Protection & Counter Terrorism

Elite Protection Operative's Specialization

VIP/Close Protection

The Modern Samurai of the 21st Century

www.securityacademy.com
Shalom and Welcome

We have been in the security instruction domain maybe more than the age of most of our students combined. Our institute was established in 1987 by a group of senior retired officers after completing long careers in Israel’s finest security establishments. Together with younger veterans from those organizations we do our best to share our know-how and expertise accumulated by Israeli and other security experts worldwide.

Five years ago, we upgraded and successfully reached a solution to overcome the language barrier that we faced during our multinational students training periods in Israel, Switzerland and other countries.

The Ultimate Instruction Manual has been developed, gathered and produced over the past 30 years by our Israeli experts, foreign instructors and many colleagues from various respectable sources and nationalities to suit the Israeli recommended Protection & Counter Terrorism concepts, methods, tactics, and qualification standards.

We continue to add instruction materials and videos as part of an ongoing update/upgrade process for our students during their study. Students will be able to download the required chapters of the instruction manual in one preferred language.

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The prior Mental and Physical Preparedness, along with the full understanding of all the requirements needed to become a successful Security Operative, Team Leader or Manager, has delivered successful “WINNERS” that were educated to a very high standard on what to expect. They were able to reduce for themselves the course’s difficulties, to pass all exams with ease, and achieve very high scores with an unforgettable life experience!
Israel's secret weapon has been, and always will be, The Human Factor, or, more precisely, the education, training and preparedness of Israelis which have time and again defeated terrorism and violence, and have helped and will continue to help bring true peace to the region.

My dear friends, hope and faith is very soothing in the face of crisis but the real and only effective solution to defeat terror, violent crime and general lack of safety is for all of you, from every level of society, to support your leaders and law enforcement agencies and take action by discovering your own inner strength and physical abilities and putting them to use in the struggle against the “evils” that try to terrorize your lives daily.
Introduction to The Ultimate Security Instruction Manual:
Sharing "Secret" Israeli Instruction & Qualification Concepts, Methods and Tactics

Learn the Civilian Security Industry Sector and Professional Requirements to Upgrade your Professional Management Career to be efficient and Excellent


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In the International Security Industry

Future Trends Requirements

Criminals, separatists, fundamentalists and terrorists are always trying to capitalize on the advancement of growing nations. These countries are striving to achieve economic development through foreign investment; however, a significant lack of secure and safe conditions prevents and even jeopardizes economic developments and corporate expansion. Creating an increasing need for services related to the protection of assets and VIPs, such as experts, engineers, journalists, people with sensitive knowledge, and facilities holding sensitive or valuable materials and assets.

While businesses and government policy are evolving to fit the modern globalized international environment, the threats of both crime and terrorism have followed suit and have also become globalized.

This has caused countries, companies and organizations worldwide to re-establish themselves to fill the void in the security field. Security has taken the forefront in international, governmental and corporate strategies, and the need for qualified protection specialists, consultants and advisers is paramount. Both governments and private companies are developing methods and tactics to stay one step ahead of these threats and these professionals are the key to success in doing so.

There is a growing tendency for the authorities to transfer public security missions traditionally held by law enforcement to private security companies/organizations, endowing them with the responsibility for the public’s safety, now more than ever before.

With the increase in the amount and scope of threats, businesses, the public, the state and other bodies realize that in our times the job of the Chief of Security is crucial for the success of any organization.

The Chief of Security has numerous responsibilities and though his actions will depend on the character, the activities and the location of the organization he will work for, his job will always inevitably involve detecting the weak points of the organization and securing them. His duty is to prevent any harm to his organization through all the means placed at his disposal.

In view of the new threat environment, many countries worldwide are entering a process of upgrading their professional security requirements and will no doubt review their regulations, implement and enforce the Chief of Security as a mandatory post in various organizations and companies.

Each state “regulator” can be expected to exert and exact greater demand from the person in that post, and it may not be good enough to merely be an ex-military or police officer. These key personnel will need major security and professional upgrades to mitigate and overcome the potential threat in each one of our homelands.

In the Military

The company’s commander is the most influential leader in the infantry battlefield!

In the International Security Industry

The Operational Chief of Security is the most influential leader in the security array!
Please find attached the “Duties & requirements description” published by a leading International NGO that operates Security Management and Personnel worldwide.

VIP/CLOSE PROTECTION TEAM LEADER
Duties description

FUNCTIONS AND RESPONSIBILITIES:

In accordance with Agency policy and procedures, the incumbent:

Management of the Close Protection Team:

- Manages the Close Protection (CP) Team in accordance with Agency close protection guidance;
- Implements mitigation strategies to deter or deny any identified threat to preserve the security, safety and wellbeing of the Agency’s Protégée;
- Produces and coordinates his/her unit operational plans, exercises and reviews courses of action in conjunction with the assessed threat and in accordance with Agency’s close protection policy, guidance and standard operating procedures.
- Conducts all close protection operations as outlined by the Agency’s close protection policies and guidelines; and ensures that close protection operations are conducted in accordance with Agency’s methodology and standards;
- Establishes and deploys close protection teams tactically trained to meet the assessed threat;
- Prepares regular operational reports with analysis and recommendations;
- Establishes clear lines of authority between members of the VIP/CP Team;
- Provides risk briefings to Agency’s managers on close protection concerns for the official travels or daily activities of his Protégée;

Administrative and training requirements:

- Determines equipment, facility and supply needs based on operational requirements;
- Plans, coordinates and conducts close protection training and exercises to ensure that operational readiness and competencies are maintained to the Agency’s standards;
- Supervises the performance of individual team members;
- Establishes a rotational schedule for CP Team members, in and out of the unit;
- Identifies gaps in existing capability and make recommendation for amendment where necessary;
- Supervises the monitoring the equipment of teams and ensures minimum equipment requirements are supplied, maintained and deployed in accordance with relevant policy;
- Coordinates with the Protection Coordination Officer or equivalent in drafting the Statements of Requirement and provides technical specifications for the procurement of unit and team equipment.
- Provides inputs related to close protection to the mission’s budget proposal.

Coordination of CP activities:

- Gathers and analyses information relevant to the tactical level of close protection operations, in coordination with relevant parties, to include other appropriate security organizations as required;
Within delegated authority, liaises with relevant host country civilian police, military, law enforcement officials and others as necessary;

Coordinates with other mission security, military and/or police components and support services;

**Security inspections and surveys:**

- Assists the Senior CSO in the preparation of the threat and tactical risk assessments reports recommending close protection specialized mitigating measures based on the threat identified;

**MINIMUM QUALIFICATIONS:**

**Academic and professional qualifications**

High school diploma or equivalent technical or vocational certificate. A valid driver’s license is required.

**Experience**

- A minimum of ten years of experience in the military, police or security management is required.
- A minimum five years of progressively responsible experience in close protection, as well as a minimum two years of experience in close protection management at the supervisory level with a national, private or international security organization is required.
- At least one year experience and exposure at the international level and in a conflict or a post conflict environment is required.
- Experience and proficiency in the use of close protection weapons, communications, surveillance equipment, and vehicles is required.

**Language**

Excellent command of the English language

**Competencies**

- Demonstrated leadership capabilities in stressful environments;
- Demonstrated ability to of excellent judgment and decision-making skills;
- Demonstrated planning and organizing skills and the ability to develop clear goals that are consistent with agreed strategies and to identify priority activities and assignments;
- Able to identify the key issues in complex situation of close protection operations;
- Able to gather relevant information before making a decision and consider positive and negative impact on others and on the Organization;
- Excellent knowledge of close protection tactics and techniques combined with a solid background of military, police or security specialization;
- Able to recognize and appropriately react to threats;
- Ability to effectively deal with stress factor when encountered in close protection operations;
- Speaks and writes clearly and effectively;
- Works collaboratively with colleagues to achieve organizational goals;
- Identifies the key issues in complex situation of close protection operations;
- Demonstrated capability of rapid decision-making in emergencies (with little margin of effort), under conditions of extreme stress or when rapid response is required.

