

# **Unit-1**

## **Advanced Defensive Techniques**

# Introduction



## Definitions

- ◆ A Criminal is the one who has committed or been legally convicted of a crime.
- ◆ A Vandal is a person who deliberately causes damage or destruction to personal or public property.
- ◆ An Extremist is a person who favours or resorts to immoderate, uncompromising, or fanatical methods or behaviour, especially in being politically radical.
- ◆ A Protest group is a group of people who formally declare disapproval or objection to the order issued by a concerned person, group, or organization.
- ◆ A Terrorist is the person who makes calculated use of violence (or the threat of violence) against civilians in order to attain goals that are political or religious or ideological in nature.

The physical skill of personal safety and self defense has now become a vital aspect with the increasing growth of crime. People who go out daily for work and other routine tasks are more prone to threats and assault. Our parents, relatives and friends are concerned about our safety when we are out on the street.

We all have the right to self-defense. The right to self-defense is limited to situations where the immediate threat of violence cannot be prevented by those authorized to do so.

The basic principle underlying the doctrine of the right to private defense is that when an individual or his/her property is faced with danger and an immediate aid from the state machinery is not readily available, the individual is entitled to protect himself/herself and his/her property. But the force used by a person to protect himself or his property should not be grossly disproportionate to that needed to ward off the threat from the aggressor.

Aggressors are grouped into five broad categories, namely criminals, vandals, extremists, protest groups, and terrorists. They can inflict injury or death on people or destroy or damage facilities, property, equipment or resources, steal equipment, material, or information and create adverse publicity.

Acquiring training in unarmed self-defense techniques for dealing with hooligans, eve teasers, bullies, loafers, street fighters and the like will enable you to ward off any attack and protect yourself and others.

Unarmed self-defensive techniques give you confidence in your ability to protect yourself. Unarmed combat is an activity of fighting without the use of weapons. It means a system of strikes, holds and breaks by which one can defend himself/herself and others against an attack and subdue them while being unarmed. Success in unarmed combat is, however, directly proportional to the level of physical fitness of the individual. Therefore, it is of utmost importance that you should eat healthy food and keep yourself physically fit to learn and apply the techniques of unarmed combat.

In this Unit, you will learn some basic techniques of self-defense. You might have heard about martial arts. Before we move to the first session of the Unit, it is important that you should know the difference between the martial art and street fighting. The goal of martial arts competition is to win or to show your technical superiority over an opponent. But in street fighting the goal is to protect one self or to survive. Martial arts have certain rules, ethics, and admit fair combat and some techniques are forbidden for the safety reasons. Practice and use of martial arts techniques require a basic level of physical fitness which can be achieved by discipline and regular exercises. Street fighting involves the use of hard parts of your body, including the hands, elbows or knees to prevent and cause an attack and there are generally no rules. Martial arts practitioners fight in nearly constant and well-known conditions, wearing appropriate and comfortable clothes. But in street fighting clothes may not be comfortable and the situation may become bad to worse, for example you get surrounded by many attackers or it is raining and the ground is slippery. In such a situation your safety is crucial, and the best solution could be that you quickly escape from the situation.

## Session-1

# Identifying Common Self-Defense Techniques

### Relevant Knowledge

Self defense is a system of mental and physical preparation involving defensive tactics that helps people to develop the poise and confidence to handle threatening situations effectively and with minimal confrontation or damage. Protecting a person is a cross functional field which involves other disciplines, like unarmed and armed combat, operational driving, crisis management, intelligence and vigilance, first aid, fire fighting, and rescue and evacuation. Over the centuries, innumerable forms of unarmed combat have been developed across the globe. Countries, organisations and individuals use different techniques for different purposes. There are specialised schools and training academies for teaching and training in different forms of unarmed combat.

Students of martial arts often undergo periodic testing and grading by their own teacher in order to advance to a higher level of recognized achievement, such as a different belt colour or title.

You might have heard about the black belt (Figure 1), given to the karate expert. Students begin with white belts and can move up to yellow, orange, green, blue, brown, and then black belt (Figure 2) like in another martial art.

In this session, you will learn about the purpose and characteristics of common defense stances used in unarmed combat techniques, such as judo, boxing, wrestling, karate, taekwondo, kung fu and Krav Maga.

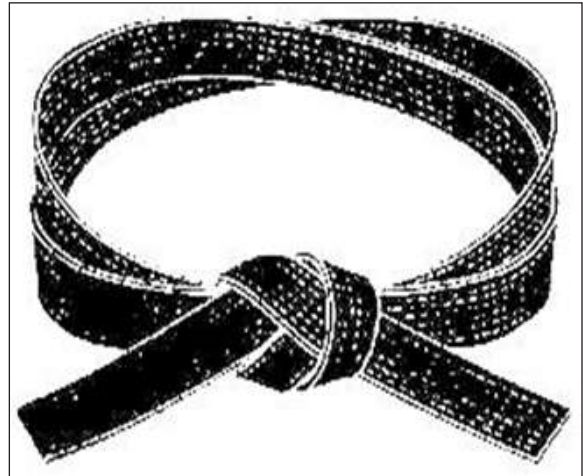


Fig. 1



Fig. 2

Krava Maga was derived from street-fighting skills developed by Imi Lichtenfeld who made use of his training as a boxer and wrestler, as a means of defending the Jewish quarter against fascist groups in Bratislava in the mid-to-late 1930s.

He began to provide lessons on combat training to what was to become the IDF (Israeli Defense Forces), which went on to develop the system that became known as Krav Maga. It has since been refined for civilian, police and military applications.

There are many different varieties of strikes. An attack with the hand closed into a fist is called a punch (Figure 3). An attack with the leg or foot is referred to as a kick; and an attack with the head is called a head butt. There are various methods of punches, including the straight lead, the back fist, the jab, and the vertical punch. Strikers may combine techniques in a series to ensure one or more strikes impact their opponents.



Fig. 3

These attacks are thrown at various targets on the body, with the greatest force typically thrown with a particular technique in the sequence.

Strikes are the key focus of several sports and arts, including boxing, karate, and taekwondo. Some martial arts also use the fingertips, wrists, forearms, shoulders, back and hip to strike an opponent as well as the more conventional fists, palms, elbows, knees and feet that are common in combat sports.

A person who is in imminent and reasonable danger of losing his life or limb may in exercise of self-defense inflict any harm even extending to death on his/her assailant either when the assault is attempted or directly threatened. An assailant is a person who attacks another, either physically or verbally. Use of force that goes beyond what is necessary to dispel the immediate threat of violence is known as excessive self-defense.

### Common Forms of Martial Arts

Many styles of martial arts are practiced for self-defense or include self-defense techniques. Some styles train primarily for self-defense, while other martial arts can be effectively applied for self-defense.

## Common Forms of Unarmed Combat

**Judo:** Judo (Figure 4), meaning ‘flexible way’, is a modern Japanese martial art and combat sport. Its most prominent feature is the competitive element where the objective is to throw one’s opponent to the ground, immobilize or subdue with a grappling manoeuvre or force an opponent to submit by joint knocking or by executing a choke.



Fig. 4 Judo

**Boxing:** Boxing (Figure 5), is a combat sport and a martial art in which two people fight using their fists. Boxing is typically supervised by a referee during the series of one to three minute interval called rounds. Boxers generally are of similar weight.

