



Mid-South Krav Maga – 2869 Poplar Ave., Memphis, TN (901) 327-0297

KRAV MAGA FORCE TRAINING SEMINAR

Krav Maga (krahv magah) is the official hand-to-hand combat system for the Israeli Defense Forces and has been embraced by local, state and federal law enforcement agencies across the United States and Special Operations Units around the world. It is the most comprehensive & realistic self-defense system in the world today.

Krav Maga's emphasis is on simple movements. By utilizing the body's natural instincts and reflexes in a "fight or flight" situation, and transforming it into an effective self-defense technique, the need to "memorize" techniques is eliminated. Krav Maga instructors incorporate realistic reenactments, teaching students how to operate under the stress of an actual attack.

Krav Maga increases self-confidence and mental preparedness and allows people of all ages and fitness levels to achieve a relatively high level of proficiency, awareness, and abilities within a relatively short period of time. Krav Maga's emphasis on training methods and drills also creates opportunities to focus and work under high stress situations.

The Krav Maga system has received international recognition as an innovative and highly practical defensive tactics system ideally suited for law enforcement. We have trained over 150 agencies in the United States. According to law enforcement instructors who have undergone Krav Maga training, the most important and striking characteristics of the system are:

RETENTION OF TRAINING. Because the system is based upon common principles and natural/instinctive movements, officers retain Krav Maga techniques with minimal review and practice.

PRACTICAL TECHNIQUES. Krav Maga emphasizes effectiveness and simplicity. This street system provides realistic defenses against a variety of aggressive attacks, whether the assailant is armed or unarmed.

PERFORMANCE UNDER STRESS. Krav Maga's unique, reality-based training designed to improve the officer's emotional and physical response to danger. These methods develop the ability to recognize danger at the earliest stages, react without hesitation, and escalate and de-escalate with the appropriate level(s) of force.

USE-OF-FORCE ISSUES. Krav Maga enables officers to deal with the most violent offenders they encounter, while remaining acutely aware of reasonable use-of-force and civil liability issues facing law enforcement.

These are all crucial factors that must be considered in the development of any defensive tactics program. Krav Maga is particularly relevant to modern-day law enforcement because most agencies cannot afford the luxury of prolonged training courses for their personnel. Krav Maga is quick, effective and both easily learned and retained. Krav Maga emerged in an environment where extreme violence, mostly of a political nature, was common. It has had ample opportunity to be tested and improved under real-life conditions. No defensive tactics system in the world is more street and battle-tested than Krav Maga.

The following blocks of instruction are designed to show officers Reality based defensive tactics which prepare officers to deal with situations where physical force is used against them and higher force options are available but may not be accessible.



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This Custom Law Enforcement Seminar will provide extensive curriculum and training designed to provide the officer with an extensive amount of technical and practical exposure and training in the Krav Maga Force Training System.

The seminar will be conducted by senior instructor Patrick Terry - a certified Krav Maga Worldwide Force Training Instructor with over 24 years of extensive training & instructor experience as well as practical law enforcement experience as a commissioned officer.

Patrick Terry is the Lead Krav Maga Instructor and Owner of Mid South Krav Maga. Patrick has been active in martial arts for over 24 years. He is a certified instructor within the Krav Maga Worldwide system and in the Force Training Division (Law Enforcement Only) as well as a KM-X Youth Instructor. Patrick's martial arts history includes a 4th degree Black Belt in traditional karate and extensive cross-training in several other martial art disciplines. Patrick is involved in the KMW's special Train the Trainer Program enabling the unique honor of training and evaluating future KM instructors. Patrick maintains a law enforcement commission as a Reserve Officer currently at the Gallatin Police Department. He regularly works in the field and teaches Defense Tactics to agencies throughout the Tennessee area at both the officer and at the instructor level. Patrick has served as a Reserve Sergeant Deputy Sheriff with the Shelby County Sheriff's Office in multiple divisions including Patrol, the Gang Unit and Street Crimes/Narcotics. Patrick also has an extensive professional resume including a MBA from Christian Brothers University and a 15 year technology consulting career.