**DESIRABLE QUALIFICATIONS:**
- Completion of an international, national or commercial close protection training is desirable;
- Recent (within two years) successful completion of an emergency trauma bag certification or equivalent of a first aid certification is desirable;
- High standard of physical fitness is desirable;
- VIP / Close Protection Officer Certification is highly desirable;
- VIP/Close Protection Team Leader Certification is highly desirable;
- Training in martial arts and/or specialized security practices is an asset.

**CHIEF SECURITY OFFICER**

Duties description

this will be the work responsibilities for which he need to develop the skills,

**Directs and manages** the Security and Safety Service which includes but is not limited to the following:
- Defines security and safety policies and standards at the premises
- Initiates and reviews all operational planning and standard operational procedures (SOP) applicable to the conduct of security operations.
- Supervises and controls the functions of security according the defined organizational structure.
- Directs and deploys supervisors and officers to ensure the most effective and efficient provision of security and safety services.
- Provides leadership to the Security department.
- Elaborates recruitment policy in consultation with the Human Resources Management Service.
- Directs the security management team, by supervising the development of each security related project together with appropriate entities of the Divisions.
- Ensures prudent financial resource management.
- Coordinates effective security provision with local police/security services.
- Develops and implements security and safety training programs, including weapon training and security related information technology and organizes special training sessions for staff and security personnel.
- Makes special security arrangements for visiting Heads of State and other high-level officials and for special events and conferences including security risk assessments and conference security, outside the duty station.
- Coordinates security measures pertaining to travel of the VIPs, as required, and manages the provision of additional security services.
- Maintains regular and effective communications
- Based on regular and ad hoc threat assessments, develops a risk mitigation/management strategy for the objects’, including major events, such as conferences, meetings, VIP visits.
- Develops and updates, local security policies, plans and procedures and their implementation.
- Evaluates the effectiveness of physical and security and safety installations, and in the context of the organizational resilience management system.
- Performs other duties as directed by the Top management
Competencies Professionalism:
- Excellent knowledge of the security management, combined with other security specialization and sound political and social knowledge of.
- Shows pride in work and in achievements; demonstrates professional competence and mastery of subject matter; is conscientious and efficient in meeting commitments, observing deadlines and achieving results.
- Is motivated by professional rather than personal concerns.
- Shows persistence when faced with difficult problems or challenges.
- Remains calm in stressful situations.

Communication:
- Speaks and writes clearly and effectively.
- Listens to others, correctly interprets messages from others and responds appropriately; asks questions to clarify, and exhibits interest in having two-way communication; tailors language, tone, style and format to match audience.
- Demonstrates openness in sharing information and keeping people informed.

Planning & Organizing:
- Develops clear goals that are consistent with agreed strategies.
- Identifies priority activities and assignments; adjusts priorities as required; allocates appropriate amount of time and resources for completing work.
- Foresees risks and allows for contingencies when planning.
- Monitors and adjusts plans and actions as necessary.
- Uses time efficiently.

Managerial Competencies
Leadership:
- Serves as a role model that other people want to follow.
- Empowers others to translate vision into results.
- Is proactive in developing strategies to accomplish objectives.
- Establishes and maintains relationships with a broad range of people to understand needs and gain support.
- Anticipates and resolves conflicts by pursuing mutually agreeable solutions.
- Drives for change and improvement; does not accept the status quo.
- Shows the courage to take unpopular stands; provides leadership and takes responsibility for incorporating gender perspectives and ensuring the equal participation of women and men in all areas of work.
- Demonstrates knowledge of strategies and commitment to the goal of gender balance in staffing.

Judgement/Decision-making:
- Identifies the key issues in a complex situation, and comes to the heart of the problem quickly.
- Gathers relevant information before making a decision.
- Considers positive and negative impacts of decisions prior to making them.
- Takes decisions with an eye to the impact on others and on the Organization.
- Proposes a course of action or makes a recommendation based on all available information.
- Checks assumptions against facts.
- Determines the actions proposed will satisfy the expressed and underlying needs for the decision.
- Makes tough decisions when necessary.
Principles of the Israeli Security Concepts for Protection and CT Measures

Introduction

The Security Industry is undergoing a major transformation. Globalization and the proliferation of extremism has created a new reality. Parallel to this, there is a growing tendency by official authorities to transfer the responsibility for public security missions to civilian security companies / organizations, a responsibility traditionally held in the past by law enforcement sectors. This trend follows the government’s desire for a more efficient security apparatus and safer public environment. We are witnessing, and maybe even take part in, this unique process that is occurring in many countries.

Today, due to the high demand and need to privatize certain functions of government, the specialized field of protection services has become one of the fastest growing sectors. Countries, companies and organizations worldwide are currently reestablishing themselves to fill the void created in the security field.

For this trend to continue and help develop the Civilian Security Industry, we must provide more employment and career opportunities also for veterans of various military, law enforcement establishments and PMC personnel.

We at International Security Academy – ISRAEL, that has specialized in the field of Protection & Counter Terrorism instruction since 1987, decided to approach and offer our unique qualification expertise and support all with a unique SPECIALIZATION package (Distance + Practical) – Principles of the Israeli Security Concepts for Protection and Counter Terrorism Measures, that will upgrade and enhance them professionally to fill the void in the various security fields.

This Specialization’s uniqueness will provide you with the special edge needed to work in the various and diverse fields of security, such as Counter Terrorism, VIP/Close Protection, Maritime Security, Aviation Security, Installation and Transportation Security and more.

By attending this Specialization and exposing yourself to so many different territories, you will inevitably open yourself up to MANY desired employment opportunities in the security field. This course offers you the best way to fill the employment void and close the gap created in the private security sector.

Graduates of this unique program are sought after by distinguished protection service clientele and by protection service providers worldwide.
The Objectives of the Specialization

- To introduce the Israeli protection and counter terrorism concepts in various fields.
- To enable trainees to test their fitness and ability to work in the global security field.
- To ensure that our trainees have the best knowledge, methods, and skills that will allow them to both respond to and neutralize a wide variety of threats.
- To qualify, upgrade, sophisticate and enhance the operational capabilities of the Security and Protection Operative, alone or as a member of the Protection Team, in a wide range of environments.
- To enable each and every one of our trainees to continue giving reliable, efficient and professional services to their clients, mainly beyond the boundaries of their own region or country.

Who Should Attend?

- Men & women between the ages 21 - 50
- Such an opportunity is offered also to those who are already active in the security field, who understand that there is Never an End to advancement and training and whose professionalism is expressed by an ongoing pursuit for knowledge and the attempt to acquire as wide a range of knowledge as possible.

Specialization's Content
Principles of the Israeli Security Concepts for Protection and CT Measures for:

1. COUNTER TERRORISM AWARENESS
2. VIP/CLOSE PROTECTION
3. MARITIME SECURITY - SSO
4. AVIATION SECURITY
5. SENSITIVE INSTALLATION SECURITY
6. TRANSPORTATION SECURITY
7. VALUBALES TRANSPORTATION SECURITY
8. PUBLIC EVENTS SECURITY
9. COMPETITIVE INFORMATION SECURITY
10. LOSS PREVENTION
Our Specialization’s uniqueness

• Combining practical and theoretical training methods.

• Incorporation of special training methods for the development of the participants’ self-confidence and reaction capabilities in high stress situations.

• Coordination of subjects to develop thinking, initiative, and motivation.

• Live practice and simulation.

• Our training programs are different, special and unique - we supply each participant with an unforgettable practical experience.

• We don't provide Rambo-style training, but rather improve your mental and physical preparedness.

• Our training takes place in a disciplined atmosphere.

• Effective instruction, knowledge and practice improve mental and physical abilities. This will enhance self-confidence, and enable trainees to perform exceptionally.

• We have successfully developed a very sophisticated and most up to date Israeli instruction platform in ENGLISH and we continue to translate to various languages (French, Russian, German, Spanish, Arabic, Italian, Serbian, Portuguese) in order to provide our students (prior to their arrival to our training) a unique and comprehensive Security Instruction Manual that we call the “SECURITY BIBLE”.

