Krav Maga Program to Combat Indiscriminate Violence

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Abstract

Purpose: This study delves into the significance of Krav Maga training for enhancing self-defense abilities against indiscriminate violence, a societal issue impacting personal safety, and emphasizes its practicality in combination with the Israeli military combat system as a fundamental approach to applying martial arts for self-defense. The study seeks to reevaluate Krav Maga’s pivotal role in bolstering self-defense against indiscriminate violence and to identify prospects for its future development.

Method: The research method and data collection method to achieve the purpose of this study used electronic literature platform search. Validity as data was verified through triangulation.

Results: Krav Maga is a practical and effective self-defense system that originated in Israel, initially developed for military use but later adapted for civilian self-defense. Martial arts for security, military martial arts, and police martial arts programs are presented as a vitalization plan.

Conclusion: The revitalization plan for the Krav Maga program against indiscriminate violence can emphasize the importance of a tailored curriculum, certified instructors, scenario-based training, ethical considerations, periodic assessments and interdisciplinary collaborations, and empowers participants self-defense, bodyguards, soldiers and police. Training can be instilled with the aim of ensuring the ability to manage problems effectively in a variety of situations by equipping them with practical self-defense skills, legal awareness and enhanced situational preparedness.

Keywords: Indiscriminate Violence, Krav Maga, Security Martial Arts, Military Martial Arts, Police Martial Arts

1. Introduction

Although life has become rich and convenient with the development of science and materials, mental problems and social pathologies are increasing due to materialism and confusion of personal and social values. Young, brutal, collective, and professional[1]. It is not theft or violence, but heinous crimes such as robbery and murder are on the rise, violating the safety and dignity of society.

In particular, it refers to the act of inflicting physical, mental, or verbal violence on others for no specific reason or purpose. Indiscriminate violence can occur for a variety of reasons, such as mental problems of the perpetrator, social pressure, and failure to control emotions. Indiscriminate violence not only causes serious wounds and pain to the victim, but can also create anxiety and fear throughout society[2][3].

According to the Korean Academic Information[KISS] database, a total of 1,121 academic papers related to indiscriminate violence from 2000 to 2023 were 97 in 2019, and while talking
about school violence, family factors, gender differences, Factors such as stress and peer relationships have been emphasized[4] and factors that influence intimate partner violence(IPV) in adults have been investigated and found that witnessing parental violence in childhood and having a tolerant attitude towards IPV are associated with a higher incidence of IPV. found to be high[5]. Violence victimization in adolescents has been shown to be associated with higher rates of mental health problems, including sadness, suicidal ideation, and suicide attempts[6], and explores the extent of childhood domestic violence experiences and their long-term effects on mental health[7]. Examining the relationship between community crime rates and quality of life, we found that higher violent crime rates were associated with lower residents’ quality of life[8].

In recent years, indiscriminate violence in Europe is reviewed in the context of the EC Qualifications Directive and the European Convention on Human Rights[9]. State indiscriminate violence against civilians has been seen as counterproductive to governments[10]. Avoiding indiscriminate violence against civilians has been a pillar of US insurgency policy, making non-combatants more likely to foment rebellion[11] and analyzing the prevalence and role of violence in Europe from a socio-cultural perspective, contributing to the evolution of violence and human and state action. The impact being illuminated[12]. European criminal policy is merging with American criminal policy, with a growing tendency to embrace violence, war, and even torture as solutions to social and political problems[13].

Indiscriminate violence in the United States remains a significant problem, and although the homicide rate has declined over the years, there are still more than 16,000 homicides per year[14] and while the rate of aggravated assault has declined, non-fatal assault injuries that still require treatment in the emergency room each year It amounts to 1.6 million[15]. Intimate partner violence affects more than 12 million adults each year, and with more than 10 million children experiencing some form of abuse from their caregivers, exposure to violence increases their vulnerability to mental and physical health problems[16] and increases their risk of violence. Rates vary by age, location, gender, and race/ethnicity, with significant disparities[17]. Efforts to prevent violence often lack cooperation and awareness of effective strategies.