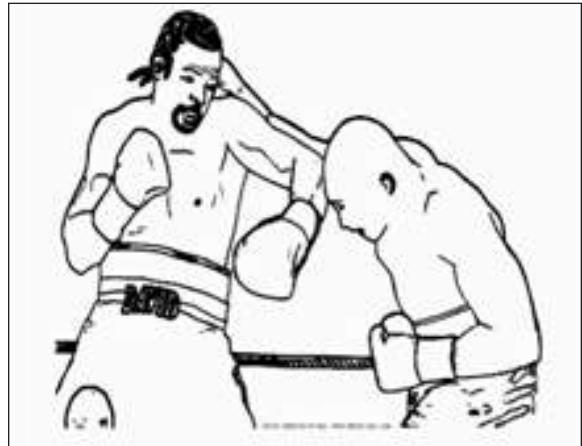


Fig. 5 Boxing

**Wrestling:** Wrestling (Figure 6), is an ancient martial art that uses grappling techniques such as clinch fighting, throws, takedowns, joint locks, pins and other grappling holds. A wrestling bout is a physical competition between two competitors or sparring partners who attempt to gain and maintain a superior position. There are wide ranges of styles with varying rules with both historic and modern styles. Wrestling techniques have been incorporated into other martial arts as well as military hand-to-hand combat.



Fig. 6 Wrestling



**Karate:** Karate (Figure 7), is a striking art using punching, kicking, knee and elbow strikes and open handed techniques such as knife-hands (karate chop). Grappling, locks, restraints, throws and vital point strikes are taught. It was developed from indigenous fighting methods.



Fig. 7 Karate

**Taekwondo:** Taekwondo (Figure 8), a Korean martial art, is the national sport of South Korea. In Korean, 'tae' means 'to strike or break with foot'; 'kwon' means 'to strike or break with fist'; and 'do' means 'way', 'method' or 'art'. Thus, taekwondo means the way of the foot and fist or the way of kicking and punching. As with many other arts, it combines combat techniques, self-defense, sport, exercise, meditation and philosophy.



Fig. 8 Taekwondo

**Kung Fu:** Kung Fu (Figure 9), means skill gained from Hard Work. Any of various martial arts and methods of self-defense originating from ancient China, especially those in which attacks are applied to vulnerable areas on an opponent's body using fluid movements of the hands and legs.



Fig. 9 Kung Fu

**Krav Maga:** Krav Maga (Figure 10), is a non-competitive self-defense system developed in Israel that involves striking techniques, wrestling and grappling. Krav Maga is known for its focus on real-world situations and extremely efficient, brutal counter-attacks.

**Basic techniques in Unarmed Combat:**

Some of the basic techniques involved in unarmed combat, which include arm punch, front kick, roundhouse kick, side kick and back kick.



Fig. 10 Krav Maga

**Arm Punch:** Arm punch (Figure 11), is a striking blow with the fist. The force comes from the arm. The use of punches varies between different martial arts and combat sports. Styles such as boxing utilize punches alone, while others such as karate may use punches as secondary to kicks. Wrestling and Judo do not utilize punches at all.



Fig. 11 Arm Punch

Arm punches are generally weaker than punches in which the whole body is used. They are intended to hit the same side of the face by which the arm is thrown from. For example, if a left punch is thrown, the fist will make direct contact on the left side of the opponent's face. This is just opposite for a hook, in which case if you strike with the left fist, you will hit the right side of your opponent's face.

**Front Kick:** The front kick (Figure 12), is a kick executed by lifting the knee straight forward, while keeping the foot and shin either hanging freely or pulled to the hip, and then straightening the leg in front of the practitioner and striking the target area. It is desirable to retract the leg immediately after delivering the kick, to avoid the opponent



Fig. 12 Front Kick



trying to grapple the leg and (unless a combination is in process) to return to stable fighting stance. Delivering a front kick involves raising the knee and foot of the striking leg to the desired height and extending the leg to contact the target. The actual strike is usually delivered by the ball of the foot for a forward kick or the top of the toes for an upward kick. The front kick is typically executed with the upper body straight and balanced. Front kicks are typically aimed at targets below the chest: stomach, thighs, groin, knees or lower.

The attacking “yell” (Figure 13), that is taught also has its basis in basic physiology. Aside from serving to demoralize the opponent, the “yell” also serves to tighten the lower abdominal muscles to prevent injury in the event of unexpected counter-attack. In addition, the exhalation or thoracic grunt, as practiced also by weightlifters or wrestlers, serves to equalize the pressure in the thorax which may result from violent exertion, thus preventing injury to the vital organs. The complete exhalation of the “yell” serves to expel the tidal air of the lungs, thus increasing the breathing or vital capacity of the lungs.



Fig. 13 Yell

**Roundhouse Kick:** A roundhouse kick (Figure 14), is also referred to as a round kick or turning kick. It is the most commonly used kick in kickboxing due to its power and ease of use. To execute this type of kick, the attacker swings their leg sideways in a circular motion, kicking the opponent's side with the front of the leg, usually with the instep, ball of the foot, toe, or shin.



Fig. 14 Roundhouse Kick

**Side Kick:** The side kick (Figure 15), refers to a kick that is delivered sideways in relation to the body of the person kicking. There are two areas that are commonly used as impact points in sidekicks: the heel of the foot or the outer edge of the foot. The heel is more suited to hard targets such as the ribs, stomach, jaw, temple and chest. However, when executing a side kick with one's heel, one should pull their toes back so that he/she only make contact with the heel and not with the whole foot. If a person hits with the arch or the ball of the foot, then that can injure the foot or break an ankle.



Fig. 15 Side Kick

**Back Kick:** It is also referred to as a donkey kick (Figure 16), mule kick, or turning back kick. This kick is directed backwards, keeping the kicking leg close to the standing leg and using the heel as a striking surface.



Fig. 16 Back Kick

### Advantages of Training in Unarmed Techniques:

The typical training regime, involving extensive movements of the entire body, raises the pulse rate and oxygen characteristics of the heart and lungs over an extended period. The emphasis is on twisting the trunk, in executing the kicking movements and in counter-balancing the hand movements. All these result in building a firm, well-muscled abdomen. The high leg raise preceeding most of the kicks in the martial arts also develops the side of the trunk and inner thigh muscles. It provides the following benefits:

- ◆ Increases muscular strength.
- ◆ Increases blood supply and makes the body tissue healthier in supplying more oxygen.
- ◆ Help lungs operate more efficiently.
- ◆ Flexibility in joints, muscles and ligaments.

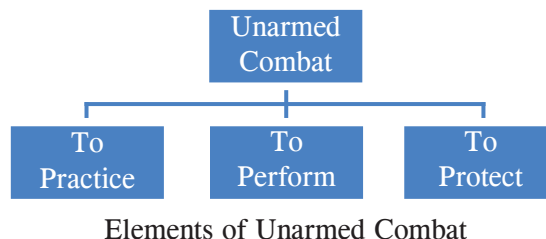
- ◆ Peripheral vision.
- ◆ Concentration and the ability to avoid distraction.
- ◆ Enlarge blood vessels, making them more pliable.