• Today, we are proud to see tremendous professional achievements by all our candidates who are reaching the peak of our practical completion training. Because of these achievements, we can double up the time of practice and drilling instead of spending time on Academic/ Theoretical lectures that are not always understood by all due to language barriers. With this upgrade, we have managed to reduce the qualification’s duration which poses as a critical economic barrier for many candidates from the Civilian Security Industry.

• The Mental and Physical prior preparedness and full understanding of all the requirements needed to become a successful security operative, Team leader or Manager delivered successful “WINNERS” that were educated to a very high standard on what to expect, and were able to reduce for themselves the course’s difficulties, to pass all exams with ease, gained very high scores with an unforgettable life experience!
Our trainee's achievements:

• Understanding of the collection and evaluation of intelligence and threat assessment.

• Familiarity with typical attacker profiles and actions, based on and including case studies of actual assassinations and attempts.

• Understand and practice scanning the surroundings for threats, in order to respond to them appropriately.

• Knowledge of the basic history of protective services and the ability to identify key concepts and terms of this unique segment of the security field.

• The ability to undertake threat analysis, including evaluations of internal and external threats.

• Awareness of technical capabilities such as surveillance, detection and alarm equipment.

• The training will qualify, upgrade, sophisticate and enhance the tactical capabilities and operational fitness.

• The ability to build effective professional relationships with the police, security personnel, the public, businesses and employees within their field of operation.

• The ability to undertake field operations involving vehicle and pedestrian movement, command center operation and static post assignments.

• Understand convoy formations and vehicular movement, tactics and strategies.

• Exposure to the Arab-Islamic culture; its social habits, religion, language, and rituals.

• Our trainees originate from diverse backgrounds, and participate to create amicable training relationships.
The International Security Academy – Israel is An Academic & Practical Security qualification institute for Elite protection personnel and Management from the governmental and civilian sectors worldwide that was founded in 1987 by Mr. Mirza David together with a group of senior Israeli security experts from the finest Israeli Security establishments.

Our Israeli based organization has analyzed the many factors that produce and enable violent crime and terrorism to exist. Years of experience in police and military special units as well as various security establishments have allowed us to analyze many factors that produce and enable “Bad guys” action. We have many years of hands-on experience in understanding the mind-set of violent offenders and terrorists and how they operate.

Our team at the International Security Academy - Israel has been directly involved for years in developing strategies to cope with various forms of terrorism. We are devoted to developing innovative and effective methods of combating violent offenders and terrorists.

We are a proactive organization that provides our students with unique and effective tools and strategies for dealing with all forms of terrorism and violent behavior. Those who experience training at the I.S.A - ISRAEL improve their practical skills and understanding of their adversary. Our instruction empowers our graduates to effectively combat violence and/or terrorism.

We have developed programs that offer our students practical training that is taught by seasoned professionals. Our methods involve intense counter violent crime and terrorism simulations that utilize proven methods of handling threatening situations. Participants engage in a variety of drills and training that prepares them to handle potential attackers, kidnappers, stalkers and terrorists.

Our programs include many topics intended to improve the mental and physical capabilities of our students as they learn to deal with violence and terrorism worldwide.

OUR OBJECTIVES

The prevention, intervention, and suppression of violent crime and terrorism worldwide by sharing our unique methodology and practical experience gained in Israel with colleagues worldwide.

OUR UNIQUE INSTRUCTIONAL METHODS:

- Our secret weapon is the development of the inner-strength from each individual (The Human Factor!). Technology and accessories are always secondary or complementary.

- Our instruction methods, knowledge, and training improve the mental and physical abilities of our trainees, thus improving their confidence and enabling them to perform extremely well under stress in emergency situations.

- Our trainees originate from diversified backgrounds, and participate to create amicable training relationships.
“OUT OF THE BOX”
Israeli leadership & Security Management Studies
For the 21st century

“Adding practical experience to an academic environment”

OUR PROGRAM’S UNIQUENESS

The ISA - ISRAEL’s Leadership & Security Management Programs are the most up to date Academic & Practical qualification programs launched for the International Homeland/Domestic security industry. The programs are the most comprehensive and enhancing programs offered to those who wish to be the best.

What makes our program the most comprehensive, is that it is unique in its field; the Leadership & Security Management Programs are multidisciplinary courses that combine both the academic theoretical aspect of Leadership & Security Management as well as a practical application in both security and counter crime or terrorism. Graduates of our program will finish the degree with real world and practical experience in the security industry and will be prepared for positions within the Governmental & Civilian Homeland/Domestic security domains.

The program’s overarching mission is to produce a new generation of security executives, analysts, policy-makers, and scholars fully knowledgeable about the range of international and national security issues of the 21st Century. The syllabus has over 67 years of Israeli and worldwide experience for preparing students with a wide range of backgrounds to become leaders in their fields.

The Leadership & Security Management Program’s curriculum is designed to give students an array of course options which provide a solid foundation in core security issues. The depth and breadth of its course offerings stimulate students to pursue their intellectual and professional interests and develop their own areas of specialization, whether it is traditional intelligence and defense analysis, international security problems in general, emerging issues such as counter terrorism measures or public empowerment.

The faculty comprises leading scholars and practitioners in security affairs. Our faculty has years of distinguished service in the Israeli government. Classroom instruction is consequently enriched with an understanding and appreciation of the real world issues which security executives, commanders and leaders have to contend with. The result is a program that combines the best of both worlds—Academic and Practical relevance.
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OUR CURRICULUM

Our program has combined many disciplines together to teach our students the information that is necessary for them to be future leaders in creating policy and installing security measures to effectively fight violent crime and terrorism in their country.

When trying to upgrade security, and reduce the threat of violent crime and terrorism in a country, it is important for future policy makers and the security establishment to be well versed in the social sciences, such as political science and security studies, as well as psychology, sociology, criminology, law, economics, history and anthropology.

Knowledge of all of these disciplines will greatly enhance their ability to make policy decisions and understand the root causes of their security problems, the people that cause these issues, why these people do it, how these security problems affect the government, the public and the economy, the legal ramifications of government decisions, and how their decisions will affect the country’s economy and the world economy.

This theoretical understanding will equip graduates of this program with the necessary skills and know how to successfully combat crime and terrorism and create effective policy for the future.

*Our Training programs are different, special and unique. We supply each participant with an unforgettable practical experience.*

ISA – ISRAEL ACADEMIC/THEORETICAL DISTANCE CERTIFICATION COURSES

1. PROTECTION & COUNTER TERRORISM SPECIALIZATION – ELITE PROTECTION OPERATIVE
2. PROTECTION & COUNTER TERRORISM MANAGEMENT SPECIALIZATION
3. VIP / CLOSE PROTECTION & COUNTER TERRORISM INSTRUCTOR

To obtain these objectives we have freed ourselves from all possible barriers, such as Religion, Language, Political Conflicts, etc. and wish for all participants to not bring such issues to the table in the interest of the security of the world as a whole.
Athenians

Greek Gods were down-to-earth and “less awesome” than the remote gods of the East. Because they were endowed with human qualities and often represented aspects of the physical world – such as the sun, the moon, and the sea – they were closer to humankind and to the world, they lived in. The Greeks, therefore, found spiritual satisfaction in the ordinary, everyday world. They developed a secular life free from the domination of a priesthood that exacted to pay homage to gods. The goal of education in the Greek culture was to produce citizens trained in the arts of both peace and war.

Spartans

Spartans believed in a life of discipline, self-denial, and simplicity. They were very loyal to the state of Sparta. Their purpose of education was to produce a well-drilled, well-disciplined marching army. Every Spartan, male or female, was required to have a perfect body. The goal of education in the Spartan culture was to produce mentally & physically empowered soldier-citizens.

