

Kick-ass telly

Heard of Krav Maga? No, neither had we. That is until Sophie Rundle star of Sky drama Talking To The Dead came to give TV Magazine a martial arts masterclass



Pain in the neck ... Sophie gets to grips with Emma
Leon Csemohlavek

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By **EMMA LEDGER** Photographs **LEON CSERNOHLAVEK** Published: 11th October 2013

WHEN a martial-arts expert who's been trained by a pupil of Bruce Lee asks you to do something, you do it.

Whatever it is.

And quickly.

"Get on the floor and I'll pretend to be about to stab you," says the expert in question, Emil Martirosian.

TV Magazine's Emma Ledger is getting a crash course in Krav Maga, the form of self-defence derived from street-fighting skills which gets a starring role in Sky's new drama Talking To The Dead.

The show stars Sophie Rundle (Episodes, The Bletchley Circle) alongside Him & Her's Russell Tovey and Keith Allen (singer Lily's dad).

Sophie, 24, plays a rookie cop trained in Krav Maga who has a deep empathy with the dead.

We're concentrating hard when Emil – who played a ninja warrior in Batman Begins — explains how to defend yourself against a man with a knife.



Step one ... Emma blocks Emil's arm
Leon Csernohlavek

"I only had a week to learn the basics for one big, dramatic fight scene," Sophie tells us. "Emil came on set to train me, and he'd ask me to do high kicks and I'd look horrified because I've never done exercise in my life."

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Step two ... Emma fights back
Leon Csemohlavek

"I thought it was going to be the worst week of my life but I loved it. Emil told me to picture my ex boyfriend and kick hard, and suddenly it was very easy. I think at one point he was actually quite frightened."



Step three ... Emma turns defence into attack - and grins wickedly
Leon Csemohlavek

But there was one part of the shoot that Sophie found more testing than learning a martial art.

"Russell Tovey had just bought a puppy called Rocky, and he brought him on set all the time which was very distracting," she laughs. "It was the first time in Russell's life that he wasn't the centre of attention — suddenly he wasn't the cutest one."

Sophie was last seen perfecting her Brummie accent playing Ada in the BBC2 post-war gang drama *Peaky Blinders*.

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Working up a sweat ... Emma lands some punches
Leon Csemohlavsek

"Ada is quite scrappy too, maybe it's something that's coming out of me since I broke up with that guy," laughs the actress, who admits that trying to perfect a Welsh twang was an easier task.

"We filmed Talking To The Dead in Cardiff so I'd ask people on set if I was saying words right," she says. "But I found it quite easy, thanks to shows like The Valleys!"



Strike a pose ... You wouldn't mess with this lethal trio, would you?
Leon Csemohlavsek

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And what about showing off her Krav Maga skills?

"I showed my brothers who just did not believe I could do it. They were impressed — but it's not about strength, it's about being quick. More girls should learn it for protection. And if I ever run into that ex-boyfriend again..."

[http://www.youtube.com/watch?](http://www.youtube.com/watch?v=B_m_9TOzUcQ&feature=share&list=UUGAEapP7BzIqAIVyNiiJfzg)

[v=B_m_9TOzUcQ&feature=share&list=UUGAEapP7BzIqAIVyNiiJfzg](http://www.youtube.com/watch?v=B_m_9TOzUcQ&feature=share&list=UUGAEapP7BzIqAIVyNiiJfzg)

She does a high kick.

"It'll be: 'Here's something Emil taught me.'"

WATCH IT! Talking To The Dead, Sky