Regular training tends to normalize body weight. It results in a gain of solid tissue for the underweight and loss of body fat for the obese. Estimated calories consumption for a vigorous workout in martial arts is about 600 calories per hour; one of the highest for any sports activity. A weekly training schedule of six hours may result in the loss of ½ kg of weight per week.

### Basic Elements of Unarmed Combat:

The basic elements of any unarmed combat are to practice, to perform and to protect.

- (i) **To Practice:** Techniques of various unarmed combat forms can be practiced on regular basis to achieve proficiency and confidence. The more one practices the techniques, the better he/she can perform in the case of an attack. The practice increases strength, stamina and confidence of the participants and goes a long way in his/her overall physical fitness.
- (ii) **To Perform:** Various championships and competitions are organized by Clubs and Associations in India and abroad and participants perform unarmed techniques to display their preparedness and mastery on the subject.
- (iii) **To Protect:** In case of an actual assault on self and others, unarmed combat techniques are very useful to overpower and neutralize the opponents, thus protecting self.



### Exercise

#### Advise

- ◆ You should wear appropriate clothes for an active physical education class.
- ◆ You should choose your partner and take utmost precautions while performing the skill so that you do not hurt him/her.
- ◆ You should perform the techniques under the supervision of a trainer.
- ◆ You are advised to practice basic fighting concepts on practice bags and not on fellow students.

## Practice Session

Practice the following basic fighting concepts, which are used in almost all the forms of martial arts. This practice will enable you to master the movements, gain strength and confidence. You should perform these punches and kicks after the demonstration by a trained martial art expert. Trainer should supervise the performance of each student closely and prepare him/her to adapt tasks as per the ability.

Practice the following techniques:

1. Arm Punch
2. Front Kick
3. Roundhouse Kick
4. Side Kick
5. Back Kick

## Assessment

### A. Short Answer Questions

1. What is self-defense?

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2. What is the difference between street fighting and martial art?

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3. What are the three elements of unarmed combat?

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### B. Fill in the Blanks

1. An assailant is a person who attacks another, either \_\_\_\_\_ or verbally.
2. \_\_\_\_\_ combat is an activity of fighting without the use of weapons.
3. Unarmed combat means a system of strikes, \_\_\_\_\_ and breaks by which one can defend himself/herself.
4. An attack with a hand closed into a fist is called a \_\_\_\_\_.
5. An attack with the leg or foot is referred to as a \_\_\_\_\_.
6. An attack with the head is called as head \_\_\_\_\_.
7. \_\_\_\_\_ is a combat sport in which two people fight using their fist.
8. \_\_\_\_\_ is a self-defense system developed in Israel and it involves striking, wrestling and grappling techniques.
9. \_\_\_\_\_ punch is a striking blow with the fist.

### Checklist For Assessment Activity

Use the following checklist to see if you have met all the requirements for assessment activity.

#### Part A

- (a) Differentiated between martial arts and street fighting.
- (b) Differentiated between different forms of martial arts?

#### Part B

Discussed in class the following:

- (a) What is the importance of self-defense techniques?
- (b) What are the different forms of martial art?



(c) What are the basic techniques of kicking?

## Part C

### Performance Standards

The Performance Standards may include, but not limited to:

Performance Standards	Yes	No
List 3 forms of martial arts		
Perform 2 defensive stance		
Perform safety yell while preparing a knee kick		
Perform an effective arm punch		
Perform 2 types of kick on a punching bag/partner		

## Session-2 Maintaining Physical Fitness

### Relevant Knowledge

In the first session we have learnt that the unarmed combat is recommended for men, women and children. It may provide benefits in perceptual-motor organisation, concentration, vision, body development, aerobic conditioning of heart and lungs and provides training to control body which is valuable in the pursuit of any other sport or physical activity. Coupled with the obvious benefits in self-defense and the satisfaction of mastering an ancient art form, martial arts could be a part of the life of all people for all of their life.



In order to undergo rigorous training sessions of martial arts or unarmed combat techniques, it is necessary that you keep yourself physically fit. The organised training procedures and exercise drills stress on a systematic warm up of muscles and ligaments, increasing blood volume and flow through the muscles. These warming up exercises promote flexibility of joints, tendons and ligaments as well as serve to prevent injuries in training. The regime also stresses the warming down or cool down exercises after training, in order to pump down the accumulation of blood and fluid present in the

muscles after violent exercises. If this is not done, stiffness and discomfort will result. These techniques of warming up and warming down as well as the breathing exercise taught are another example of the highly developed science of body mechanics and physiology contained within formal martial arts training. In this session, we will learn how to perform some of the basic warm up and warm down exercises.

## Basic Warm up Exercises

### Brief About Exercises

**Running:** Running (Figure 17), is a means of locomotion allowing humans to move rapidly on foot. It is simply defined in athletics terms as a gait in which at regular points during the running cycle both feet are off the ground. This is in contrast to walking, where one foot is always in contact with the ground, the legs are kept mostly straight and the centre of gravity vaults over the legs in an inverted pendulum fashion. A characteristic feature of a running body from the viewpoint of spring-mass mechanics is that changes in kinetic and potential energy within a stride occur simultaneously, with energy storage accomplished by springy tendons and passive muscle elasticity. Running is the best exercise to build stamina and endurance required for unarmed combat.



Fig. 17 Running

**Push up:** A push-up (Figure 18), is a common exercise performed in a prone position by raising and lowering the body using arms. Push-ups tones the pectoral muscles, triceps, and anterior deltoids and the midsection as a whole. Push-up is a basic exercise used in civilian athletic training or physical education and training, more commonly in military physical training.

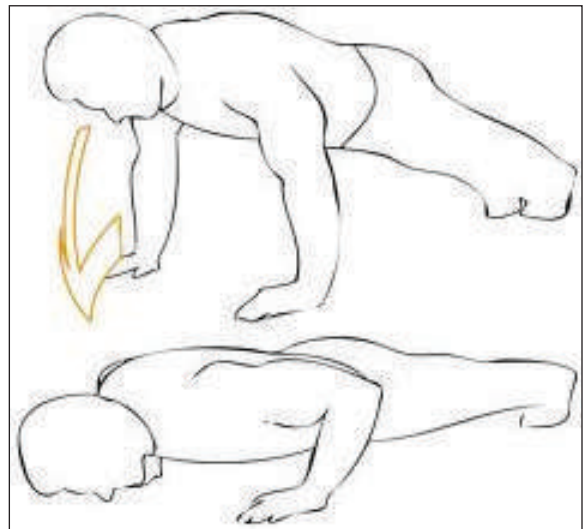


Fig. 18 Push Up

**Sit up:** The sit-up (Figure 19) is a strength training exercise commonly performed with

the aim of strengthening the hip flexors and abdominal muscles. It begins with lying with the back on the floor, typically with the arms across the chest or hands behind the head and knees bent in an attempt to reduce stress on the back muscles and spine, and then elevating both the upper and lower vertebrae from the floor until everything superior to the buttocks is not touching the ground. Sit-ups can be dangerous due to high compressive lumbar load, therefore utmost care should therefore, be taken while performing them.