Therefore, among the methods to respond to indiscriminate violence, martial arts is a way to develop not only physical defense ability but also mental balance and confidence. However, the purpose of learning martial arts is to prevent or avoid violence, not to cause or abuse it. point. It provides a response to violence by emphasizing a form of life centered around the understanding that the fluidity of martial arts is inherent[18]. However, the evolving role of violence in promoting mixed martial arts(MMA) events suggests that violence may no longer be necessary to promote events[19]. Martial arts have also been found to have a moderate effect in reducing externalizing behaviors such as aggression and violence among adolescents who practice them[20]. Traditionally taught martial arts may also provide an effective alternative treatment program for violent adolescents emphasizing respect, self-control, and non-violence[21]. Overall, martial arts can be seen as a means of counteracting and reducing violence in terms of personal development and social impact.

Specifically, Krav Maga training in martial arts is based on the understanding that violence can happen suddenly and unexpectedly, and focuses on developing intense physical sensations to prepare the individual for relentless fighting action. This approach eliminates the need to understand the ideology or intent of an act of violence and instead emphasizes the ability to take immediate action. By training in Krav Maga, individuals can contribute to a safer society by developing the mindset and physical abilities needed to defend themselves and others in situations of violence[22].

This study aims to explore the method and importance of Krav Maga training to improve self-defense ability to prevent and respond to indiscriminate violence. Indiscriminate violence is rec-
ognized as a social problem and affects personal safety and quality of life. Therefore, it is necessary to have self-defense ability, so in this study, Krav Maga intends to present a key foundation for applying martial arts to self-defense. Krav Maga is an Israeli military combat system that has practical and effective self-defense techniques. This study aims to serve as an opportunity to re-recognize the role and importance of Krav Maga, which can improve self-defense ability to cope with indiscriminate violence, and to seek the ability and direction of development.

2. Method of Research

This study utilized electronic literature platforms such as KISS, RISS, DBPIA, E-article, KOREA SCHOLAR, Korean Database, KSDC DB, MOAZINE, and Korea Science in Korea, and Sci-hub, Researchgate, Science on, Science gov, and Academia overseas. SEMANTIC SCHOLAR, The Lens, ResearchGate, etc. were used, academic data on each field and topic were provided, and electronic literature search was conducted through literature review based on the collected data. wanted to achieve.

2.1. Literature selection process

In order to finally confirm the literature related to the purpose of this study, among the collected data, literatures with overlapping or similar topics and contents were excluded. Then, the titles and summaries of each literature were rechecked to select literatures highly related to this study. The literature selected in this way was verified for validity of the data through triangulation with a group of peer experts.

2.2. Data processing method

The selected literatures were systematically analyzed to find common content, and organized to discuss and explain the results separately. At this time, the researcher and a group of fellow experts tried to improve the reliability of the data by repeatedly reviewing and verifying the collected data and analyzed contents.

2.3. Integrity of data

In this study, all stages and procedures of the study were reviewed and discussed with a preformed group of peer experts to ensure that the researcher's bias did not affect the research process. In addition, I tried to increase the objectivity of the study through consultations with colleagues from various perspectives.

3. Problems with Responding to Indiscriminate Violence

As for the incidence of violent crime(violence), the overall violent crime rate has declined significantly over the past decade by 29.7%, and only decreased by 13.8% in 2021 compared to 2020[23]. However, the number of cases of sexual violence increased by 9.5% over 10 years and by 3.4% in 2021 compared to 2020[24], and the compensation response rate for school violence can be seen gradually rising to 1.7% in the first survey in 2022[25].

South Korea's response to indiscriminate violence is insufficient in many areas, and domestic violence, a prevalent problem in Korea, is deeply rooted in Confucianism and cultural ideology[26]. The points show that more measures are needed, and the frequency of violence among adolescents is concerned because it is related to increased suicidal behavior and depressed mood[27]. Behavior is low, and structural problems within the police, prosecution, and judiciary, as well as non-help behavior and inaction[28].

