



Krav Maga Professional Tactics: The Contact Combat System of the Israeli Martial Arts

By David Kahn

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WINNER – Sports, 2016 Best Books Award

BECAUSE NOT ALL KRAV MAGA IS THE SAME™

Israeli krav maga is the official self-defense system of the Israel Defense Forces. Krav maga training shares the same principles for civilians, law enforcement, and military personnel alike to deliver them from harm's way. Goals however, are different for law enforcement and military personnel.

This book is designed for security-conscious civilians, law enforcement officers, military personnel, and security professionals alike who want to improve their chances of not just surviving an armed attack, but increase the odds of prevailing without serious injury.

Krav maga's popularity in professional law enforcement, military, and security circles is attributable to its practicality, simplicity, quick retention, easy learning curve, and brutal effectiveness. This effectiveness is built on a few core tenets and simple building blocks. General principles are applied and customized to suit the needs of a dynamic violent situation.

Contents include:

- Mind-sets, reactions, and tactics in response to violence
- The highest-level counters against multiple armed attacks and threats
- Core kick, clinch, and tackle defenses
- Core ground survival tactics
- Multiple-opponent strategies and tactics
- Impact weapon defenses
- Edged weapon defenses
- Firearm disarms and retention
- Includes 954 detailed photographs

The most up-to-date tactics presented in this book focus on the most common violent scenarios. These techniques derive from the author's translation of the Israeli Krav Maga Association (IKMA) curriculum. The IKMA is the governing

body for krav maga, recognized by the Israeli government and headed by Grandmaster Haim Gidon.

Responsible people seek krav maga training as a shield against violence.

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Editorial Review

Review

I can personally attest to how effective Krav Maga under David Kahn really works. Many people train krav maga on a regular basis, but never get to use it outside the gym setting or in a real life situation like I have. As a former professional football player and, a police officer for twenty-two years a member of a SWAT team for 12 years, I know the need for proper and consistent training. I have found that training with David Kahn is the best for the patrol and SWAT officer. My real life experience occurred when having to take into custody a wanted person who was a real threat to my life and possibly to those living in his area. One of my fellow officers who had just trained with David, got to see and witness first hand the knowledge and training that David has taught the law enforcement community when I had to use Krav Maga to take the violent individual into custody. As a police officer studying krav maga under David Kahn it has change my life both mentally and physically, I have a confidence and knowledge in krav maga that I can only get from David! (Al "Poodie" Carson, Officer)

Having served as a Navy SEAL for more than twenty-five years, I recognized premier training when we did it. This is krav maga delivered at its highest level?a phenomenal force multiplier. David provides instinctive, simple, and brutally efficient tools to prevail in a violent kinetic or nonkinetic hand-to-hand combat situation. The professional insights and tactics David presents are dead-on serious and practical?no nonsense. I, and other like-minded professionals, continue to train with David. I highly recommend David Kahn's reality-based krav maga approach to everyone who is serious about developing a hand-to-hand capability. (S.M., (ret.) Senior Chief Petty Officer, United States Navy)

On behalf of the Marine Corps Martial Arts Center of Excellence (MACE) I would like to extend my appreciation to David B. Kahn and H. C. "Sparky" Bollinger, Maj USMC (Ret.) as well as their professional training team. On several occasions they have trained the top-level Marine Corps Martial Arts Program (MCMAP) instructor-trainers as well as instructors of the FBI and DEA academy at our facility. Their clear and concise instruction in military hand-to-hand combat, as well as in law enforcement defensive tactics is of the highest caliber. (Lt. Col. (ret.) J. C. Shusko, United States Marine Corps)

I would like to thank you for providing your expert instruction This represents an ongoing relationship with the goal of providing top-level best-practices training for all members of law enforcement throughout the state. Based on the response from this course, all agencies involved had nothing but praise for the course and your staff. It is important our tactics continually evolve as new techniques and defensive tactics are developed. I know the academy staff is looking forward to working with you in the future. Your instruction and skill set are at the highest level. (Captain S. Munafo, Commandant, New Jersey State Police Training Bureau)