Fig. 19 Sit Up

**Chin up:** The chin-up (Figure 20) is a strength training exercise. Martial arts students frequently do this exercise with the intention of strengthening muscles such as the latissimus dorsi and biceps, which extend the shoulder and flex the elbow, respectively. This exercise is done by gripping a chin up bar, suspending the body and gradually pulling the body to reach/touch the bar by chin. Chin ups strengthens the forearms, shoulders and fist muscles which proves to be very useful in unarmed combat.

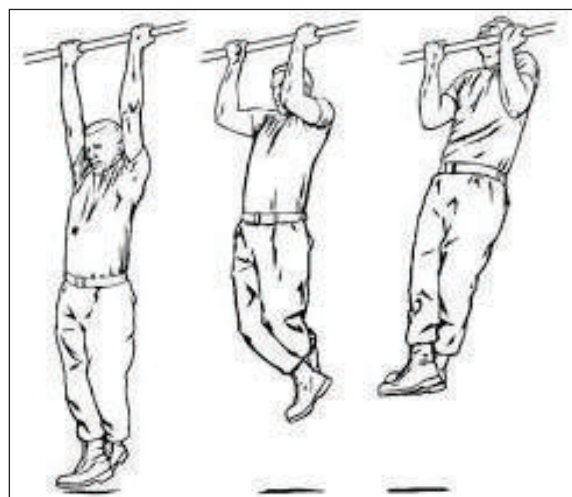


Fig. 20 Chin Up

**Squat:** The squat (Figure 21) is a full body exercise that trains primarily the muscles of thighs, hips, buttocks, quads, hamstrings, as well as strengthen the bones, ligaments and insertion of the tendons throughout the lower body. Squats are considered as a vital exercise for increasing the strength and size of the legs and buttocks, as well as developing core strength.

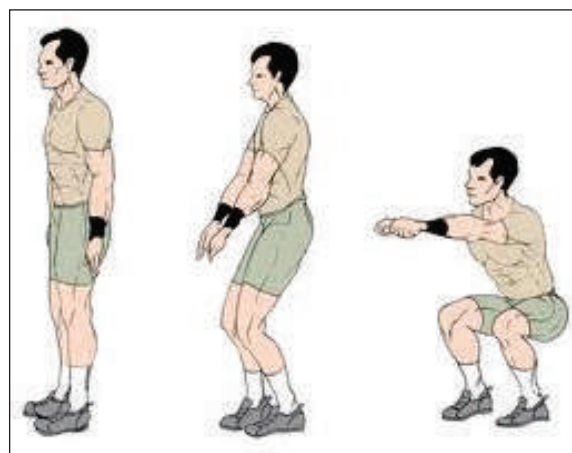


Fig. 21 Squat

#### Basic warm down exercises:

After a workout, muscles are tired and even with a warm-down will have an elevated level of metabolites. In this condition, muscles can easily go into spasm. It commonly

happens in running, race walking and even fast exercise walking. Take time to stretch at the end of every strenuous workout. Take a few minutes to relax and stretch out all of the major muscles that you used. The stretches will keep you limber and prevent tightness, helping you avoid injury. Hold these stretch static (without moving) for 10 to 15 seconds, making sure to do both sides.

1. **Quadriceps Stretch:** Lying on your right side, pull left heel into left glute, feeling the stretch in the front of the thigh. Repeat with the right leg (Figure 22).

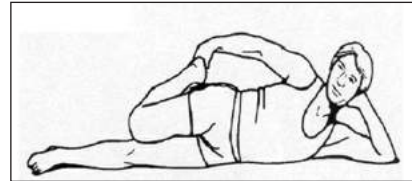


Fig. 22 Quadriceps Stretch

2. **Hamstrings Stretch:** Lying on the back, lift and straighten one leg directly above hips. Holding the calf or thigh, press heel towards the ceiling and pull the leg back towards the chest. Switch legs and repeat the exercise (Figure 23).

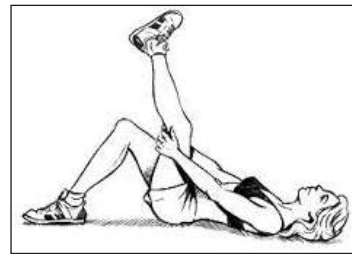


Fig. 23 Hamstrings Stretch

3. **Glutes Stretch:** Lying on the back, cross right leg over bent left knee. Then bring left knee to chest, holding onto the back of the thigh, gently pressing right knee wide. Switch legs and repeat the exercise (Figure 24).

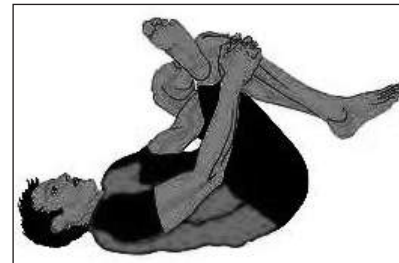


Fig. 24 Glutes Stretch

4. **Chest Exercise:** Standing straight, interlace fingers behind the back and straighten out the arms and lift chin to ceiling (Figure 25).

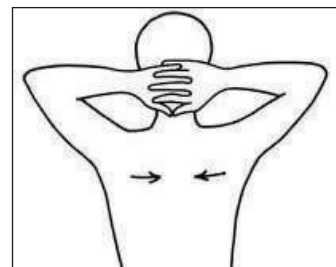


Fig. 25 Chest Exercise

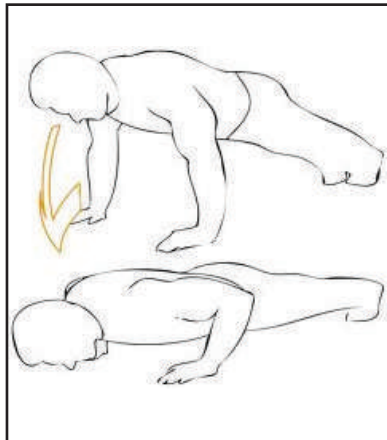
## Exercise

### Practice Session

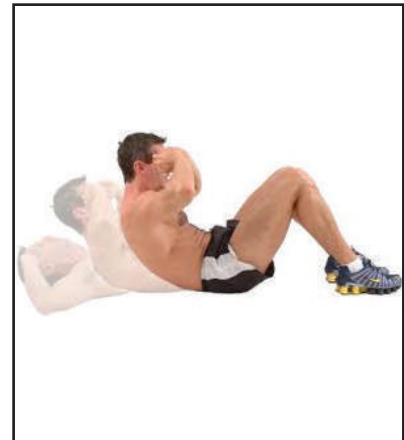
Practice the following exercises. Initially, these exercises should be performed in presence of the sports teacher or trainer and gradually you can practice at home.