The response in the United States has also been weak, and awareness and cooperation on
effective prevention strategies has been limited[29], which, despite some progress in reducing
rates of interpersonal violence, remains a significant burden, affecting millions of US residents
each year[30], violence prevention efforts have often ignored the interrelationships of various
forms of violence and their impact on mental and physical health[31]. The equation between
crime and violence is incorrect, and treating violence only as a crime problem is not a resource.
may be wasted and an opportunity to save a life may be missed[32].

Table 1. Prosecution service/trends in the number and cost of major criminal offenses by type(2011-2020).

(Unit: case, accrual, %)

<table>
<thead>
<tr>
<th>Year</th>
<th>Property crime</th>
<th>Violent crime(heavy)</th>
<th>Violent crime(violence)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Occurrences</td>
<td>Accrual</td>
<td>Increase rate</td>
</tr>
<tr>
<td>2011</td>
<td>605,549</td>
<td>1,193.6</td>
<td>-</td>
</tr>
<tr>
<td>2012</td>
<td>633,602</td>
<td>1,243.6</td>
<td>4.2</td>
</tr>
<tr>
<td>2013</td>
<td>667,214</td>
<td>1,304.6</td>
<td>9.3</td>
</tr>
<tr>
<td>2014</td>
<td>617,119</td>
<td>1,202.3</td>
<td>0.7</td>
</tr>
<tr>
<td>2015</td>
<td>622,126</td>
<td>1,207.3</td>
<td>1.2</td>
</tr>
<tr>
<td>2016</td>
<td>573,445</td>
<td>1,109.3</td>
<td>-7.1</td>
</tr>
<tr>
<td>2017</td>
<td>542,336</td>
<td>1,047.4</td>
<td>-12.2</td>
</tr>
<tr>
<td>2018</td>
<td>576,937</td>
<td>1,113.2</td>
<td>-6.7</td>
</tr>
<tr>
<td>2019</td>
<td>627,430</td>
<td>1,210.1</td>
<td>1.4</td>
</tr>
<tr>
<td>2020</td>
<td>659,058</td>
<td>1,271.6</td>
<td>6.5</td>
</tr>
</tbody>
</table>

There are complexities in responding to indiscriminate violence as it makes it more difficult
for governments to remain neutral than to take sides using such tactics to quell riots[33] and
conflict despite data, ignorance, cost and institutional constraints, and the illogical nature of the
conflict. The pivotal role of indiscriminate violence in shaping dynamics[34] was further high-
lighted by the paradoxical effects and consequences of indiscriminate violence used by terrorist
organizations such as al-Qaeda in Iraq during the civil war[35]. It requires consideration because
as the conflict continues, actors may eventually turn to more selective violence. Indiscriminate
violence violates human rights, undermines social justice and equality, discriminates against
people with certain characteristics, violates their dignity and freedom, causes social division and
conflict, undermines social solidarity and trust, reduces the health and quality of life of victims,
and increases the economic burden of medical, legal, and rehabilitation costs.

4. Krav Maga Against Indiscriminate Violence

4.1. Educational value

Krav Maga has educational value as it is considered a martial art effective self-defense system
and training practiced by thousands of people worldwide[36]. The evolution of Krav Maga has be-come intertwined with historical events and cultural history, making it part of Israel’s intan-
gible cultural heritage[37]. It has evolved from the concept of reaction[38]. Krav Maga is not simply a linear and monolithic phenomenon, but a complex discipline that encompasses many
aspects such as personal defense, body movement, and survival[39]. Thus, Krav Maga provides educational value by teaching individuals self-defense skills, promoting physical fitness, and preserving the intangible cultural heritage of Israel's Jewish population[40].

The educational value of Krav Maga is summarized as follows.

