



OKM

Operational Krav Maga [®]

Advanced Operational Training Methodology

Integrated Project presented by I.S.I.T. Ltd

www.isit-group.com www.okmif.com



Executive Summary

"ISIT is an internationally acclaimed expert group that renders consulting, training and implementation services in different and highly confidential fields such as intelligence, security, public and private protection.

Our reputation has been built upon the technical skills and competence of our instructors and consultants who have a wide professional training and operational experience, and have the expertise to tackle any specific situation.

ISIT instructors and consultants have served for many years in different branches of the Israeli security services and have gathered over time a vast experience in the public and private sectors, undertaking major and highly confidential projects, both in Israel and abroad.

We aim to provide comprehensive services, integrating different components required for a wide-ranging security system, such as security consultancy, professional training, modernization of methodologies, operational capacity, management of integral projects of security and implementation of technologies.

Modernization of Operational Methodologies

In the past decades, new operational philosophies, based on proactive security and intelligence techniques, have been formulated because of the failure of traditional security systems to counter ever-rising crime rates and global terrorism. Most academies, however, continue to employ traditional training methodologies that do not allow the new philosophies and techniques to be fully expressed in the field, in real-time security situations. Operational Krav Maga (OKM) employs an innovative approach that closes the gap between modern security techniques and obsolete operational training methodologies.

OKM (*) was developed in a comprehensive process, by B.Ed. Gabi (Gabriel) Shai (**), former director of the Krav-Maga Department in the ISA (***) - Israeli Security Agency.

About Operational Krav-Maga

OKM basically adapts different survival methods and skills to the specific operational needs of various security and intelligence units, integrating the basic principles of hand-to-hand combat

in situations that require constantly changing tactics.

OKM's innovative methodology also serves as a unique training method that develops the trainee's operational capacity and is applicable to the most varied operational training processes.

Further to our competence, ISIT also provides consultancy services on the modernization of operational concepts and methodologies and is willing and able to assist you in this

indispensable task and would therefore welcome the opportunity to discuss in some detail our working method."

* OKM – Operational Krav Maga. Israeli hand-to-hand combat (Krav-Maga) adaptation to the various operational needs developed

by Gabi Shai.

** Gabi (Gabriel Shai) – Former Israeli Security Agency former officer. CV attached.

*** Krav-Maga. Israeli hand-to-hand combat technique developed by Master Imi Sde-Or with the establishment of the Israeli State.

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Subject Presentation:

In the past decades, new operational philosophies, based on proactive security and intelligence techniques, have been formulated because of the failure of traditional security systems to counter ever-rising crime rates and global terrorism. Most academies, however, continue to employ traditional training methodologies that do not allow the new philosophies and techniques to be fully expressed in the field, in real-time security situations.

The (OKM)* employs an innovative approach that closes the gap between modern security techniques and obsolete operational training methodologies.

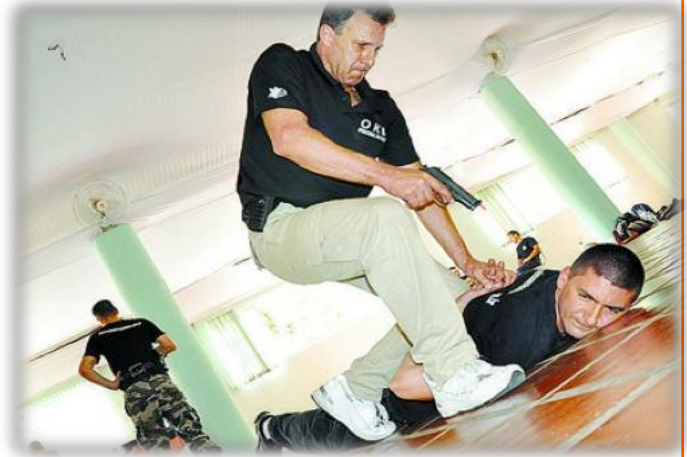
OKM basically adapts different survival methods and skills to the specific operational needs of various security and intelligence units, integrating the basic principles of hand-to-hand combat in situations that require constantly changing tactics.

OKM's innovative methodology, based on Gabi Shai's training principle "as close as possible to reality", has become a unique training method that develops the trainee's operational capacity and is applicable to the most varied operational training processes.