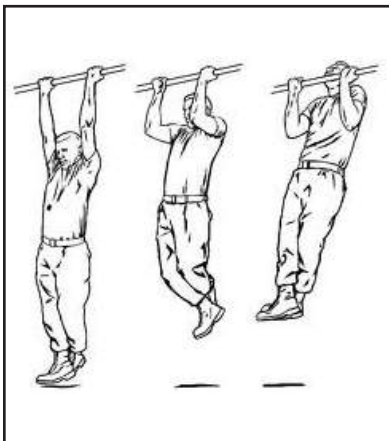
Running



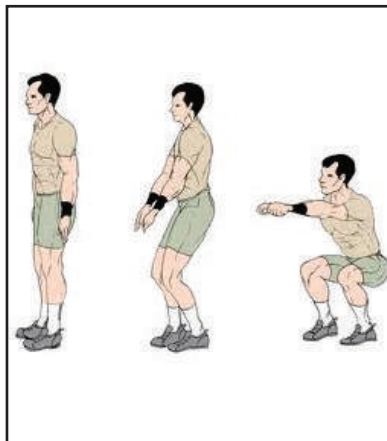
Push Up



Sit Up



Chin Up



Squat

Draw a sketch of any one these Positions

## Assessment

### A. Short Answer Questions

1. Why physical fitness is important for unarmed combat?

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2. Name three exercises that could be used as warm up exercises before practicing unarmed combat?

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3. Name three exercises that could be used as warming down or cool down exercises before practicing unarmed combat?

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**B. Fill in the Blanks**

1. Warming up exercises promote flexibility of joints, \_\_\_\_\_ and ligaments.
2. Warming down exercises are done to pump down the accumulation of blood and fluids present in the \_\_\_\_\_.
3. Gait is the term used to denote that at regular intervals of running cycle, both feet are \_\_\_\_\_ the ground.
4. A \_\_\_\_\_ is an exercise performed in a prone position by raising and lowering the body using arms.

**Checklist for Assessment Activity**

Use the following checklist to see if you have met all the requirements for assessment activity.

**Part A**

- (a) What is the importance of physical fitness in unarmed combat?

## Part B

Discussed in class the following:

(a) What are the common physical exercises used for unarmed combat?

## Part C

### Performance Standards

The Performance Standards may include, but not limited to the following:

Performance Standards	Yes	No
Perform push ups 5 times		
Perform sit ups 6 times		
Perform chin ups 3 times		
Perform squat 3 times		

## Session-3

### Performing Basic Techniques of Krav Maga

#### Relevant Knowledge

**Krav Maga** is a non-competitive self-defense technique developed in Israel that involves striking, wrestling and grappling. The name in Hebrew means “close combat”. The word maga means “contact” and the word krav means “combat”, but the literal translation “contact combat” could be confused with “full contact” martial arts, such as “full contact karate”.

**Krav Maga** is known for its focus on real-world situations and extremely efficient, brutal counter-attacks. It is now a popular



combat technique followed in several countries, including India. There are several organisations teaching variations of Krav Maga, both in India and other countries.

**Krav Maga** has a philosophy emphasising threat neutralisation, simultaneous defensive and offensive manoeuvres and aggression.

### **Principles of Krav Maga:**

The general principles of Krav Maga include (i) counter attacking as soon as possible, and (ii) targeting attacks to the body's most vulnerable points such as eyes, jaw, throat, groin, knee, etc.

The key principle of Krav Maga is finishing a fight as quickly as possible and therefore, all attacks are aimed towards the most vulnerable parts of the body i.e., face, neck, groin, knee, etc. Because there are no sporting rules in Krav Maga, students should wear protective gear to prevent injury to body parts.

For example, kicks to the groin during sparring is common place, therefore, groin protection must be worn and students should demonstrate due diligence with regard to the partner's safety.

**Krav Maga** integrates techniques from traditional Eastern European street fighting, military combat, Kung-Fu, Karate, Boxing, Muay Thai, Judo, Aikido, Western Wrestling and Ju-Jitsu. While ancient martial arts developed ways to reach all angles of human body with kicks and hand strikes, Krav Maga kicks and hand strikes are unique.

### **Training drill in Krav Maga:**

Basic training in Krav Maga entails the following: (i) a warm-up; (ii) learning essential pressure points; and (iii) learning how to approach and control an opponent using force. Men and women generally undergo the same training drills. It has no sporting federation and there are no official uniforms. Usual training attire consists of a T-shirt and loose fitting trousers. Krav Maga is also one of the few martial arts in which footwear is habitually worn, due to it being 'reality-based training'. Most organisations recognise progress through training with rank badges, different levels, and belts.

Training should include learning to defend against various weapons, such as knives, bats, guns, etc. Pressure drills, in which students engage with multiple attackers, are also common. Other tests include students closing their eyes and reacting to a variety of potential threats. Fitness and endurance training is also incorporated into regular classes.

Training can also cover situational awareness to develop an understanding of one's surroundings and potentially threatening circumstances before an attack occurs. It may also cover ways to deal with potentially violent situations, and physical and verbal methods to avoid violence whenever possible.

You should learn to defend against all variety of attacks before engaging in full-contact sparring. You should know how to respond to attacks in the quickest and most efficient way; a common lesson taught is ‘always use the nearest tool for the job’. This basically means use whichever limb is closest to the attacker at the time and whichever feels most natural.

## Krav Maga Techniques

**Krav Maga** uses the same building blocks from the simplest defenses to the most advanced techniques, including empty-handed defenses and disarms against bladed weapons, firearms, hand grenades, and even rocks. Krav Maga comprise two main parts: self defense and hand-to-hand combat.

- (i) **Self Defense:** You should learn to defend yourself against hostile actions, to avoid injury, and to quickly overcome the assailant. A variety of aggressive acts, such as punches, kicks, chokes, bearhugs, headlocks, grabs, as well as defenses against multiple assailants and assailants armed with a firearm, edged weapon, or blunt object can be used in self-defense. You should learn to apply the techniques in a multitude of situations such as dark surroundings; from a sitting or lying position; with limited freedom or movement; or under extreme stress.
- (ii) **Hand-to-Hand Combat:** Hand-to-hand combat (Figure 26) constitutes a more advanced and sophisticated phase of Krav Maga which teaches how to neutralise an opponent quickly and effectively.

It embodies elements related to the actual performance of the fight: tactics, feints, powerful combinations of different attacks, the psychological dimensions of the fight, and learning how to use the environment to your advantage.

The basic Krav Maga stances are:

1. Neutral or Passive Stance
2. Fighting Stance
3. Back Position on Ground
4. Side Position on Ground



Fig. 26



Fig. 27

## Arm Techniques

Punches are highly emphasised in Krav Maga as basic strikes which are useful in almost any situation. Among the punches taught are the straight punch, palm heel strike, low punch, hammerfist, hook, uppercut, chop, overhand, as well a variety of elbow strikes (Figure 27-29).



Fig. 28

## Leg Techniques

While Krav Maga does use kicks, however, it focuses on efficient, low-risk kicks. The main focus is on “low kicks”. More advanced and risky kicks are taught at higher levels, but use of them is discouraged. Leg techniques that are taught include the front kick, round kick, side kick, back kick, heel kick, slap kicks, axe kicks, various knee strikes, and sweeping (Figure 30-32).



Fig. 29

## Defense Techniques

Krav Maga practitioners are taught to go from defending to attacking as quickly as possible, and most blocking techniques are designed to facilitate this. It helps in learning how to defend against kicks and punches, as well as how to defend against attacks from any angle.



Fig. 30

## Ground Fighting

While Krav Maga stresses staying off the ground at all costs, and eventually have no choice but to fight there. Students are taught the best positions while on the ground, i.e. how to throw certain kicks while on the ground, arm bars, triangle choke, and guillotine. And students are also taught to defend against



Fig. 31



punches while mounted, chokes, headlocks, and what to do if their wrists are pinned.