- Self-Defense Skills: Krav Maga teaches practical and effective self-defense skills that help individuals protect themselves in real-life situations. Learning how to defend yourself against common aggression can increase your self-confidence and your sense of personal safety.
- Physical fitness: Krav Maga training consists of a combination of cardiovascular exercise, strength training, and flexibility training, allowing practitioners to improve overall strength, stamina, coordination, and agility through regular training.
- Mental Training: Krav Maga training requires mental focus and discipline. As practitioners learn to remain calm under pressure and make snap decisions, the mental training can be applied to other areas of life as well, helping them make better choices in stressful situations.
- Situational Awareness: Krav Maga emphasizes situational awareness, teaching practitioners to pay attention to their surroundings and potential threats. Holistic situational awareness can help enhance personal safety and avoid dangerous situations.
- Confidence and Empowerment: By learning Krav Maga, you can increase your self-confidence by gaining the skills and knowledge to protect yourself and your loved ones. This increased self-confidence can positively impact many aspects of your life.
- Stress Relief: Physical activity such as Krav Maga can act as an effective stress reliever, allowing practitioners to relax and clear their mind, improving their mental health.
- Teamwork and camaraderie: Because many Krav Maga classes are taught in groups, they foster camaraderie and teamwork among participants, which can help build meaningful social friendships and supportive communities.
- Problem-Solving Skills: Krav Maga practice can increase problem-solving skills and quick decision-making skills, often involving scenarios that require practitioners to think for themselves and adapt to rapidly changing situations.
- Conflict Resolution: Krav Maga focuses on self-defense, but also helps in conflict avoidance and resolution, so practitioners are taught to use physical techniques as a last resort, emphasizing verbal communication and de-escalation where possible. There is.
- Lifestyle and mindset: Krav Maga encourages an active and vigilant mindset, allowing practitioners to pay more attention to personal safety and make healthier lifestyle choices to better prepare for potential challenges.

4.2. Technical value

The technical aspects of Krav Maga have significant value in self-defense and combat training, and the biomechanics of Krav Maga techniques such as kicks and punches have been studied to increase their effectiveness and efficiency[41]. Its focus on reflex defense, believed to be true reflexes mediated at the brainstem level, differentiates it from other combat disciplines[22], and Krav Maga's techniques are based on simple body movements that can be quickly learned and maintained[42]. It is an easy-to-learn and highly effective self-defense program, thanks to the system's basic skills and practical behavior[43]. Mastering the strike techniques of Krav Maga, such as punches and kicks, can improve speed and impact power[39]. Overall, the technical aspects of Krav Maga can provide individuals with practical and efficient skills for self-defense and combat situations.

Therefore, the summation of Krav Maga's technical value is as follows.

- Simple, Instinctive Skills: Krav Maga emphasizes skills that are simple, easy to learn, and based on natural instincts. Therefore, it is easily accessible to people of various ages and physical abilities.
- Realistic Scenarios: Krav Maga skills are developed based on real-life scenarios and common types of attacks, so that trainees are trained to deal with situations such as grabs, strangles, strikes, and armed threats, so they can learn relevant and practical skills.
- Aggressive Counterattack: Krav Maga teaches trainees to respond aggressively and decisively to threats, and aims to quickly neutralize the opponent by focusing on the attacker's vulnerable body parts, such as the eyes, groin, neck, and joints.
- Adaptability and Improvisation: Krav Maga orients the ability to adapt and improvise, so that practitioners learn to modify their skills according to the specific situation they are faced with, which is learned in dynamic and unpredictable situations.
- Defense Against Various attacks: Krav Maga prepares practitioners to defend themselves in various scenarios by performing various attacks such as strikes, kicks, grabs, bear hugs, headlocks, and weapons.
- Defensive and Offensive Skills: Krav Maga focuses primarily on self-defense, but also includes offensive skills to create opportunities for escape or counterattack, so the balance of defensive and offensive tactics improves the practitioner's overall effectiveness.
- Rapid Response and Transition: Krav Maga practice emphasizes fast and efficient movement, allowing the practitioner to seamlessly switch between defensive and offensive movements, which is essential for controlling fluid situations.
- Stress Training and Realism: Krav Maga integrates stress training to simulate real-life situations and allows practitioners to manage the psychological and physiological effects of adrenaline and stress during an attack, increasing the likelihood of successful application of the technique under pressure. can be high.
- Ground Fighting Skills: Krav Maga includes ground fighting skills for situations where the practitioner may fall to the ground, such as street fights or assaults, to teach practitioners how to defend themselves and regain standing.
- Law Enforcement and Military Applications: Due to Krav Maga's technological effectiveness, the adoption of Krav Maga by law enforcement agencies and militaries around the world, with an emphasis on swift, decisive and effective action, Krav Maga may be in demand in these professions.