The principles of OKM, developed primarily for law-enforcement and special security units have been recently formally officialised by the Academy of Physical Education of the State of Israel which, has allowed the adaptation of this particular methodology for civilian application on a self-protection level for populations with special needs, including disabled children, elderly, etc..

OKM Principles

- ✓ Krav-Maga and other survival techniques are adapted to the operational needs of various units according to the type, nature and location of the activity.



- ✓ OKM is not a goal unto itself but a means of security or defense training that enables operatives to carry out their mission effectively.
- ✓ Learning and applying simple techniques that can be used efficiently, even after a long period without formal training.
- ✓ Learning principles of action and reaction, mostly based on natural and instinctive movements.
- ✓ Extreme, quick responses to gain a competitive advantage over the opponent/enemy.
- ✓ Practicing real surprise situations based on Gabi Shai's comprehensive principle of training "as close as possible to reality."
- ✓ Training under mental stress and in states of physical exhaustion, combined with elements of recognition and decision-making.
- ✓ Learning based on the principles of appropriate reaction rather than predefined exercises.
- ✓ Using different levels of controlled aggression, according to the requirements of the location and the boundaries of the law.

The OKM Philosophy

OKM is much more than just a technique of self-defense; it is a complete operational training philosophy and professional tool, which enables optimal implementation of operational skills (Krav-Maga / shooting / tactics) and the training process itself. Upon completing the training period, the security/intelligence officer is a trained professional with extremely realistic experience.

Classic hand-to-hand or martial arts training methods are usually based on highly technical instruction in “sterile” conditions – in comfortable sportswear, unarmed, and lacking the element of surprise, real-time decision-making and extreme pressure. In other words, these methods tend not to integrate various physical, tactical and psychological factors, making this type of training far removed from reality. OKM, in contrast, is based on two main principles: operation and integration, taking all of these different components into consideration.

OKM Principles and their Application in the Training Process:

Operational Level

- a. Techniques and tactics are adapted to specific operational functions, such as trained intelligence officers, VIP protectors, police officers or security agents.
- b. The training is geared to the working environment (street, office, plane, etc...), clothing and other implements, etc.
- c. Development of the operational mindset and character.

Integration

The technical component is important, but it is just one of several professional components required for effective and high-level operational activity. Throughout the training process, OKM integrates:

- ✓ Physical components.
- ✓ Technical components.
- ✓ Combat shooting elements (if the operational function requires that weapons be carried).
- ✓ Tactical decisions.

- ✓ Reactions in situations of surprise.
- ✓ Behavior and reactions in stressful situations.
- ✓ Various operational procedures
- ✓ Utilization of all the senses.

OKM Techniques

Basic techniques: Basic Krav Maga techniques were adapted to the OKM approach based on years of operational field experience. Outstanding OKM practitioner Aharon Elbaz, a disciple of Gabi Shai's, constantly modernizes the OKM techniques and adapts them to the enemies' continuously changing modus operandi. OKM's holistic philosophy also enables the adaptation of diverse techniques from various martial arts, hand-to-hand combat and self-defense methods to this particular training system.

Technical level: The technical level is tailored to the specific operational role required. It takes into account the trainees' personal and physical level, the basic training time available to the organization to train their operatives, and the time and feasibility of advanced training thereafter - whether and how long the officer will continue training during his/her active duty.

Methodology

Over the years we learned that the greater the number of techniques and exercises included in the various courses, which usually take place in a rather limited period, the less trainees can remember in the long run and respond appropriately in situations of shock and stress. Therefore, OKM essentially focuses on fewer techniques but with better results. This was one of the basic principles conceived by the founder of Krav Maga, Master Imi Sde-Or; most of the techniques he developed are based on various simple, instinctive reactions, increasing the probability of successful reactions in the future when faced with eminent, sudden danger.

Most training outfits commit the didactic sin of clinging to a strict course curriculum that crams in many predetermined techniques and exercises, and focuses on achieving a certain technical level for trainees during the training period, without considering the trainees' long-term real operational level.