ISRAELI EXPERTISE – THE COMBINATION OF BOTH CONCEPTS
Development and empowerment of the personal “INNER – STRENGTH”!
Unfortunately, the State of Israel and its citizens have been subject to serious security concerns for many years already. From the experiences accumulated by Israelis and their colleagues worldwide, we have come to understand that a military background, especially with experience in a special operation unit may help us to cope better with combat issues. But this experience needs to be complemented by rigorous training and instruction in order to prepare Proactive and Efficient Protection Operators and Specialists.

The concepts and principles of Israeli Protection are derived from the factual assumption that the adversary has an advantage. This advantage is the element of surprise composed by four variables:

- **Time** - The adversary chooses the time of the assault.
- **Place** - The adversary chooses the place of the assault.
- **Force** - The adversary determines the amount of manpower and weaponry that will be used in the assault.
- **Mode** - The adversary determines the execution method of operation and the type of assault.

These four variables make the adversary's advantage of surprise absolute. Therefore, it is necessary that we educate and assimilate ourselves with the behavior and characteristics of our adversary. The Protection Operative’s mission is to thwart the actions of the adversary.

We must depend upon our preparedness, courage and ability to counter their aggression.

The success of a Protection Operative must be guaranteed, despite the conditions of uncertainty, changing surroundings and the element of surprise of the adversary. To succeed, we prepare ourselves for diversity, as diversity is the threat’s main tool of aggression.
Israeli Tactical Response and Combat Methods are essentially different from the methods of the Army:

* Military Units carry their long-range weapons overtly and are ready for engagement at any given time, while being able to carry high capacity magazines. These units are combatants and part of a larger team, which work as a single firing unit. This contributes greatly to the commitment and will of the combatant to “enter into action”. Commitment and will are psychological traits of the military combatant.

* In contrast, the Protection Operative often works alone and has his weapon concealed. The Protection Operative’s weapon is usually of limited range and ammunition capacity. In response to an incident, the Protection Operative may have to “enter into combat” against several adversaries simultaneously.

The incident may occur in a public place and endanger the lives of innocent bystanders. This requires a selective and precise aim of fire in order not to hurt innocent people. The psychological elements, previously mentioned, can affect the Protection Operative’s decision to “enter into combat”, due to his desire to prevent the loss of innocent lives. These issues have led to the development of our unique Training System.
Our secret weapon is the development of the human factor’s “inner-strength”! Technology and accessories are always secondary or complementary.

Our system develops the Pro-Active Approach method. The response speed and the ability to respond effectively build and strengthen our determination. Our system enables us to thwart aggression.

We believe that training, instructing, and preparing our staff is our duty and obligation in order to provide trainees with the best tools we can before we activate them in public assignments, especially in counter terrorism & anti-violent-crime efforts.

The various factors that have been analyzed together with the diverse experiences accumulated in Israel and in other countries have led to an unquestionable conclusion: To improve the ability to deal with various situations of terrorism threats, violence and high pressure, we combine practical training, simulations of unusual situations, drills and training related to emotional and psychological stress.

The aim of our instruction is not a “Rambo” type of training. It includes many topics intended to improve the mental and physical functioning of the trainees. Our training takes place in a disciplined atmosphere, yet not under strict military conditions.

Effective instruction, knowledge and practice improve mental and physical abilities, which affect the self-confidence of the trainees. Self-confidence improves their overall level of performance, while at the same time their awareness and motivation are significantly enhanced.
The continuous process required for the training of an experienced and efficient protector takes time and we do not presume to turn a trainee into an expert protector in a short period of training.

The International Security Academy – Israel’s modular course format enables trainees to enter our Protection Specialization Program in stages. By accumulating professional knowledge and experience in a modular format, trainees are able to gradually improve their professional skills to fit the needs of their clients and the nature of crime in their own country.

We believe that the VIP Protection Branch is the most important in the security field. Among all the various security fields, it requires the highest level of skills, expertise, practical experience, quality of people and seriousness, especially because the danger to a human life is the gravest and most immediate.

Graduates who work in the field of hotels, banks, sensitive installation security or securing valuables in transit or other assets will be able to do so very efficiently, without any further training. We strive to minimize the participants’ expenses for our various courses, as we know that the trainees can later complete their knowledge in fields such as law, first aid, fire-fighting, etc.

In our courses, we prefer to focus on the subjects of our unique expertise and on the special techniques, skills and methods that we use and which were proved in the qualifications of Israeli Security Personnel.
THE ULTIMATE ISRAELI
VIP/CLOSE PROTECTION & COUNTER TERRORISM
SPECIALIZATION
FOR A SUCCESSFUL CAREER

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Hundreds of years ago in the Western World there were those who chose to serve in the protection of their employers. They were called “Musketeers”. In the Far East, they were known as “Biaoshi” and “Samurai”. No matter what they were called, all knew the definition of their profession and their duties:

To keep their Protégés and their families safe and secure wherever they went.

In the 21st century, those who deal with the protection of their employers are called Bodyguards, Close Protection Operatives, and VIP/Executive Protection Specialists. More recently, they have been called PSD Operators and Personal Security Details/Detachments because of their deployment in Iraq or Afghanistan, which have become known as the most dangerous areas for VIPs (not necessary heads of state).

Many romantic stories and legends were told about these unique individuals and in most of these stories they were described as the bravest of warriors, heroes or supermen. This profession created an aura around those who chose to specialize and live by the rules of the field. It is one of the oldest professions in the world.

This sector gave society a few norms of behavior that gained high respect and honor from its communities.

The massive changes that globalization has brought to all areas of life has also created grave concerns for both personal safety and the protection of investments located in critical areas around the globe. These specially trained and highly skilled personnel are hired to protect individuals or assets of organizations that operate in High-Risk environments or may face violent crime or terrorism.

We all know that in modern democratic societies, public bodies; economic companies; the media; cultural, entertainment and industrial organizations; and others, are managed by Senior Executives/Decisions Makers.
These Executives are symbols of power and wealth. Their high position places them in the public eye, gaining them media attention. As a result, they are liable to be targeted by both individuals and groups (competitors, terrorist and criminal organizations, mentally unstable individuals, etc).

Many of the **VIPs/Executives** often refrain from using protection services because of the lack of reliable and efficient professional services and because of the increase in price (due to the lack of a suitable infrastructure allowing better service for less money).

As a result, many of them take unnecessary risks, not only for themselves and their organizations but also for their families, employees and even innocent bystanders.

**The lack of sufficient secure and safe conditions/atmosphere for these VIPs/Executives prevents or reduces opportunities of development for the entire society.**

The **Protection Specialist** has numerous responsibilities though his action will depend on his organization’s character, activities and location. His job will always inevitably involve detecting the weak points of the organization and securing them. His duty is to prevent any harm to his organization by all the means placed at his disposal.

The need for qualified **Protection Specialists** capable of providing services related to the protection of assets (sensitive installations) and VIPs such as experts, engineers, journalists, UN employees and even cargo ship crews has increased tremendously.

**Today**, due to the high demand and need to privatize certain functions of government, transferring them to the civilian workforce, this specialized field of protection services has become one of the fastest growing sectors. Countries, companies and organizations worldwide are currently reestablishing themselves in order to fill the void in the security field on the background of the alarming rise in crime against VIPs; executives; businesses; public, state and financial bodies worldwide.

**We** at the **International Security Academy – ISRAEL**, which has specialized in Protection & Counter Terrorism Instruction, in general, and in VIP Protection Qualification, in particular, since 1987, decided to approach VIPs, owners/executives
of leading firms and businesses and offer them our unique expertise and support in
the prevention of the various damages from crimes or various threats they are
confronted by in their routine business activities.

We show our support by sharing our proven expertise and knowledge in order to assist
in reorganizing existing security systems by assessing their protection needs and
qualifying their Security Directors, Team Leaders and others. We also train potential
candidates to become instructors and with them together assist the training of their
protection personnel, guide them for setting up relevant procedures, control and
supervision methods, as well as advising about means and equipment needed for
their efficient and comprehensive protection array.