I wanted to express my gratitude for the Israeli Krav Maga weapon-defense training that you provided. The opportunity to do these skills 'hands on' with M4, shotgun, as well as the handgun is extremely beneficial. I appreciate that you stuck with real-world tactics and your delivery of the lesson was well taken by the law enforcement audience. Additionally, it was apparent that you are aware of the law enforcement rules of engagement. Thank you also for providing weapon disarming, close quarters/tubular combat, as well as removing subjects from vehicles during MV stops in addition to what you had planned for the day. It is obvious that as the chief instructor of the Israeli Krav Maga Association your knowledge of defensive tactics is extremely beneficial to the law enforcement community. (Vladimir Vaval, New Jersey Transit Police Officer, Training Unit)

I would like to express my gratitude for the training you provided to the officers with the PA Fish and Boat Commission. The Law Enforcement Krav Maga Instructor course was excellent and a true asset to not only my officers but the visiting officers from various departments. The krav maga was effective yet easy to learn and retain, making it very practical for the patrol officer. We look forward to continuing the program and expanding it in the future. Your experience, knowledge of the law, and enthusiasm were greatly appreciated. If the Bureau of Law Enforcement can ever be of assistance in the future, don't hesitate to ask. Thanks again. (Col Corey L. Britcher, Director, Pennsylvania Bureau of Law Enforcement)

I would like to thank you for sharing your expertise in Israeli krav maga with the members of the New Jersey State Police, Executive Protection Bureau. The simplicity of the moves, coupled with effectiveness of the techniques, makes this training useful in real-world situations. I particularly like the disarming training and simultaneous 'block and strike' techniques. Your professional instruction and enthusiastic participation along with you and your entire staff made this training a true success. Israeli krav maga has further prepared the New Jersey State Police, Executive Protection Bureau, in achieving our mission of protecting our principals. We look forward to training with you and your impressive krav maga fighting system in the future. (Lt. Kevin Cowan, Training Officer, New Jersey State Police, Executive Protection Bureau)

I would like to start by saying what an informative and eye-opening experience all of my team had during the seminar you and your team delivered in Portsmouth (UK) back in July 2013. The magnitude of knowledge combined with your relentless approach to adapting techniques to create a workable solution fit for specific military purpose was commendable. However, what stood out most to my team in our reflection of the experience was the manner of its delivery, as at no stage did you sell the system as being the way or a better way; you simply provided realistic options that could be adapted to fit any requirement or scenario/environment. Royal Marines Close Combat (RM CC) will always look to evolve, as this is at the heart of commando business. To cross-pollinate further knowledge and experiences I and my team will look to maintain links wherever possible with you and your instructors, as I strongly believe this will benefit to both parties, as I know you already do with other elite units globally. (Sgt. Ben Perkins, RM CC UK Chief Instructor Trainer (IT), Commando Training Centre Royal Marines)

Of all the training I have put myself through for the last several years, nothing could have prepared me for the experience in Mexico City this evening. I am currently here on a business trip and was walking from the IBM office to my hotel (only ten minutes away) with two of my colleagues from the States. Some guy comes out of nowhere, and started speaking Spanish in a threatening tone. I didn't know what he was saying, but he pulled out a gun and pointed at all of us moving it around (in broad daylight). All three of us froze up. One of my colleagues started trying to speak Spanish saying sorry, no problem. I charged in and grabbed the gun followed by the standard disarm: redirected it to the ground, punched him so bloody hard in the face whilst keeping the gun pointed away, and pulled the gun out. He fell to the ground. . . I wanted to send you this note, because I know that krav maga and what I have learnt from you saved me. (Anuj Batra, Krav Maga student)