OKM derives its different approach not only from years of operational training experience, but also from a scientific understanding of the human capacity for motor learning. We know that 21 days of continuous practice are required in order to change motor habits so that trainees, future operatives, can perform correctly in different situations. Accordingly, we follow these professional principles:

- a. Minimizing the number of techniques taught, especially when the training period is limited. The priorities are determined by diagnosing specific functions, needs and conditions, and the likelihood of occurrence for various operational situations.
- b. Simplifying the technical performance.
- c. Practicing different components of the techniques, even if partially, for as long as possible, from the very first day of training.

Principles of Action and Reaction

- a. Besides adapting the methodology to techniques of instruction, OKM applies a similar process to the different compound exercises, especially those for protection against bladed weapons, as well as for reacting to and disarming threats with firearms.
- b. For instance, a threat with a firearm could play out in an endless number of ways depending on the type of weapon, distance, height, body angle, whether the weapon is wielded with one or two hands, right-handed, left-handed, and so on, as well as the situation and operating environment. It makes a big difference if the threat is against a security officer sitting on an airplane or in a patrol car, against others during VIP protection, against an intelligence officer in the course of his operational activities, during the questioning of suspects, in different situations of surprise and stress, etc.
- c. Again, experience teaches us that security officers who cannot afford continuous, long-term training can remember and apply logical principles of reaction much more easily and efficiently than they can recall and apply specific exercises, especially when the specific operational situation is being defined by the adversary.
- d. The teaching process is closely accompanied by OKM expert supervision, for optimal trainee assimilation of the relevant action and reaction principles.

Comprehensive Training

OKM's holistic approach translates into a training methodology that interweaves the broadest possible range of physical, technical, tactical and psychological components throughout the training period.

Consider a basketball player with good technical ability, who makes a high percentage of baskets during practice, but when faced with the same situation in a real game in a stadium full of noisy fans and under real-time stress, his shooting level decreases drastically. The same phenomenon is also applicable to the various operational functions and combat techniques, with or without weapons. OKM therefore includes early detection and analysis of the environmental and human factors affecting various operational scenarios, and training - from the beginning - under a wide range of adverse conditions.

At the same time, the different physical, technical and tactical components must be isolated and taken into consideration. Continuing the basketball example, the player's goal is to score points despite obstacles and distractions, all the while implementing the rules of the game, maneuvering with the team and against the opponents, and constantly making split-second decisions. Similarly, OKM integrates diverse techniques of identifying suspicious persons, factors and events from the start of the training, so that preventative and proactive measures will progressively become second nature. The training course also moves gradually from the known to the unknown, the simple to the complex, and the easy to the difficult, which helps optimize the operational training process.

Operational Character Development

Each operational activity has its own special character. The ideal is to recruit operatives with characteristics matching the requirements of the activity, but in reality we often find that not all the staff recruited possesses the requisite qualities for optimum operation or development. The specific operational activities require "adjusting" the trainee's character to what is necessary for the proper execution of their duties. OKM, as described above, goes far beyond technical training, and specific tools are implemented for "modeling" personal traits as required by the professional role.

COMPREHENSIVE TRAIN THE TRAINERS PROJECT

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Project Objectives

The project objectives will be adapted to specific requirements of the organization concerned.

1. Learn the principles of Operational Krav Maga use in various situations of routine and operational emergency.
2. Assimilate the philosophy and concepts of the Operational Krav Maga for its adaptation as the institution vocational training.
3. Modernizing methodologies for operational instruction through specialized OKM training.

Methodology

OKM comprehensive training goes beyond technical training. As an additional operational tool, the OKM comprehensive training session includes various components of professional activity that ranges from the appropriate tactical positioning, identification and detection of suspicious activities, from decision making in situations of stress and physical fatigue to operational integration of the various occupational factors in real situations of surprise.

Participation Diploma

A participation certificate will be delivered by ISIT (the Israel Academy of Security and Crime Prevention), authorized by the Ministry of Defense of Israel. Certificates of future instructors can be endorsed by the Academy of Physical Education of the State of Israel located in the Wingate Institute.



Professional Phases of the Projects

Phase 1. Operational Personnel Training

Aim:

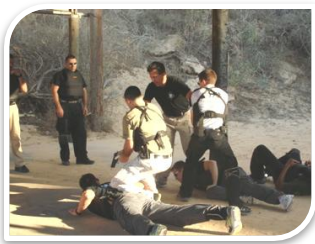
Methodological, technical and tactical unification of the operational level in general and specifically in the self-defense field, in the midst of a massive training process of the institution staff various professional levels.