Such opportunities are also offered to those who are active in the field of security
(security companies or individual experts in that domain) who understand that
advancement and training NEVER ENDS, as well as those whose professionalism is
expressed by an ongoing pursuit of knowledge.
The “Modern Musketeer” of the 21st Century
The Ultimate Israeli Instruction Manual for Distance / Online Qualification Quest
Produced by www.securityacademy.com
VIP / CLOSE PROTECTION INSTRUCTION MANUAL
INTRODUCTION

- This manual was created for Protection Personnel assigned to VIP/Close Protection duties in the field. This manual will give you the essential guidelines and directives for your service as a single VIP Protection Operative. Protection Operatives work in a unique environment with unique individuals, colleagues, principals, situations and duties. They will not always have the benefit of the massive equipment support, agency infrastructure on location, budget or additional personnel.

- Your decisions, actions and performance will reflect upon your principal’s public relations in addition to his/her ability to perform his/her duties and decisions. You have an incredible responsibility in addition to your duty to protect your principal from any harm and intimidation.

- You will not only work with staff from every corner of the world but, you will also find that your team members sometimes will come from different countries and ethnic backgrounds. Team members will have different beliefs, religions, skills, abilities and experiences. This will put your ability to work as a team to the test.

- Keeping the above-mentioned facts in mind, the key here is to create trust and teamwork within the team. No matter if the team consists of 1 or 20 officers. The responsibility / ability of the team leader or the single operating officer here is paramount.

- Make use of your own and your team’s total abilities, skills and experiences. Cross train the team within the areas to create team consistency within the guidelines.

- This will mean that your service as a security operative’s sometimes will differ from your previous experiences and assignments. Especially reference the close protection operations.

- Professionalism will be the key to success and to overcoming obstacles in your way as an individual VIP Protection Operative and team. You will carry an enormous responsibility and the mission personnel will not always be aware of it.
• Remember that you function as a Protection Operative to preserve order and to “protect persons and property”. This manual will focus on the essential corner stones of the VIP Protection Service.

• The main objective of the VIP Protection Operative and team is the personal safety of the principal. He / she must be protected at all times from all harmful incidents, attacks and intimidations whether caused by intent, accident or negligence. The operative / team must provide a barrier, which both protects and prevents an attack or keeps it from becoming successful for the attacker/s.

• Today the importance of intelligence and information is paramount for the Close Protection Officer and the team. The ability to detect a threat to the Protégé and to be able to avoid it must be prioritized.

• A big burden lies within the advance and intelligence performance. The VPO’s ability to communicate, absorb, handle and process information within the team and with the others operating in the mission area must be able to perform this function properly.

• If the threat of harmful act is imminent or the harmful act is initiated, the first task is to cover/protect and evacuate the Protégé out of danger and to a safe area.

• If the threat of a harmful act is imminent or has been initiated, the first task is to cover, protect and evacuate the Protégé to a safe area. If the threat cannot be avoided, the responsibility of the VPO may have to be to neutralize the threat.

REMEMBER:

We believe that the VIP Protection Branch is the most important in the security field. Among all the various security fields, it requires the highest level of skills, expertise, practical experience, quality of people and seriousness, especially because the danger to human life is the gravest and most immediate.

Our graduates who work in the field of sensitive installation security or securing the public, valuables in transit or other assets will be able to do so very efficiently, without any further training.
TRAINEE’S ACHIEVEMENTS AFTER COMPLETION OF BOTH QUALIFICATIONS:

ACADEMIC / THEORETICAL DISTANCE STUDIES & PRACTICAL COMPLETION

- The training will qualify, upgrade, sophisticate and enhance the tactical capabilities and operational fitness of those who wish to work as International VIP Protection Operatives.

- A basic understanding of the collection and evaluation of intelligence as it relates to the principal and threat assessment.

- Familiarity with typical attacker profiles and actions, based on and including case studies of actual assassinations and attempts.

- Understand and practice scanning the surroundings for threats, in order to respond to them appropriately.

- Knowledge of the basic history of protective services and the ability to identify key concepts and terms of this unique segment of the security field.

- The information necessary to integrate all elements of an executive protection mission into a working field operation.

- The ability to undertake threat analysis, including evaluations of internal and external threats.

- The ability to successfully clear an area from threats to the VIP. This process will be understood as part of an overall operation that involves movement by the VIP from one place to another.

- Understand and practice correctly for motions related to both pedestrian and vehicular movement.

- Understand and practice proper vehicle, person and room search techniques.

- The ability to plan the safe arrival and departure of a VIP.

- Awareness of technical capabilities such as surveillance, detection and alarm equipment.
• Understanding of and the ability to execute the necessary maintenance procedures of secured areas over extended periods where the VIP remains static.

• Understanding of the value of such relationships in terms of enhancing service to the client, as well as increased safety for the client and others assigned to the mission.

• A basic understanding of the collection and evaluation of intelligence as it relates to the Principal, including threat assessment.

• Familiarity with typical attacker profiles and actions, based on and including case studies of actual assassinations and attempts.

• Understand and practice scanning the surroundings for threats, in order to respond to them appropriately.

• Knowledge of the basic history of protective services and the ability to identify key concepts and terms of this unique segment of the security field.

• Gain the information necessary to integrate all elements of an executive protection mission into a working field operation.

• The ability to undertake threat analysis, including evaluations of internal and external threats.

• The ability to successfully clear an area safe from threats to the VIP. This process will be understood as part of an overall operation that involves movement by the VIP from one place to another.

• Understand correctly motions related to both pedestrian and vehicular movement.

• Understand proper vehicle, person and room search techniques.

The training will qualify, upgrade, professionalize and enhance the tactical capabilities and operational fitness of those who wish to work as International Protection Operatives.
TRAINEE’S ACHIEVEMENTS

- Understanding the fundamentals of a protection team, in a manner that emphasizes team integration, cooperation and communication elements of a VIP protective mission.

- The ability to plan the safe arrival and departure of a VIP within the context of a VIP Protection Team mission.

- Understanding how to relay accurate information, such as descriptions and directions, to others in a Protective Service Team.

- The ability to build effective professional relationships with the police, security personnel, the public, businesses and employees within their field of operation.

- The ability to undertake field operations involving vehicle and pedestrian movement, command center operation and static post assignments.

- Awareness of technical capabilities such as surveillance, detection and alarm equipment.

- Thorough understanding of how mechanical and electronic assets can be integrated into Protection Team operations.

- Understanding the importance of proper staffing, the assignment of protective services and other security personnel as it relates to the protection of the VIP.

- Understanding the ability to execute the necessary maintenance procedures of secured areas over extended periods where the VIP remains static.
• Understanding the value of such relationships in terms of enhancing service to the client, as well as increased safety for the client and others assigned to the mission.

• The training will qualify, upgrade, sophisticate and enhance the tactical capability and operational fitness of those who work or intend to work as High Risk Protection Operatives.

• Familiarity with typical attacker profiles and actions, based on and including case studies of attack strategies encountered during High Risk Zone operations.

• Understand and practice scanning the surroundings for threats, in order to respond to them appropriately.

• Knowledge of the basic information necessary to integrate all elements of High Risk protective missions into a working field operation.

• Understand convoy formations and vehicular movement, tactics and strategies.

• Exposure to the Arab/Islamic culture; its social habits, religion, language, and rituals.
The “Modern Musketeer” of the 21st Century
The Ultimate Israeli Instruction Manual for Distance / Online Qualification Quest
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VIP Protection Operative!

The term "VIP Protection Operative" is used to encompass all manner of titles such as:

- Bodyguard
- Personal Protection Specialist
- Close Protection Officer
- Executive Protection and other Protector labels.

A VPO is defined as the one whose mission is to protect VIPs
VIP Protection Operative’s Qualities!

- Reliability and Loyalty
- Motivation
- Devotion and Determination
- Initiative
- Curiosity
- Ability to function under pressure
- Emotional stability
- Physical fitness
- Aggressiveness
- Courage
- Decent and representative appearance
- High personal level, courtesy and personal knowledge
- High professional level in security and security-related topics

Remember:

An attack will succeed only if you are caught off guard
VIP Protection Operative’s Professional Requirements (Qualifications)!