## Head Strikes

Krav Maga uses all of the tools available, including the head.



Fig. 32

## Gun, Knife and Stick Defenses

Krav Maga details many ways to defend against many common weapon threats. These techniques include defenses against guns, knives, and blunt striking weapons, such as sticks. The use of these techniques varies and each possible scenario requires its own set of actions.



Fig. 33

## Three Steps to Self-Defense

So far you have learnt about various self-defense techniques. In order to apply self-defense techniques you need to follow at least the following 3 steps:

**Step 1:** Prepare for dealing with the offensive situation and violence by acquiring proper training.

**Step 2:** Recognise potential and actual threats and hazards through awareness.

**Step 3:** Respond properly through rapid evaluation of the immediate threat and your capabilities while understanding all the possible strategies and options available to you.

## Exercise

### Practice Session

- You should learn how to execute strikes and kicks including punches, hammer fists, elbows, and various kicks.

- You should also learn defence against take-downs, chokes, bear-hugs, arm bars, and other possible attacks.

Practice Basic Krav Maga stances, as mentioned below:

1. Neutral or passive stance
2. Fighting stance
3. Back position on ground
4. Side position on ground

Perform these stances after a qualified Krav Maga instructor demonstrated them to you. Thoroughly practice each movement to gain mastery. You are advised to practice the same on practice bags and not on fellow students.

The Basic Techniques that you should practice may include but not limited to:

1. Arm Techniques
2. Leg Techniques

### Assessment

#### A. Short Answer Questions

1. What is Krav Maga?

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2. State three common stances used in Krav Maga.

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3. Describe the three major steps to self-defense?

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## B. Fill in the Blanks

1. Krav Maga involves \_\_\_\_\_, wrestling and grappling.
2. The philosophy behind Krav Maga is \_\_\_\_\_ neutralisation, simultaneous defensive and offensive maneuvers.
3. Krav Maga comprise two main parts: self defense and \_\_\_\_\_ to hand combat.

## Checklist For Assessment Activity

Use the following checklist to see if you have met all the requirements for assessment activity.

### Part A

- (a) Differentiated between different stances of Krav Maga.
- (b) Differentiated between different techniques of Krav Maga.

### Part B

Discussed in class the following:

- (a) What is Krav Maga?
- (b) What are the basic principles of Krav Maga?

### Part C

#### Performance Standards

The Performance Standards may include, but not limited to the following:

Performance Standards	Yes	No
Perform straight punch		
Perform low punch		
Perform palm heel strike		
Perform hammer fist		
Perform chop		
Perform elbow strike		

## Session-4

# Applying Principles and Techniques of Unarmed Combat in Protection of Very Important Person

### Relevant Knowledge

This session, we will learn about the role of a Personal Security Officer (PSO), we will also understand how we can apply principles and techniques of self defense for protecting third party or a Very Important Person (VIP).

A PSO is an individual who is responsible for giving security cover to a VIP in order to ensure that no harm happens to the VIP under normal and emergency situations. In day-to-day language, a PSO is also called as a “bodyguard”. He is also called a shadow because as the shadow never leaves the individual. A PSO is always with his VIP under all situations and circumstances.

In most cases, a group of PSOs form a team to give protection to the VIP, with each member of the team having a specific and clearly defined role and responsibilities as an individual and as member of the team.

### Who is a VIP?

A VIP is a person whose security and well being are critical for smooth functioning of an organisation, Government or individual. Any harm/injury to this person will have drastic and long term impact on the organisation or the nation. VIPs can be broadly classified into the following categories:

1. **Political:** Heads of states like President, Prime Ministers, Chief Ministers, and Governors fall in the category.
2. **Religious:** Leaders of various religions, communities and sects fall in the category.
3. **Military:** Generals and top military commanders of defense forces fall in this category.
4. **Business:** Top industrialists and businessmen fall in this category.
5. **Individuals:** Celebrities like film stars, sports persons, writers, high net worth individuals and family members of categories mentioned above come in this category.

With the increase in the public popularity and appearance, the vulnerability of VIPs to different threats increases manifolds. Since their public appearance cannot be avoided,

they are always exposed to threats of harm and injury. Sometimes there are threats which do not have any physical harm to the VIP, but insult/demean his status and image, for example, someone throwing an object on the VIP.

### **What are the Threats to VIP?**

VIPs are exposed to different types of threats. Some are common to all the VIPs and some are specific to a particular type of VIP. Some threats result in the physical injury or damage to the VIP and some damage the image and status of VIP or the organisation they represent. Though the list is not exhaustive, some common threats to VIPs are listed below:

- ◆ Murder/Assassination
- ◆ Kidnap
- ◆ Assault
- ◆ Sabotage
- ◆ Bomb Explosion
- ◆ Hostage
- ◆ Pelting Stone/Objects
- ◆ Stampede
- ◆ Protest
- ◆ Verbal Abuse

### **What is VIP protection?**

VIP protection is a highly specialised and professional field which deals in protection of VIPs from known and unknown threats. It is a cross functional field which involves other disciplines like unarmed and armed combat, first aid, fire fighting, operational driving, crisis management, intelligence and vigilance, rescue and evacuation.

As criminals become more and more sophisticated and organised, they increasingly target VIPs. Whether the objective is kidnapping for ransom, changing the political balance, robbery, fame, revenge or any other goal, criminal attacks on VIPs have the potential to end in injury or even death. Some of the major motives behind targeting VIPs can be classified as follows:

Political	Religious	Revenge	Mental illness
Criminal	Economic	Business rivalry	Competition



### Role of PSO:

The role a PSO is of utmost importance in the safety and security of the VIP. A PSO has to be very careful in observing and responding to such incidents. Major qualities that a PSO should possess include the following:

- ◆ Expert in unarmed combat
- ◆ Good knowledge about VIP
- ◆ Honesty
- ◆ Courage
- ◆ Team spirit
- ◆ Good memory
- ◆ Organising ability
- ◆ Calculated risk taker
- ◆ Quick decision making
- ◆ Discipline and punctual
- ◆ Physically fit and mentally alert
- ◆ No criminal history or background
- ◆ Observant for generalities and details
- ◆ Expert in offensive and defensive driving
- ◆ Knowledge of first aid, firearms and explosives

In case of an incident, following actions should be taken by the PSO:

- (i) **Quickly Assess** the situation and categorise the incident as murder, assassination, kidnap, assault, sabotage, bomb explosion, hostage, protests, verbal abuse, pelting stone or objects, stampede, etc.
- (ii) **Identify the Direction** from where the attack or assault has come. This is very critical as the same will help to decide the direction of evacuation of the VIP. Try to figure out whether the attack is from an individual or from a group. Identification of enemy at the early stage goes a long way to neutralising or minimizing the threat.
- (iii) **Provide Body Cover** to the VIP and neutralize the enemy.

For a PSO, the safety of VIP is of supreme importance but he/she should also ensure the safety of general public and in case of emergency should not put general public in danger.