This course will provide valuable skills for the law enforcement officer but is **NOT** designed to certify anyone as a Krav Maga Force Training Instructor and does not enable participants to represent Krav Maga Worldwide as an instructor in the system. Upon completion of this course, the participant will have learned valuable and practical skills to make them safer as well as **receive a certificate of seminar participation and completion.**

COURSE DATE:

October 15th and October 16th 8:00am – 5:00pm

COURSE COST

- The cost will be **\$199 per participant** for the **two days** of training
- 1 FREE participant will be allowed to participate for each 4 paying participants
- Includes 2 days of consecutive training from 8:00am – 5:00pm at the Shelby County Sheriff's Office Training Academy
- Instruction is based on the attached outline
- All specialized equipment designed for this type of training **will be provided** including all required striking pads, and training weapons such as rubber guns and knives
- EACH Participant will receive a certificate of completion for the seminar
- EACH Participant will receive a **1 month training pass** to Mid-South Krav Maga including a 2 hour law enforcement seminar to be provided the month after this training course

COURSE LOCATION:

The seminar will be at Shelby County Sheriff's office Training Academy Multiplex Facility located at 993 Dovecrest Memphis, Tennessee



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TRAINING OUTLINE

Day 1

Empty Hand 8:00 – 12:00 Morning Session

Course participants will learn how to safely and effectively deliver a variety of strikes, such as punches, kicks, elbows and knees. Participants are taught to perform these techniques from various positions of disadvantage, from varying degrees of readiness, and while operating under highly stressful conditions.

Warm-up

Introductory Comments: Practical Considerations and Use of Force Review
State of Readiness: Neutral Stance and Fighting Positions
Movement, Vision and Positioning Relative to Single or Multiple Attackers
Warm-up, Stance & Movement

Combatives

Hands - Hammer-Fist Punches: Forward, Side, Down
Hands - Heel Punch / Straight Punch
Hands - Elbows: Horizontal & Vertical If Time Allows
Knees - Hand on Arm and Neck
Kicks – Front Kick to the Groin
Kicks – Defensive Front Kick

Self Defense

Basic Inside Defenses against straight line attacks
Outside attack defenses- 360 defenses (with context including knife)
Take down defense hands up & hands down

Empty Hand Ground Work

Fighting on the Ground: How to “BE” on the Ground
Terminology
Ground Fighting Positions
General Fighting Principles
Movement on the Ground: Keeping the Suspect Off of You
Back & Side Position and Movement
Kicking from the Ground to avoid being mounted
Getting up Safely from Ground Position

12:00 – 1:00 Lunch



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TRAINING OUTLINE Day 1 (cont.)

Handgun Defenses, Officer Weapon Retention & Reality Scenarios 1:00 – 5:00 Afternoon Session

Course participants will learn how to defend against assailants armed with a handgun as well as learn officer weapon retention techniques. General handgun defense approach and principals will be provided including the Four Stages of a Complete Defense:

- Redirect the Line of Fire
- Control the Weapon
- Neutralize the Gunman
- Disarm the Gunman

Other factors covered are variations & options based upon need due to existing dangers/weaknesses in the defense/control stages; Placement of the Line of Fire; & Relevant Factors in the Environment.

Handgun Defenses Standing & From Ground

Gun From Front

Gun From Rear

Gun at Back of Head

Hostage Scenario – Rear Headlock with gun at temple

Execution Style Assault

Gun From GROUND - Hand Gun Defenses on the Ground from Mount and Guard positions

Officer Weapon Retention Standing and From Ground – Both Handgun In & Out of Holster

Standing - Gun Grab Front Position—stationary or barrel pointed up (or holstered)

Standing - Gun Grab Dead-side

Standing - Gun Grab Live-side

Ground - Handgun In the holster on the Ground - Mount Position

Ground - Handgun Out of the holster – Mount Position (Attacker Grabs Officers Gun)

Ground - Handgun Out of the holster – Mount Position (Attacker in Control of Gun)

Ground - Handgun In the holster - Guard Position

Ground - Handgun Out of the holster – Guard Position (Gun Pointed at Officer)