5. Differences Between Krav Maga and Other Martial Arts

Krav Maga is a close combat discipline that originated in the 19th century in response to life-threatening conflicts[39]. Self-defense is widely used worldwide as a self-defense and martial arts training[22], and one of the main characteristics that distinguishes Krav Maga from other combat disciplines is its reliance on reflexive defense, a natural and immediate defensive response[36]. It is believed that the motor control mechanisms underlying Krav Maga’s reflex defenses are bona fide reflexes mediated at the brainstem level[44]. In terms of body composition and morphological symmetry, there are differences among martial arts practitioners[45]. Elite athletes in various martial arts such as judo, karate, wrestling, taekwondo, and kickboxing show differences in body composition variables such as fat-free mass, fat mass, bone mass, protein mass, and total body water. In addition, in a study comparing the functional status of martial artists, it can be found that there is a difference in motor ability and reaction time for each martial art discipline. So, in a nutshell, the differences between Krav Maga and other martial arts are:

- Skills and Training: Krav Maga emphasizes simple, straightforward techniques that are easy to learn and apply in stressful situations. Training scenarios often include realistic situations, multiple attackers, and weapon threats. Traditional martial arts(Taekwondo, Karate, Kung Fu) include spar-ring and striking techniques that emphasize precision and form, and emphasize
dynamic kicking. Ju-do, jiu-jitsu, and wrestling are centered on fighting, submission, and throwing on the ground.

- Sports versus self-defense: Krav Maga focuses primarily on self-defense, Krav Maga techniques are designed to quickly neutralize threats and move away from harm, the goal is personal safety, so there is no competitive aspect, traditional martial arts. Many martial arts include sparring and tournament rules, has a competitive aspect, is awarded points based on skill execution, and often focus-es on controlled engagement rather than neutralizing threats.

- Adaptability: Krav Maga teaches principles and concepts that can be applied in a variety of situations and environments, including armed attackers and ground scenarios. Traditional martial arts techniques are often designed for specific scenarios and may not be versatile when faced with unexpected situations.

- Philosophy and Culture: Krav Maga lacks the profound philosophical and cultural aspects found in traditional martial arts, and its focus is solely on practical self-defense. Traditional martial arts are often rooted in cultural heritage, and these arts teach values such as discipline, respect, and personal development along with physical skills.

- Weapon Defense: Krav Maga focuses on defending against a variety of weapon threats, including tactical knives, guns, sticks, and traditional martial arts may not be as central or extensive as Krav Maga, although some arts include weapon training.

In summary, both Krav Maga and traditional martial arts have their own merits and are particularly suited to individuals who want practical self-defense skills in real-world situations while meeting different goals, while traditional martial arts offer a broader experience that encompasses philosophy, cultural aspects, and different forms of physical training.

6. Krav Maga Countering Indiscriminate Violence

Krav Maga is a practical and effective self-defense system that originated in Israel, initially developed for military use but later adapted for civilian self-defense. Martial arts for security, military martial arts, and police martial arts programs are presented as a vitalization plan.

Figure 1. Self-defense when attacking with a knife using krav maga.