Security plans for protection of VIPs are very complex and involve almost all aspects of security. Very often the complexity increases because more than one agency is involved and requires coordination, confidentiality and back up plans. The role of PSOs can be broadly classified into the following:

- (i) **Body Cover:** A PSO has to always give a body cover to the VIP. It means he/she has to remain as close to the VIP as possible so that he can recognise and react to any adversary or threat aimed at the VIP in the minimum possible time. In case of a single PSO, it is very difficult to give a full body cover. This problem is solved by using a team of PSOs comprising two, three or more PSOs. The number of PSOs in the team depends on many factors like the level of threat, importance of VIP and budget assigned for security arrangement.
  - (ii) **Evacuation:** In case of an actual threat or an assault on the VIP, the PSO must ensure that the VIP must be taken away from the place of incident in minimum possible time and is relocated to a safe place or vehicle. The best solution is not to get involved in any argument and fights and instead choose to evacuate the VIP from the place where the problem has happened or is expected to happen. In case of one PSO, it is not advised to get into conflict with or to engage with the attacker. This is because when the PSO engages with the attacker, the VIP is left unattended, and therefore, becomes more vulnerable to the attack.
- In case there is a team of PSOs, the main PSO generally evacuates the VIP while other members challenge and engage with the attackers.
- (iii) **Neutralisation:** The last role of a PSO is neutralisation. It means engaging the attacker and destroying him. It can only be done once the VIP is taken away from the place of incident, otherwise it will lead to exposing the VIP to the threat for more time and thus increasing the possibility of harm.

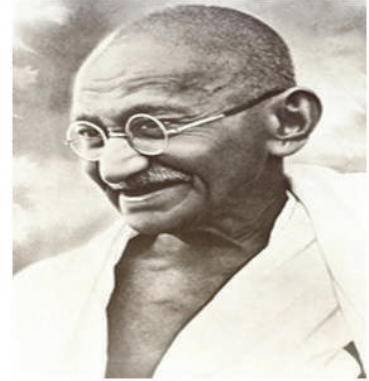
The decision to neutralise the attacker is very critical and risky. It requires experience and correct judgment of the strength of the opponent, his weapons, his style and his motive. It also depends upon the type of weapon the attacker is using. Only if the PSO has a superior weapon/arm, then he can neutralize the attacker. Private PSOs enjoy less authority and legal rights and protection as compared to their government counterparts. The variety of arms which can be carried by private PSOs is also restricted to small arms like revolver, pistol and gun. On the other hand, Government PSOs have access to more sophisticated arms like AK-47, AK-56 and other advance weapons.

## Exercise

### Case Based Problems

#### Scenario 1

On January 30, 1948, Mahatma Gandhi was shot and killed while having a brisk walk on the grounds of Birla Bhawan in New Delhi. Nathuram Vinayak Godse, who shot Gandhi, was against Gandhi's personal teachings of extreme or absolutist non-violence. He thought that such non-violent ideology would lead to Hindus losing the will to fight against other religions, which he saw as a matter of self-defense, and thereby becoming permanently enslaved. This has been said to be one of the major reasons behind his decision to kill Gandhi. Godse and his co-conspirator Narayan Apte were later tried and convicted. They were executed on 15 November 1949.



#### Scenario 2

**John. F. Kennedy** was the 35th President of the United States of America. Despite there being hundreds of witnesses to his assassination, there is a lot of confusion surrounding Kennedy's death to this day, leading many to suspect that it was a conspiracy. Just before 12:30 PM on November 22nd 1963, Kennedy was travelling through Dallas in his open-top Limousine. Three shots were fired from a high-powered rifle, all of which hit the President. Kennedy died soon after in the hospital. Among those who have been accused are the Federal Bureau of Investigation (FBI), the Central Investigation Agency (CIA), Cuba and the USSR. Despite numerous investigations, the death is still shrouded in mystery.



#### Scenario 3

**Martin Luther King** was the main man behind the American Civil Rights Movement. The movement was an attempt to abolish the racial discrimination of African Americans. After years of civil rights success, King had turned his attentions to the issue of poverty in America. On April 4th 1968, while standing on the balcony of his



second floor motel room, King was fatally shot. Following the assassination, there were riots in over 60 cities across the USA, and five days later, President Johnson declared a day of mourning.

Two months later, escaped convict James Earl Ray was captured in London and was extradited to Tennessee where he faced the charge of murdering Martin Luther King. Ray was a white man who was opposed to the African-American Civil Rights Movement.

Based on the above three stories of assassination, identify the motives of the assassin behind each one of them.

**Scenario 1: Mahatma Gandhi**

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**Scenario 2: John F Kennedy**

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**Scenario 3: Martin Luther King**

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**Assessment**

**A. Short Answer Questions**

1. Who is a VIP?

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2. State two motives with which VIPs are targeted by people.

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3. What are the three major roles of PSO?

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4. Explain the Following:

(i) Body Cover

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(ii) Evacuation

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### Checklist For Assessment Activity

Use the following checklist to see if you have met all the requirements for assessment activity.

#### Part A

- (a) Differentiated between various types of VIPs.
- (b) Differentiated between various motives with which VIPs are targeted.

#### Part B

Discussed in class the following:

- (a) What are the various threats likely to be faced by the VIP?

#### Part C

#### Performance Standards

The Performance Standards may include, but not limited to the following:

Performance Standards	Yes	No
List 2 common political motives of attack on VIPs		
Enumerate 3 qualities that a Personal Security Officer should possess		
Perform defensive moves for providing body cover to a VIP		

## Session-5

# Identifying the Role of Security Team in VIP Protection

### Relevant Knowledge

In the previous session, we have learnt about the role of a PSO in protecting a VIP. In most cases, a well organised and trained team is always preferred than a single PSO for ensuring the security of a VIP. Before we learn about team formation in VIP protection, let us first understand a few commonly used terms:

1. **VIP/Principal/Subject:** The person who is being protected.
2. **PSO/Body Guard/Shadow:** The security person(s) who is/are responsible for Security of VIP.
3. **Lead:** The main PSO who moves with the VIP. In case of a single PSO, he/she becomes the lead.
4. **Tail:** In case there are two or more PSOs, the PSO other than the Lead is called the Tail. In case there are more than two PSOs, the person who moves last in the team is called the Tail.
5. **Medium:** The mode of travel of VIP is called a medium. A VIP can travel by Air, Rail, Road or by Boat/Ship.
6. **Main Vehicle:** The vehicle in which a VIP travels.
7. **Carcade:** The convoy of vehicles, including the main vehicles is called a carcade.
8. **Pilot Vehicle:** Security vehicle which moves in front of the main vehicle is called as Pilot Vehicle.
9. **Escort Vehicle:** Security vehicle which immediately follows the main vehicle is the escort vehicle.
10. **Place of Visit:** Any place where the VIP is visiting. There can be different places of visit throughout the day. It can be home, office, hotel, hospital, public rally or any other place where VIP is visiting.
11. **VIP driver:** The driver who drives the VIP's vehicle. He should preferably be

security personnel, who trained and experienced in driving and well versed with the routes and locations.

### **One Man PSO:**

One man PSO is the most basic formation possible in VIP protection. The position of the PSO is flexible and he has to physically cover and observe the entire 360° around the VIP. This he can do by changing his position from time to time and in the direction where he thinks the VIP is exposed to threat or needs body cover. One man PSO formation is very easy to break. Just by engaging or neutralizing the PSO, the enemy can directly target and harm the VIP. In case of an attack, the PSO has to give body cover and simultaneously carry out evacuation.