Basic Training - Level 1

Objective: Train the agency personnel in the Basic action and reaction principles.

[Additional information - page 8](#)



Basic Operational Training - Level 2

Objective: Train the Operational Personnel in the various Operational Krav-Maga components and principles.

[Additional information - page 9](#)



Specialized Advanced Training - Level 3

Objective: Train the operational personnel in the advanced specific techniques and tactics related to routine procedures, incidents and crisis situations.

[Additional information - page 10](#)

Phase 2. Train the Trainers

To develop self-sufficiency of the institution for future training of its staff in the disciplines and philosophies of the Operational Krav Maga then we propose the following process for training of trainers and for professional oversight.

Conditions of participation in the Training of Trainers process:

- ✓ Successful participation in the basic OKM course.
- ✓ Successful participation in the advanced OKM course. In cases where the participants are experts in other self-defense techniques, OKM principles may be integrated into one additional week attached to the basic instructors course.
- ✓ Operating experience. It is recommended that participants have operational experience and to be graduates of the Security Academy. In the event that the expertise of some of the participants is only of academic knowledge, without operational experience, it is recommended that during the training process, he may be a partaker of routine police various activities.



Basic OKM Instructors Course:

Objective: Train participants in the specific Operational Krav-Maga Methodology and on the holistic methodology “as close as possible to reality”

[Additional information - page](#)



Advanced OKM Instructors Course:

Objective: Advanced training of local trainers. Enhance the personal level through the deepening and professionalization of the specific trainer functions.

[Información adicional - page](#)

Phase 3^a. Professional Support and Supervision

The third and final phase of the Comprehensive Operational Krav Maga project is recommended to optimize the transversal insertion of the OKM discipline in all units of the institution.

The support and professional supervision include the following activities:

1. Professional local staff support for the OKM curricular adaptation to the specific operational functions of the different units.
2. Preparation of a long-term training plan.
3. Supervision and monitoring the level of training.
4. Organization of professional seminars and work-shops for the local instructors.



Training Programs



Basic Training - Level 1

1. **Objective:** To enable the mass of law enforcement personnel in the basics of OKM. Unifying the concepts of action and reaction to different threats.
 2. **Duration:** 3 to 5 days.
 3. **Number of participants:** 16 to 24 participants per instructor. Recommended, groups of 30 participants with 2 instructors.
 4. **Professional subjects:**
 - 4.1. OKM philosophy adaptation to the police / security operations.
 - 4.2. Development of operational awareness during OKM training.
 - 4.3. Basic principles of action and reaction.
 - 4.4. Basic techniques of defense and attack adapted to the operational environment.
 - 4.5. Basic reactions in front of specific threats and security incidents.
 - 4.6. Identifying suspects. Implementation of proactive security and prevention process.
- ✓ **Observation:** OKM trainings are carried out with operational clothing and personal weapon (for this reason and in order to avoid accidents is mandatory to use special equipment for the safety of guns).



Basic Operational Training - Level 2



1. **Objective:** To train participants in the basic Operational Krav Maga techniques and philosophy to its effective implementation in the various criminal incidents.

2. **Duration:** 3 weeks (120 hours).

3. **Number of participants:** 24 to 30 participants

4. **Number of Instructors:** 2

5. **Professional subjects:**

5.1. The OKM principles and philosophy.

5.2. Vulnerabilities.

5.3. Natural positions. Development of defenses and attacks techniques depending on the natural position in routine activities or in operating situations.

5.4. Defenses. Instinctive / reflexive - against attacks (hands - feet) and against various types of weapons.

5.5. Basic attacks. Hands. Fit. Using several implements.

5.6. Early identification and arrest of suspects. The body checks in the various operational situations.

5.7. Principle of confrontation and combating one or more opponents

5.8. Release from various types of street grips.

5.9. Principles of behavior and response in situations of threats:

5.9.1. Gun

5.9.2. Cold weapons

5.9.3. Threats to third parties

5.10. Applying OKM principles in operational teamwork.

5.11. Development of an operational nature and character.

5.12. Combined tactical exercises.

5.13. Analysis of real events

Specialized Advanced Training – Level 3

1. **Objective:** To train participants in the advanced techniques of OKM and its implementation in the most varied operational scenarios.