David Kahn is a true professional. He is extremely knowledgeable yet humble. David is an outstanding author and instructor. I have known and worked with David for over 15 years. This book will provide the reader an opportunity to learn from one of the best Israeli Krav Maga instructors at their leisure. The techniques in this book are proven and effective. If practiced regularly and perfected, the techniques will become instinctive and will be effective. This book is the opportunity for you to better prepare yourself for encounters on the street or anywhere else. Now is the time to begin, protect yourself, your comrades and your family. (Paul M. Miller, Retired Captain, New Jersey State Police, Academy Instructor, TEAMS Unit Member)

I have had the pleasure, opportunity, and advantage the last decade to train with United States Chief Instructor of the Israeli Krav Maga Association, David Kahn. I first met David when I was assigned to the New Jersey State Police Training Academy in Sea Girt, New Jersey, as the lead defensive tactics instructor. I

had been tasked by the Commandant to research, evaluate, assess, and conduct a “best practices” for the NJSP defensive tactics program regarding duties of a NJSP Trooper. After researching federal, state, and local agencies' defensive tactics standards, training, and requirements, it was apparent that no uniform standard existed. However, it was obvious that Israeli Krav Maga Association met and exceeded any and all needs of the NJSP as well as the law enforcement community. I invited and met with David, his staff, as well as Haim Gidon, Grandmaster for Israeli Krav Maga Association based in Israel. After initially training with David it was clear that IKMA curriculum and best practices exceeded any national defensive tactics standards. I noted that not all krav maga is the same and made the recommendation. I was granted permission by the Commandant to move forward to formally bring in David Kahn (IKMA). As a result, Israeli Krav Maga was officially implemented into NJSP Academy recruit training, advanced, and in-service member training. David personally trained me, along with self-defense instructors Tpr. M. Oehlmann, Tpr. Rayhon, and Tpr. R. Roberts. David also trained the NJSP T.E.A.M.S (SWAT) and Executive Protection Unit (EPU). The IKMA provided us with the mind-set and physical skills a law enforcement officer will need to survive a situation and win. Several federal agencies have also brought David in to their academies to provide training for their instructors as well. Training in IKM prepared members of the NJSP to react decisively, instinctively, with speed, economy of motion, while combining a simultaneous defense and aggressive objectively reasonable response that can be performed under pressure thwarting any attack. IKM provided members with subduing techniques to safely and effectively direct, ease, place, restrain, and control an adversary onto the ground thus limiting liability and enabling the Trooper a smooth transition into a handcuffing procedure. IKM focused on legally acceptable anatomical targets allowing female and male troopers alike to overcome and neutralize a stronger adversary while also complying with an objectively reasonable use of force standard. The integration of IKM provided members with a seamless transition from defensive and close-quarters combat tactics to firearms utilizing force options. I highly recommend and believe that training with David Kahn (IKMA) should be implemented into all LE agencies firearms and defensive tactics programs. IKM is essential and critical to the responsibilities and job performance of LE members and agencies. ?Mickie W. McComb (Ret.), New Jersey State Police Assistant Unit Head Firearms and Self-Defense Training Unit, Lead Defensive Tactics Instructor, and Use of Force Instructor, Training Bureau, Sea Girt, New Jersey;Expert Witness Excessive Use of Force;The TASA Group- Technical Advisory Service for Attorneys: Expert Witness Excessive Use of Force (Mickie W. McComb (Ret.), New Jersey State Police)

About the Author

David Kahn is the United States chief instructor for the Israeli Krav Maga Association. He has trained all branches of the US military in addition to federal, state, and local law enforcement agencies. David is certified by the State of New Jersey Police Training Commission. He has been featured in *Men's Fitness*, *GQ*, *USA Today*, *Los Angeles Times*, *Washington Post*, *New Yorker*, *Penthouse*, *Fitness*, *Marine Corps News*, and on *Armed Forces Network* and *Military.com*. He is the author of three previous books and resides in Princeton, NJ.

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