High professional level in security and security-related topics:

- Security field and its methods
- Acquaintance with the mission's requirements and the object
- Combat:
  - Combat with weapons
  - Combat without weapons
- Anti-terrorism
- Operational driving
- Use of technical means
- First Aid
- Fire fighting
The Importance of Mental and Physical Empowerment

Self-esteem refers to the way we see and think about ourselves. Your self-esteem is made up of all the experiences and interpersonal relationships you’ve had in your life. Everyone you’ve ever met has added to or taken away from how you see yourself!

People with high self-esteem possess the following characteristics:

- They like to meet new people.
- They don’t worry about how others will judge them.
- They have the courage to express themselves.
- Their lives are enriched with each new encounter.
- They are nice to be around.
- Their ideas are met with interest because others want to hear what they have to say.
- They are magnets to positive opportunities!

Self-awareness is the ability to assess one’s personality, behaviors & skills accurately

- Examples
  - Self-subordinate agreement (Church, J of Appl Psy, 1997)
  - Student-teacher agreement on judgments of performance on presentations (Radhakrishnan, in progress)
    - Own vs. peer presentations
    - Practice vs. final presentation
  - Accuracy of predicted judgments v. actual performance on exams (Radhakrishnan et al., 1996; 2000)
What Self Awareness is NOT

- Self-monitoring
  - Extent to which you monitor, regulate &/or control behavior/appearance in social situations
    - Low self-monitors behave according to their own inner states whereas high monitors behave according to the social situation
  - E.g., I may deceive people by being friendly when I really dislike them

Self-Monitoring vs. Self-Awareness

Knowing oneself accurately (self-awareness) is different from being able to change, monitor, or regulate behaviors in the presence of others (self-monitoring) elf-awareness and self-monitoring may be related to each other
How to Become Self-Aware

- Use valid & reliable tests

- Feedback from friends & family
  - e.g., Fill out a personality survey with you in mind

- Feedback from peers

- Feedback from yourself
  - In different kinds of situations
  - In new situations (e.g., in unfamiliar roles)
What is Self Esteem?

• View of oneself positively; approval of oneself, judging oneself as significant, *capable*, worthy, believe that one has desirable traits
  — I am a good person
  — I do most things well

• Validity (aka importance of self-esteem)
  — Predicts job performance & motivation

What is Not Self Esteem?

• **Emotional Stability**
  — Self-esteem is a better predictor of job performance than emotional stability.
    • Emotional stability comprises of things other than self-esteem that do not influence job performance
  — Self-esteem & emotional stability are related but not the same

• **Self-Efficacy**
  — *Capability* to successfully perform a specific task
    • E.g., Handout items on presentation efficacy
  — Is a part but not all of self-esteem
Why Become Self-Aware?

• To improve performance
  — High performing managers were more self-aware

• To manage yourself
  — Set appropriate goals, choose appropriate careers, manage stress

• To understand differences between you and others
  — Understand why others react to you the way they do
  — Adapt your communication to others’ needs
  — Develop interpersonal skills

• To accept your tendencies of behaving, thinking & feeling
Self Confidence?

• The most consistent factor separating highly successful athletes from the less successful is confidence.

• Successful athletes know the key to success is believing in themselves.

• They radiate self confidence in their play.

• Coaches know that athletes need self-confidence to win.

• They also know that athletes need to win to develop self-confidence.

• The puzzle is how to get the winning/increased self-confidence/winning spiral, which breeds success and to get off the losing/increased diffidence/losing spiral which yields failure.

• Many people believe self-confidence is believing they will succeed.

• They are told that if they do not feel positive about succeeding, they are thinking like losers.

• It is this mistaken belief about what self-confidence is that often leads to lack of self-confidence.

• True self-confidence is an athlete’s realistic expectations about achieving success.

• It is not involved with what athletes hope to do but with what they realistically expect to do.

• It is the belief that you can successfully perform a desired behaviour.

Self-confidence is to expect success

• Confident people believe in:
  * Themselves.
  * Their ability to acquire skills and competencies both physical and mental.
  * Their ability to reach their potential.

• Less confident people doubt:
  * Whether they are good enough,
  * Or if they have what it takes to be successful.
Degrees of Self Confidence

- People experience degrees of self-confidence as follows:
  a. Too little confidence (diffidence).
  b. Optimum confidence (self-confidence).
  c. Too much confidence or false confidence (overconfidence).
- Therefore, self-confidence represents a continuum from diffidence to overconfidence with optimum (self-confidence) somewhere in between.
- As self-confidence increases up to some level performance improves.
- But when it increases beyond the optimal level, performance begins to deteriorate.
- It deteriorates because overconfidence deludes people into believing they are so gifted that they need not prepare diligently.

Sources of Sport Self Confidence

There are nine sources of confidence specific to sport:

1. **Mastery** – developing and improving skills.
2. **Demonstration of ability** – showing ability by winning and out performing opponents.
3. **Physical and mental preparation** – staying focused on goals and prepared to give maximum effort.
4. **Physical self-presentation** – athlete feeling good about own body and weight.
5. **Social support** – getting encouragement from teammates, coaches and family.
6. **Coaches’ leadership** – trusting the coaches’ decisions and believing in their abilities.
7. **Vicarious experience** – seeing other athletes perform successfully.
8. **Environmental comfort** – athlete feeling comfortable in the environment he/she is performing in.
9. **Situational favourableness** – athlete seeing breaks going her/his way and feeling everything is going right.
Mental Preparedness -
The Five Color Theory

• “Mental preparedness” is defined as the ability of an athlete or combatant to wield all of his physical ability by reading and choosing.

• What makes one marksman different from another? Although all marksmen know how to hit the center of a target, only a few champions stand out.

• The ability to wield knowledge and ability at the moment of truth is what makes the difference:
  — Adults vs. children
  — Veteran shooters (who train frequently) vs. champions (who also win).

• To better understand the term “mental preparedness”, let us go back to the “street” and the “battle field” - the origins of all sports.

• The attempt to define the mental preparedness of warriors, lawmen and athletes has led to the development of the five-color theory:
White

- No mental preparedness
  - No knowledge
  - No awareness

- Usually naïve people without any security awareness of any kind

  There is no problem remaining in this condition indefinitely.
Yellow

**Low preparedness**
Familiar to all those who know what security is about:

- Previously engaged in the field of security or protection
- Served in the military
- Served as a Civil Guard
- Participated in military cadet lessons

*Example 1:*

**Someone runs across the road**

- A person in “condition white” will not react at all.
- A person in “condition yellow” however, will turn his head to see what is going on.

*Example 2:*

**Carrying a handgun**

- The bearer is in “condition yellow”, aware of the situation
- Having a firearm defines him as being of a higher preparedness level than that of “condition white”
- One may remain in condition yellow indefinitely.
High preparedness

- Adrenaline is transferred to the blood vessels
- Blood pressure increases
- Heart rate increases
- Tension in major muscles.

Example 1:
A person runs across the street shouting something, someone chases him also shouting something

- A person in “condition yellow”, who sees all this as a bystander, changes his condition to “orange” – maybe he will have to react?
- Maybe he will have to run, defend himself and even shoot?
- Maybe he will need to apply everything he has learned and practiced up to now.
- Adrenalin hits the bloodstream.
- Pulse increases, leading to increased blood pressure.
- Brain starts contemplating.
- Brain reaches a conclusion.

Now the individual has to make a quick decision, with a few options available:

A gang of children are messing around, chasing a ball:

→ One resumes the “all clear state” and lapses back into ‘condition yellow’, or…

A terrorist is still endangering the public:

→ The decision is inevitable, the hand starts moving towards the gun, the eyes select the target, and…

- Condition orange is a temporary stage - restricted to a few hours.
- Improved physical fitness (emphasis on issues that distinguish one’s unique role) allows for an increase in the time range in which one may remain in “CONDITION ORANGE”.

