strength – Conditioning and Muay Thai classes... but he was also a student there. He worked with the best of the best and some new up and comers came to find that his 20 year old mind was not agreeing with his aged adulthood body..

Martin's magnificent personality was built from a 20 year career in the restaurant industry. He bartended mostly in Philadelphia, in areas such as Old City, Rittenhouse Square, and Northern Liberties. Violence, harassment, and sexual misconduct was all around him. He had a lot of eye-opening experiences, but was very naïve at the time and did not think at all about his safety. Every night it seemed that he had to throw out a unruly customer, break up a fistfight, or get involved with the police department. This was part of his daily, weekly, monthly, yearly life..... He had a few experiences reflecting back, that he really wished he knew about the COBRA Self Defense program earlier in life as it could have saved a lot of bruises, broken bones, fights and misunderstandings before they even became an issue.

COBRA is Martins life calling, when he was in middle school he was bullied by two boys. The one boy was on a different football team and always talked trash to me. The other boy will just call him Chad. They used to try to intimidate him, knock his books out of his hands and made fun of him in front of a group of people at any opportunity. Kids are nasty sometimes. Words do hurt. Martin remembers thinking back...."I used to get so much anxiety and frustration because I wanted to avoid them and for some reason they always found me." Looking back through his childhood, high school, and college years and knowing what he knows now about the COBRA Self Defense program, he now knows he could have prevented a few situations that would have ended up on an easier path. Martin has no patience or time for bullies. There is no reason for it. This is why Martin is so passionate about teaching how to stop being bullied, and self defense. With so much tragedy on the news today we hear the stories about young kids doing stupid and hurtful things, to the point kids feel alone and commit suicide! For what?? This has to stop! Our kids, teens and adults have no idea of the damage they are creating and have no care or humanity for their well-being.