### **Two Men PSO:**

Two men PSO is more advanced and most commonly followed formation used in VIP protection. Each PSO is required to cover and observe exactly 180° around the VIP. Out of the two PSOs, the main PSO is called the lead and the second is called the tail. They can even interchange their positions as and when required. Two men PSO formation is a bit difficult to break. In case one PSO is engaged or neutralized, the second PSO will do the body cover and carry out evacuation.

### **More Than Two Men PSO:**

VIP's who have more risks or threats to their life, requires more than two PSOs. The formation made by three PSOs will be a triangle, with each PSO observing 120°. The team with 4 PSOs forms a box, with each PSO covering and observing 90° each for providing body cover. This kind of formation is used in security of politicians, military or religious leaders. Each PSO is assigned a particular position and responsibilities in the team. The main PSO is called the lead and the last PSO is called a tail.

They can even interchange their positions, as and when required. The more the number of PSOs in the formation, the more difficult it is to break and neutralise by the enemy. With more number of PSOs, the VIP gets maximum security by getting maximum body cover and in case of an attack; the team can very efficiently and quickly carry out evacuation as well as neutralisation if the situation demands and the team decides so.

In India, the category of security is divided into the following four tiers:

1. Z+ category has a security cover of 36 personnel.
2. Z category has a security cover of 11 personnel.

3. Y category has a security cover of 2 personnel.
4. X category has a security cover of 1 personnel.

Individuals under the above mentioned category of security blanket include Cabinet Ministers, Deputy Chief Ministers, Former Deputy Chief Ministers, Chief Ministers, Former Chief Ministers, High Court and Supreme Judges, leading politicians, and senior bureaucrats. The SPG (Special Protection Group), NSG (National Security Guards), ITBP (Indo-Tibetan Border Police) and CRPF (Central Reserve Police Force) are the agencies responsible for providing securities to VVIPs/ VIPs/ Politicians/ High-profile celebrities and sports persons.

### **Advance Party:**

For providing protection to high profile VIPs like politicians, military leaders, top businessmen and foreign dignitaries, there is also a provision of an advance party. This advance party comprises of additional PSOs who reach the place of visit prior to the visit of the VIP. By reaching in advance, the advance party does a route survey and recommends the main PSO team the route to be followed during VIP movement.

The advance party also studies the security arrangement at the place of visit, carries out liaison and even receives the VIP on their arrival and then become a part of team for enhanced protection of the VIP.

A PSO must possess certain qualities and should be competent in various skills to perform effectively as a VIP Protector. A PSO should possess the following competencies and characteristics:

1. **Close-quarter Battle Skills:** The PSO should be skilled in combat techniques including use of firearms, chemical agents, edged and impact weapons, unarmed combat, arrest and restraint techniques and empty-hand combat.
2. **Driving Skill:** He/She should possess driving skills for defensive, evasive and offensive driving. Defensive driving is done where one seeks to avoid potential danger. Evasive driving enables the vehicle to escape from an ambush. In offensive driving, the vehicle is used as a weapon.
3. **Good Observation Skill:** The PSO must have excellent observation skills. Observation is the most used skill in security. It is not just about looking but it is about seeing for avoidance of possible attacks and effectively responding to situations.

4. **Insight:** The PSO must have good common sense. He/she should be able to sense when things are about to go wrong so that he/she can take appropriate preventive action to avoid certain situations.
5. **Good Hand-Eye-Coordination:** Good Hand-Eye-Coordination helps the PSO to react quickly in situations where he/she is forced to combat at close range.
6. **Tact:** The PSO should be able to lead a tactful conversation with his/her VIP.
7. **Adaptability and Flexibility:** A PSO must be able to adapt to lengthy work schedules and be flexible, as he/she will have to work for long hours with little or no sleep. He/she needs to adapt to the different social settings and environments.
8. **Ability to Handle Mental Stress:** A PSO should possess the ability to handle difficult and demanding tasks and overcome stress due to demanding working hours and situations.
9. **Communication Skills:** A PSO should be able to communicate effectively with the VIP and colleagues in the team.
10. **Physically Fit:** He/she should remain physically fit.
11. **Attitude:** A PSO must have a positive attitude towards his/her work. He/she should be self-disciplined, confident, credible, responsive, tactful and responsible.

## Exercise

### Role Play

1. Form a pair with your friend, one being the VIP and other being the PSO. Now practice one man PSO body cover and evacuation. Both the participants should interchange their roles as VIP and PSO, turn by turn.
2. Form a group of 3 students, one being the VIP and other 2 being the PSO. Now practice two men PSO body cover, evacuation and neutralisation. All the three participants should interchange their roles as VIP and PSO, turn by turn.

## Assessment

### A. Multiple Choice Questions

1. The Very Important Person who is being protected by the security team is also known as



- (a) Personnel
  - (b) Principle
  - (c) Subject
  - (d) None of the above
2. The main PSO who moves with the VIP is known as the
- (a) Tail
  - (b) Lead
  - (c) Leader
  - (d) Companion
3. The security vehicle that moves in front of the main vehicle of VIP is called
- (a) Pilot vehicle
  - (b) Escort vehicle
  - (c) Carcade vehicle
  - (d) Main vehicle

**B. Fill in the Blanks**

1. In case of attack on the VIP, the PSO provides \_\_\_\_\_ cover to the VIP and then carry out \_\_\_\_\_.
2. One man PSO has to physically cover and observe the entire \_\_\_\_\_ degrees around the VIP.
3. Two men PSO is required to cover and observe \_\_\_\_\_ degrees around VIP.
4. Three PSOs form a triangle, with each PSO covering and observing \_\_\_\_\_ degrees.
5. The team with 4 PSOs forms a box, with each PSO covering and observing \_\_\_\_\_ degrees.
6. The Z+ category of security cover has \_\_\_\_\_ security personnel, whereas the Z category has only \_\_\_\_\_ personnel.
7. The Y category cover has \_\_\_\_\_ security personnel while the X category has just \_\_\_\_\_ personnel.

### C. Short Answer Questions

(i) Describe three roles of a Personal Security Officer.

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(ii) What are the roles of advance party in the security of VIP?

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(iii) Write the full form of the following:

- (a) SPG —
- (b) SG —
- (c) ITBP —
- (d) CRPF —

### Checklist For Assessment Activity

Use the following checklist to see if you have met all the requirements for assessment activity.

#### Part A

- (a) Differentiated between the formations made by PSO(s) for providing body cover to a VIP.
- (b) Differentiated between the various roles of PSO.
- (c) Differentiated between various categories of security provided to VVIPs and VIPs.

#### Part B

- (a) Why a security team is better than a PSO for providing security to a VIP?
- (b) What are the roles of PSO?
- (c) What are the values and attitude that a PSO should possess?

#### Part C

#### Performance Standards

The Performance Standards may include, but not limited to the following:

Performance Standards	Yes	No
List 3 qualities of a competent Personal Security Officer		
Prepare a plan to organize team of PSO for a hypothetical threat situation to the VIP		
Demonstrate the knowledge of delegating responsibility to team members for protecting a VIP in a hypothetical threat situation		

# Notes

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