An unskilled individual will lapse back into “CONDITION YELLOW”
The deliberation has ended and the decision has been made:

- The gun is out and a round chambered
- The eyes search to aim
- Another adrenalin dose to the blood
- The heart rate increases by another notch
- The blood pressure increases again
- Systems non-essential to the body’s immediate functioning, such as the stomach, liver, kidneys and smooth muscles stop working.
- All the blood and oxygen in the body is diverted to life support systems.
- Major muscles such as the heart, legs, back, neck, diaphragm (for the lungs) work at higher rate…
- The eye observes the target and coordinates with the hand
- The pistol rises up to take the shot
- The body undergoes another change… entering “CONDITION BLACK”…

Condition “RED” may last 10 or 20 minutes, depending on physical fitness. Reverting to “CONDITION ORANGE” happens involuntarily and unconsciously…

…for the body to function at its best!!
Another burst of adrenalin into the bloodstream pushes the life support systems operating in the body into a frenzy:

- The brain runs at least 6 times faster
- Peripheral vision decreases, and sight becomes eagle-like:
  - Sharp and focused in the center
  - Very blurred in the edges

This phenomenon is sometimes referred to as the “Tunnel Effect”:

- You feel like everything is happening in extremely slow motion
- The brain receives and analyzes facts so quickly that muscles are unable to respond
- The brain knows that the body has to move, yet the muscles are unable to work at such speed

This is like a road accident in which the driver hits the brakes and nothing happens...

The vehicle continues to drive in slow motion crashing into the vehicle in front. There is time to:

- Get out of the vehicle
- Look and go back into the vehicle
- Only then do you hit the vehicle in front.

You lapse back into condition “RED” and straight away back into “ORANGE”:

- NOW you may feel a pulse again
- NOW your hearing slowly returns
- NOW your vision stabilizes

The tunnel effect is not voluntary!
It lasts some 3 to 8 seconds before going back to conditions “RED” and “ORANGE”

Transitions

The transition from one color into another is gradual. You cannot “skip” a color!

- Yellow to orange
- Orange to red
- BLACK CAN ONLY BE REACHED FROM RED!!!
Firing is always from condition black only.

We choose the time for switching from yellow to orange... and from orange to red. Transition to black is always involuntary!!!

- We can control the descent only when we initiate it:
  - a change of position
  - a short rest
  - etc.

- We cannot remain in “condition red” indefinitely. The body cannot withstand this: it lowers its alertness without our being aware of it.

- After staying in “condition red” for a prolonged period, the body lowers its alertness level to “orange” unnoticed.

- When we want to react, we cannot!! The body must change its condition to “red” again, and only from there to “black”.

- This takes a considerable amount of time.

Particularly when time is not available!

- The various conditions and the transition between yellow, orange and red can be practiced.

  **The transition from red to black is and remains involuntary!!!**

- The ability to transfer between colors requires good, stable physical fitness, cardiopulmonary stamina and surge strength.

Remember:
“Nobody’s wiser than all of us together”
What is Physical Fitness?

The ability to carry out daily tasks easily and have enough reserve energy to respond to unexpected demands.

Benefits of Physical Activity

- Increase energy
- Strengthens bones
- Longer life (longevity)
- Improved quality of life
- Decrease risk of heart disease
- Improve heart & lung efficiency
- Decrease risk of diabetes
- Joint stability
- Muscular strength
- Improve posture
- Increase muscle mass & decrease body fat
- Increase metabolism
- Improves core strength
- Improve back strength
- Improves balance, coordination & agility
- Improves body image & self esteem
- Reduces depression & anxiety
- Assists in stress management
The Israeli tactical response method is a radically different approach from other combat shooting techniques; success is based solely on actual performance.

This combat system has the distinct advantage of providing itself effective time after time, possibly more than any other. It has been developed and refined over many decades of conflict in the Middle East.

**The guiding principle of the method is to neutralize the threat quickly, in the simplest and most instinctive way possible.**

**Aggressiveness**, decisiveness, and speed are all integral elements in Israeli tactical response methods. To this end, a proper mindset is heavily stressed.

Stress is introduced onto the training regimen in order to get the trainees accustomed to the pressures associated with actual events.

This common-sense approach is specifically geared for deadly-force situations rather than a shooting competition, where oftentimes techniques that bring X-ring accuracy on the range simply fail under stress.

The refinement of this system began in 1975, when, for the first time in Israel’s history, the Israel National Police established a specialized counter-terrorism / hostage rescue unit. Named the Yamam (A Hebrew acronym for “Special Police Unit”), this was the first time in Israel’s history that a unit was dedicated solely to this purpose.

Because of the Yamam’s specialty in counter terrorism, hostage rescue & and violent crime combat, they are frequently involved in actual conflicts, particularly in urban settings.

This vast experience enabled operators in the Yamam to develop a comprehensive training regimen and small arms doctrine that was so effective, reliable, and user friendly, that it is universally accepted by all branches of the Israeli security apparatus, including the Israeli Security Agency (Israel’s counterpart to the FBI).

**Advantages of Our System**

1. Simple and easy to learn
2. Enhances the body’s muscle memory
3. Prepares the Operator for combat in unexpected situations
4. Fast and effective CQB techniques
5. Prepares the Operator to work both independently and as a team
6. Elevates fighting spirit and determination
7. Elevates confidence of self and weapon
8. Innovative and unique training methods
9. Releases the Operator from thinking about shooting techniques
10. Trains the Operator not to depend on the instructor or supervisor
“KRAV MAGA”
The Israeli Unarmed Defense Method

The best training programs for improving the functions under high stress situations, resulting from crises or violence. This method has been taught to thousands of Israeli civilians from all walks of life. Businessmen and housewives, old and young, have all successfully learned this method, and through experience it has proven itself time after time to be extremely well suited for the private citizen, as well as law enforcement officers or soldiers. For thousands of years, mankind has been aided by various and special methods for protection. Most of these methods were important to the need for defense from dangers characteristic of the various areas around the world and of each period in the history of the human race. Similar to the evolution that the world underwent, the unarmed protection methods are also going through an evolutionary process, including the Israeli unarmed protection methods. The Israeli unarmed protection methods emerged from an environment where violence, mostly of a political nature, was rife. It has had ample opportunity to be tested and improved in real-life conditions, proving itself to be an ideal means of defending oneself in the face of extreme danger.

Krav Maga, which means “Contact Combat” in Hebrew, is the official martial art of the Israeli Defense Force and National Police. It is a martial art created solely for the purpose of self-defense, devoid of any religious or philosophical elements.

How it Works

Krav Maga is specifically designed for rapid skill acquisition and maximum effectiveness. The fundamental basis of Krav Maga is using the body’s instinctive reactions in responding to a threat, which means that Krav Maga need not be studied for many years for it to become practical. Even a relatively small amount of training can greatly enhance an individual’s defensive capabilities.

Krav Maga is composed of two integrated parts: self-defense and hand-to-hand combat.

Self – Defense is the foundation of the discipline. It consists mainly of discreet techniques designed to counter a variety of specific, realistic attacks (chokes, holds, locks and various strikes are examples of such attacks).

The beginning movement for each technique is the instinctive reaction to a given attack. In other words, how you would automatically react to such a situation.

Powerful counters designed with the aid of biomechanics, kinesiology and psychology are melded to these reactions in order to create an integrated and effective technique.

The advantages to this user-friendly approach of grafting learned responses to instinctual reactions are significant – faster learning and greater retention.

The instinctive, "last minute" nature of these defenses also makes them uniquely suited to realistic scenarios in which attacks occur at unexpected times and in unforeseen manners.
Krav Maga has been developed to assist law enforcement and the entire security establishment’s personnel from the Civilian to the Governmental sectors who have to deal with a different kind of reality than a civilian.

The basic difference is that a civilian can choose to avoid certain situations, whereas, security units of all kinds have to deal with a given situation, neutralize the danger, using reasonable force and still obeying the law.

Krav Maga defines the needs of the specific unit and tailor made the training program especially for them.

Krav Maga is considered one of the most effective methods of self-defence, combat ability, and improvement of both mental and physical abilities.