2. **Duration:** 3 weeks (120 hours).

3. **Number of participants:** 24 to 30 participants

4. **Number of Instructors:** 2

5. **Professional subjects:**

5.1. Review of OKM principles and OKM basic techniques applications.

5.2. Development of the proactive security principles during OKM training.

5.3. Recognition of the environment. Identification of strategic points and possible threats/weapons. The adversary. Modus and means of operation.

5.4. The body language of the suspect / offender. Coefficients of recognition of abnormal behavior.

5.5. Technical adjustment to the various duties and operational situations: Arrest of suspects and criminals. Adaptation of the activity to the specific situation and the level of risk - Patrol - VIP Protection - Protection of aircraft - Intelligence Officers - Interrogation of suspects, and so on.

5.6. OKM with weapons. Troubleshooting and immediate control.

5.7. Technical integration of the various operational tools (OKM, weapons, batons, handcuffs, etc.).

5.8. Advanced exercises for operational character development.

5.9. Combined tactical training for the various operational activities.

5.10. Surprise tactical training on the most varied scenarios.

5.11. Analysis of real events.



OKM Basic Instructor Course

1. **Objective:** Basic training of local trainers.
Train participants in the Operational Krav Maga methodology and the comprehensive training philosophy "as close as possible to reality"



2. **Duration:** 4 weeks (160 hours).

3. **Number of participants:** 12 to 16 participants

4. **Number of Instructors:** 2

5. **Professional subjects:**

5.1. Improvement of the personal technical level.

5.2. Safety in OKM training.

5.3. Concepts and philosophy of the comprehensive operational training.

5.4. OKM training methodology.

5.5. Targeting.

5.6. Planning of training in the short and long term.

5.7. Preparation of the OKM methodological unity

5.8. OKM Presentation techniques.

5.9. Physiological and psychological principles of training under pressure.

5.10. Identification of operational components in various professional activities.

5.11. Technical adjustment to the operational role.

5.12. Adaptation of comprehensive training to the available time, personal experience and operational role of the learner / student.

5.13. First Aid (local instructor).

• Observations:

➤ During the basic instructors course, each participant will plan and prepare various professional issues, and train their peers and other external students according to the premeditated objectives.

➤ Only will be classified as OKM instructors those that meet, successfully, with all professional requirements.

Curso avanzado de Instructores de OKM

1. Lugar: Israel. Academia de Educación Física, Instituto Wingate (En caso de que se llegue a un acuerdo de cooperación profesional con una entidad universitaria Argentina de Educación Física, el curso podrá llevarse a cabo en la Argentina, bajo la dirección del abajo firmante, con o sin la participación del Instituto Wingate de Israel).



2. Duración: 3 semanas

3. Objetivo: Formación avanzada de Formadores locales. Perfeccionar el nivel personal por medio de la profundización y profesionalización de la función específica del formador.

4. Cantidad de expositores: Depende del lugar de realización del curso.

5. Temas profesionales:

5.1. Anatomía.

5.2. Fisiología.

5.3. Teorías de entrenamiento físico.

5.4. Kinesiología.

5.5. Psicología del deporte.

5.6. Alimentación.

5.7. Lesiones deportivas.

5.8. Metodología del entrenamiento físico y de Artes Marciales.

Adaptación metodológica al entrenamiento de OKM.

5.9. La planificación del entrenamiento operativo.

5.10. Entrenamiento específico de OKM.

5.11. Trabajo práctico de los participantes

5.12. Presentación de trabajo final de los participantes.

✓ **Observación:** el nivel de los temas científicos serán adaptados a las necesidades específicas de los participantes.

I.S.I.T. Ltd.

Para mayores detalles sobre el OKM en general y/o el proyecto integral en especial, información financiera y adaptación de este a vuestras necesidades por favor contactarse con el firmante o su representante local.

Atentamente

Gabi (Gabriel) Shai

I.S.I.T. - Group, Gerente General

Presidente de la Federación Internacional de Krav-Magá Operativo



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