Ground - Handgun Out of the holster – Guard Position (Attacker Grabs Officers Gun)

Introduction to Krav Maga Training Drills for Law Enforcement

PERFORMING UNDER STRESS. Training methods unique to the Krav Maga system provide reality-based training designed to improve the officer's emotional and physical response to danger. These training methods develop the ability to recognize danger at the earliest stages, react without hesitation, complete the defense as trained, function under states of exhaustion and while one's attention is divided, to develop a fighting spirit and a never quit attitude, and to escalate and de-escalate within the appropriate level(s) of force. The core emphasis of Krav Maga is on effectiveness, simplicity and realism. Training methods are emphasized so that in a time of need, officers will be able to function and survive a violent confrontation.

Training Methods to Improve Awareness, Vision, Identification and Recognition of Specific Dangers/Threats; Improving Reaction Time and Aggressiveness: "Going from a Passive State to State of Action without Hesitation"

- Multiple attacker scenarios
- Movement through a crowd
- Stress, Resistance and making decisions under pressure
- Training drills based on over-coming resistance, bursting through obstacles to neutralize a threat.



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TRAINING OUTLINE

Day 2

Knife Threat and Attack Defense Training 8:00 – 12:00 Morning Session

Course participants will train in the Krav Maga defensive tactics system that has developed a practical and effective system to deal with an assailant armed with an edged weapon (knife). Our experience shows three elements common to most knife attacks / threats: (1) The defender did not see the knife until the attack was concluded; (2) most attacks involve multiple stabs in rapid succession; and (3) edged weapon threat scenarios involve compromising situations where an officer cannot access higher force options.

Krav Maga defensive tactics against edged weapons minimizes the danger present in these elements. The system initially deals with building the officer's ability to recognize and identify a specific threat. Officers are taught to respond instinctively, without hesitation, to neutralize the danger. The Krav Maga system offers state-of-the-art, practical, empty hand methods of defending against an assailant who, armed with an edged weapon, poses an imminent threat to the life of the officer. Threats are addressed from all possible angles, under extreme stress, and while being moved from one location to another.

Warm-up

Warm-up, Stance & Movement

Brief Combatives Review

Discuss general approach to knife threats and attack defenses.

Edged Weapon (knife) Threats

Knife threat to the front: Knife placed at the throat

Knife threat to the front: Knife positioned on the body and at varying distances

Headlock from behind: Knife at throat

Edge Weapon (knife) Attack Defense Training From a Distance

Overhand and Underhand Attack - Bailing Out

Straight Stab – Bailing Out

Edge Weapon (knife) Attack Defense Training at Close Range

Overhand and Underhand Knife Attack Defenses including 360s

Knife Defenses Straight Stab Defense

12:00 – 1:00 Lunch



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TRAINING OUTLINE Day 2 (cont.)

1:00 – 5:00 Afternoon Session

Suspect Control Techniques

Participants will learn safe and effective suspect control techniques including:
Escort techniques including various control holds and escort positions
Suspect Take Down techniques:
 Double Wing takedown
 Standing Restraint-Wing takedown
Sweeps – Officer in Front of Suspect
Sweeps – Officer Behind Suspect

3rd Party Protection Techniques

Participants will learn to perform handgun defenses against an assailant who is attacking a third party such as a dignitary or partner.

Moving Through a Crowd

Participants will learn effective techniques for moving through a crowd to engage a threat as quickly and safely as possible.

Finishing Drills – High Stress Reality Training

Participants will finish the seminar with a series of drills that combine elements of all the training over the two days. The objective is to create stress and expect a no quit, no lose attitude while under attack and an expectation of successful use of techniques learned while under duress,

Optional Techniques and/or Demonstrations: As Time Allows

General Choke Defenses
Bear-Hug Defense Basics
Kick off from Guard Defense
Defending Side Chokes from the Ground
Headlock Defenses from the Side
Headlock Defenses from the Rear
Choke while Attacker is in Your Guard
Choke from the Side—2 Variations
Grabbing at Foot Defenses
Defending Front Chokes from the Ground
Headlock Defenses Close Choke while Mounted