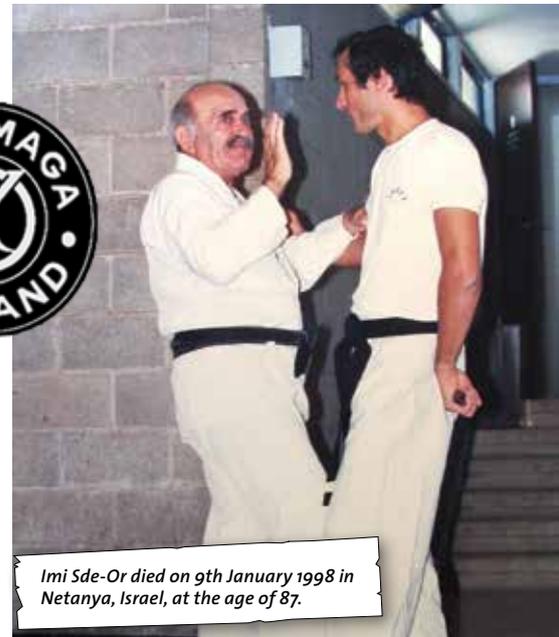


FIGHTING FOR YOUR LIFE

BY PAUL O'BRIEN



Imi Sde-Or died on 9th January 1998 in Netanya, Israel, at the age of 87.

Close Quarter Battle (CQB) is a tactical concept that involves a physical confrontation between several combatants, and may occur during Fighting in a Built Up Area (FIBUA).

A soldier fighting in the close confines of an urban environment may be compromised through a weapon malfunction or an enemy fighter in close proximity, making a weapon unusable. This is where that use of Krav Maga, a method of self-defence, comes to the fore, giving the soldier the necessary skills to strike first and strike effectively.

Krav Maga was first developed in the late 1940s by Imi Sde-Or (AKA Emrich 'Imre' Lichtenfeld) to teach military personnel a quick and effective method of self-defence. Since then, armies throughout the world have adopted its techniques to great effect.

In Ireland, Krav Maga has been made available to civilians, through Patrick Cumiskey of Krav Maga Ireland. Classes are designed to teach normal people an effective and quick way to protect themselves and their families.

Courses do not require any previous experience, and those attending are taught how to understand the psychology of aggression and how to defuse it, as well as knowing when and how to strike first if needed.

Physical self-defence is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed. In either case,

the chances of success depend on a large number of parameters, related to the severity of the threat on one hand, but also on the mental and physical preparedness of the defender.

Being aware of and avoiding potentially dangerous situations is one useful technique of self-defence. Attackers will typically select victims they feel they have an advantage against, such as greater physical size, numerical superiority or sobriety versus intoxication. Additionally, any ambush situation inherently puts the defender at a large initiative disadvantage. These factors make fighting to defeat an attacker unlikely to succeed. When avoidance is impossible, one often has a better chance at fighting to escape; such methods have been referred to as 'break away' techniques. Understanding the 'mindset' of a potential attacker is essential if we are to avoid or escape a potentially life-threatening situation.

In order to deal with an assailant, Patrick instructs his students in a number of moves that enables you to deal with the attack and affect your escape. These moves are taught in detail, broken down so that every action is examined, enabling you to understand and execute the moves required.

Perhaps one of the most important lessons Patrick teaches is how to turn fear into a positive defence response and develop a self-defence mind-set that can be called upon whenever it is needed.

As the course develops, students are

instructed in tactics that enable them to stop anyone regardless of their size and physique. They are also tutored in effective knife defences, as well as strategies for fighting multiple assailants.

Training is conducted through demonstration and practice incorporating pad work, intense technique drills, aggression training and simulations making it the closest you can get to fighting for real without getting injured.

Krav Maga Ireland was established in 2001 and since then Patrick has trained then over 70,000 people, including law enforcement, military as well as civilians.

There are a number of courses conducted throughout the year at different venues that cater for everyone. The courses consist of either twelve 1.5-hour classes held weekly or two full days of training. The two full days are usually taken together but they can be taken separately if required. Class sizes are limited to ensure personal attention to all those participating.

Krav Maga Ireland guarantees that on completion of a course one will have the confidence and ability to protect yourself and/or a loved one against a violent threat.

Patrick Cumiskey is one of the few instructors trained by Eyal Yanilov, the highest certified instructor in the world. Patrick holds an MBA from the University of Wales and is a qualified Psychotherapist with a particular emphasis on peak Performance Psychology and Mental Toughness.

This course is highly recommended, as not only will it teach you the necessary skills to defend yourself, but will instil a confidence that will enable you to think on your feet, control the situation and stay alive.



For further information or to book a place on a course contact,
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