The method is easy to learn and it is based on the use of reflexive movements and responses, which it implements with various techniques. Krav Maga places emphasis on the mental and technical preparedness of the trainee.

The Krav Maga method has long ago spread beyond the borders of Israel, and is taught in Europe, the United States, and Australia, in the civilian and security sectors.

Professionals, who were exposed to the method in various security institutions and the art of combat, testify that the method has important and vital characteristics:

1. The techniques and exercises are very practical, and are very effective for practical situations in the street.
2. One who practices the method can reach high expertise through a relatively short training period.
3. The trainee’s ability to deal with real and pressured situations rises considerably and continues for a long time.

This unique method has received international recognition as an innovative and highly practical unarmed protection method, and more recently has been taught to law enforcement agencies, and security personnel worldwide.

These are crucial factors to be considered in the implementation of a defensive tactics program, because most people in our society cannot afford the luxury of prolonged training periods for themselves or for their personnel.

The ultimate goal is to keep the trainee safe from harm and to give him or her the confidence and security they need.

The method curriculum is designed to prevent injury to one’s self and also limit injury to the other party to only as much required to stop the aggression.

This very same system has been taught to thousands of civilians in Israel from all walks of life. Businessman and housewives, old and young, have all successfully learned this method, and through experience it has proven itself time after time to be extremely well suited for the private citizen, as well as the law enforcement officer or soldier.
Get to Know Your Learning Style – Self-Evaluation

Self-Assessment Questionnaire

Circle or tick the answer that most represents how you generally behave.

(It’s best to complete the questionnaire before reading the accompanying explanation.)

1. When I operate new equipment, I generally:
   a) read the instructions first
   b) listen to an explanation from someone who has used it before
   c) go ahead and have a go, I can figure it out as I use it

2. When I need directions for travelling, I usually:
   a) look at a map
   b) ask for spoken directions
   c) follow my nose and maybe use a compass

3. When I cook a new dish, I like to:
   a) follow a written recipe
   b) call a friend for an explanation
   c) follow my instincts, testing as I cook

4. If I am teaching someone something new, I tend to:
   a) write instructions down for them
   b) give them a verbal explanation
   c) demonstrate first and then let them have a go

5. I tend to say:
   a) watch how I do it
   b) listen to me explain
   c) you have a go
6. During my free time, I most enjoy:
   a) going to museums and galleries
   b) listening to music and talking to my friends
   c) playing sport or doing DIY

7. When I go shopping for clothes, I tend to:
   a) imagine what they would look like on
   b) discuss them with the shop staff
   c) try them on and test them out

8. When I am choosing a holiday I usually:
   a) read lots of brochures
   b) listen to recommendations from friends
   c) imagine what it would be like to be there

9. If I was buying a new car, I would:
   a) read reviews in newspapers and magazines
   b) discuss what I need with my friends
   c) test-drive lots of different types

10. When I am learning a new skill, I am most comfortable:
    a) watching what the teacher is doing
    b) talking through with the teacher exactly what I’m supposed to do
    c) giving it a try myself and work it out as I go

11. If I am choosing food off a menu, I tend to:
    a) imagine what the food will look like
    b) talk through the options in my head or with my partner
    c) imagine what the food will taste like

12. When I listen to a band, I can’t help:
    a) watching the band members and other people in the audience
    b) listening to the lyrics and the beats
    c) moving in time with the music
13. When I concentrate, I most often:
   a) focus on the words or the pictures in front of me
   b) discuss the problem and the possible solutions in my head
   c) move around a lot, fiddle with pens and pencils and touch things

14. I choose household furnishings because I like:
   a) their colours and how they look
   b) the descriptions the sales-people give me
   c) their textures and what it feels like to touch them

15. My first memory is of:
   a) looking at something
   b) being spoken to
   c) doing something

16. When I am anxious, I:
   a) visualise the worst-case scenarios
   b) talk over in my head what worries me most
   c) can’t sit still, fiddle and move around constantly

17. I feel especially connected to other people because of:
   a) how they look
   b) what they say to me
   c) how they make me feel

18. When I have to revise for an exam, I generally:
   a) write lots of revision notes and diagrams
   b) talk over my notes, alone or with other people
   c) imagine making the movement or creating the formula

19. If I am explaining to someone, I tend to:
   a) show them what I mean
   b) explain to them in different ways until they understand
   c) encourage them to try and talk them through my idea as they do it
20. I really love:
   a) watching films, photography, looking at art or people watching
   b) listening to music, the radio or talking to friends
   c) taking part in sporting activities, eating fine foods and wines or dancing

21. Most of my free time is spent:
   a) watching television
   b) talking to friends
   c) doing physical activity or making things

22. When I first contact a new person, I usually:
   a) arrange a face to face meeting
   b) talk to them on the telephone
   c) try to get together whilst doing something else, such as an activity or a meal

23. I first notice how people:
   a) look and dress
   b) sound and speak
   c) stand and move

24. If I am angry, I tend to:
   a) keep replaying in my mind what it is that has upset me
   b) raise my voice and tell people how I feel
   c) stamp about, slam doors and physically demonstrate my anger

25. I find it easiest to remember:
   a) faces
   b) names
   c) things I have done

26. I think that you can tell if someone is lying if:
   a) they avoid looking at you
   b) their voice changes
   c) they give me funny vibes
27. When I meet an old friend:
   a) I say “it’s great to see you!”
   b) I say “it’s great to hear from you!”
   c) I give them a hug or a handshake

28. I remember things best by:
   a) writing notes or keeping printed details
   b) saying them aloud or repeating words and key points in my head
   c) doing and practising the activity or imagining it being done

29. If I have to complain about faulty goods, I am most comfortable:
   a) writing a letter
   b) complaining over the phone
   c) taking the item back to the store or posting it to head office

30. I tend to say:
   a) I see what you mean
   b) I hear what you are saying
   c) I know how you feel

Now add up how many A’s, B’s and C’s you selected.

A’s =   B’s =   C’s =
Learning Style - Self-Evaluation

- If you chose mostly A’s you have a **VISUAL** learning style.
- If you chose mostly B’s you have an **AUDITORY** learning style.
- If you chose mostly C’s you have a **KINAESTHETIC** learning style.

Some people find that their learning style may be a blend of two or three styles, in this case read about the styles that apply to you in the explanation below.

When you have identified your learning style(s), read the learning styles explanations and consider how this might help you to identify learning and development that best meets your preference(s).

**VAK Learning Styles Explanation**

The VAK learning styles model suggests that most people can be divided into one of three preferred styles of learning. These three styles are as follows, (and there is no right or wrong learning style):

- **Someone with a Visual learning style** prefers seen or observed things, including pictures, diagrams, demonstrations, displays, handouts, films, flip-chart, etc. These people will use phrases such as ‘show me’, ‘let’s have a look at that’ and will be best able to perform a new task after reading the instructions or watching someone else do it first. These are the people who will work from lists and written directions and instructions.

- **Someone with an Auditory learning style** prefers the transfer of information through listening: to the spoken word, of self or others, of sounds and noises. These people will use phrases such as ‘tell me’, ‘let’s talk it over’ and will be best able to perform a new task after listening to instructions from an expert. These are the people who are happy being given spoken instructions over the telephone, and can remember all the words to songs that they hear!

- **Someone with a Kinesthetic learning style** prefers physical experience - touching, feeling, holding, doing, and practical hands-on experiences. These people will use phrases such as ‘let me try’, ‘how do you feel?’ and will be best able to perform a new task by going ahead and trying it out, learning as they go. These are the people who like to experiment, hands-on, and never look at the instructions first!

People commonly have a main preferred learning style, but this will be part of a blend of all three. Some people have a very strong preference; other people have a more even mixture of two or less commonly, three styles.

When you know your preferred learning style(s) you understand the type of learning that best suits you. This enables you to choose the types of learning that work best for you.

There is no right or wrong learning style. The point is that there are types of learning that are right for your own preferred learning style.

Please note that this is not a scientifically validated testing instrument – it is a free assessment tool designed to give a broad indication of preferred learning style(s).