

## Introduction to Krav Maga

### What is Krav Maga?

- Who Is Darren Levine?
  - Chief Instructor of Krav Maga Worldwide
  - Started practicing martial arts at the age of 12
  - Participated in the first instructor course for Krav Maga offered to civilians for people outside the state of Israel
  - Mentored by the grandmaster of Krav Maga, Imi Lichtenfeld
  - Works as a senior prosecutor for the largest prosecutorial agency in the world
  
- Who Is Jon Pascal?
  - Director of Krav Maga Force Training Division
  - Exposed to Krav Maga 30 years ago
  - Became a peace officer 18 years ago
  - Passionate about sharing the Krav Maga program with law enforcement, military, and security operators worldwide

### The Roots of the System

- Imi Lichtenfeld
  - Imi Lichtenfeld was the founder of Krav Maga
  - He was a natural athlete winning championships in multiple sports
  - Imi had an innate understanding of body movement and was gifted teacher
  - Imi's greatest influence was his father, Samuel, a police officer and self-defense instructor
  
- Samuel Lichtenfeld
  - Samuel started as a circus acrobat and wrestler , but later entered the police department and served for 30 years as chief detective inspector
  - He became well-known for his impressive arrest record, particularly his capture of dangerous criminals
  - Samuel also taught self-defense techniques at the gym he owned
  - In training, Samuel constantly emphasized the need for proper moral conduct in dealing with the public and with suspects

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- Settling in Israel
  - After years of travel, Imi settled in Israel, which was then called Palestine, and he joined the Haganah
  - The Haganah was a paramilitary organization fighting for Jewish independence
  - He taught soldiers basic hand-to-hand fighting skills
  - In 1948 the State of Israel was born
  - The Israeli government asked Imi to develop an effective fighting system which became known as Krav Maga
  - Imi became the chief instructor for physical training and Krav Maga
  
- Constant State of War
  - From its start the State of Israel was at war
  - Israel turned to Imi to develop a set of combat techniques that were easy to learn, easy to remember, and easy to perform
  - The combat system had to apply to people of all ages and size
  - Imi based his self-defense system on the body's natural movements and instincts
  - Another element Imi added to Krav Maga was aggressiveness and a "never quit" attitude
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### **The History of Krav Maga in the United States**

- Translating to Civilians
  - Imi wanted the same lifesaving skills that his combat system provided to the military to apply to citizens as well
  - Eventually Krav Maga began to spread to civilians and law enforcement
  - In 1981 the Krav Maga Association of Israel and the Ministry of Education held the first International Instructor's Course for Krav Maga
  - Daniel Abraham wanted to help spread Krav Maga to civilians around the world
  
- Darren and Imi
  - During the course Darren and Imi became friends
  - Imi promised Darren that he would visit him in the United States
  - True to his word Imi traveled to Los Angeles and lived with Darren and his family while teaching Darren more about Krav Maga

## Introduction to Krav Maga

- It Needs to Be Simple and Effective
  - Krav Maga is so focused on remaining practical and effective thanks to Imi
  - Imi always searched for ways to do things in the most simple way possible
  - He believed that something must be simple in order for people to do it
  - Imi knew that the more simple you kept things the more it would work to the benefit of safety
  
- Darren's Journey
  - Darren's mother allowed for a Krav Maga class to be taught after school to parents
  - Due to the program's popularity the parents demanded Krav Maga be taught to their children
  - Children who learned Krav Maga became more calm, confident, secure, and focused in their academic learning
  - From there Krav Maga began to spread
  - Krav Maga became so popular that an instructor and licensing program was created
  - Krav Maga effectively answered the need of personal safety

### **Krav Maga in the World Today**

- Krav Maga in the World Today
  - Krav Maga saves lives
  - Krav Maga is being taught officially in over 500 law enforcement agencies
  - Krav Maga is being taught in hundreds of Krav Maga Worldwide schools across the world
  - This is all thanks to Imi
  
- Conclusion
  - The next step for Krav Maga is through online education
  - The Krav Maga Worldwide Academy hopes to further spread Krav Maga to the world