6.1. Krav maga self defense case study

Krav Maga is a self-defense and martial arts training that originated in response to life-threatening conflicts in the early 19th century and is now a military self-defense system developed for the Israel Defense Forces(IDF) and Israel Security Forces(Shabak, Mossad). As a result, there is a trend of compromising Taekwondo, Hapkido, Jiu-Jitsu, and Kali techniques in boxing, wrestling, aikido, judo, and karate[46] along with practical combat training. Krav Maga is known for its focus on real-life situations, maximal efficiency, and counterattacks of brutality, and is known as reflex defense, a natural and immediate defense response mediated at the brainstem level[22]. According to a study of novice female practitioners, It was found that one training session was
sufficient to learn and maintain Krav Maga strike techniques such as straight punches and defensive kicks[43], highlighting the importance of immediate defensive reactions while discussing the movement control mechanisms underlying reflexive defense in close combat. In addition, studies on Krav Maga’s self-defense effectiveness have proven that striking skills can be acquired and maintained with just one training [4]. Overall, Krav Maga integrates risk management elements to better understand its application in various situations. It can be seen as an effective combat system for self-defense, such as providing skills that help individuals to secure their safety in street attacks[47].

6.2. Krav maga program as self-defense

Krav Maga is an Israeli field of real-world combat practiced and taught around the world, a combat system and crisis management technique that provides individuals with safety against street attacks with reflexive defense, a natural and instantaneous defensive response [47] that can be used by soldiers in real-world situations. It is an Israeli combat code designed to teach self-defense and enforced worldwide [38]. Krav Maga originated in the 19th century and evolved from traditional fighting methods and concepts of situational awareness and unconscious reactions [39], with an emphasis on instinctive movements and efficient counterattacks, making it known as an easy-to-learn and highly effective self-defense technique [42] and for beginners. Krav Maga is a comprehensive program that teaches basic skills, practical movements and fitness programs [22]. Therefore, the following is a summary of the Krav Maga program activation plan as a self-defense.

- Situational Awareness: Maintaining constant situational awareness and searching for individuals, objects, and escape routes can provide critical time to respond to potential threats.
- Use of Verbal De-escalation: You can prioritize verbal de-escalation by using a calm but firm tone before using physical techniques to defuse the situation and clearly communicate your intent to avoid conflict whenever possible.
- Start a Defensive Posture: If the situation worsens and you feel threatened, you can adopt a defensive posture that hinders the attacker’s range and striking ability.
- Target Identification: Krav Maga can identify potential targets for effective strikes by evaluating the attacker’s stance, preferentially targeting vulnerable body parts such as eyes, neck, groin and knees.
- Rapid and Aggressive Reactions: Krav Maga emphasizes fast and aggressive reactions, allowing you to use strikes, kicks, knee strikes, and other techniques to quickly neutralize an attacker and focus on areas of weakness to intensify the impact of your actions.
- During an Attack: you can exploit weaknesses or gaps in the attacker’s defenses and use the surrounding environment to your advantage, seizing objects for improvised weapons or strategically placing them near obstacles that might hinder the attacker’s mobility.
- Escape Routes: During self-defense, you can recognize escape routes and, if possible, distance yourself from threats so that safety is your top priority.
- Controlled Aggression: You can refrain from aggression when responding, and focus on your skills and situational awareness to actively defend while remaining calm so as not to be penalized.
- Continuous Movement: Strategically using lateral movement, angles, and footwork can increase defense and exploit the attacker’s weaknesses.
- Practice and Training: Consistent Krav Maga practice with an experienced instructor can build muscle memory, confidence, and improve technique and response. —

In summary, the goal of activating Krav Maga as a self-defense technique can neutralize threats and ensure safety. However, safety should always be your top priority and will help you avoid or escape dangerous situations without physical conflict.
6.3. Krav maga program as a guard martial art

Krav Maga, used as a martial art as a guard martial art, is a discipline of self-defense and combat that originated in Israel in the early 19th century[39] and is practiced and taught worldwide, with an emphasis on reflexive defense and immediate defensive reactions[22]. Training in Maga is about learning instinctive movements and efficient counterattacks, and it is a program that anyone can easily learn and is very effective[37]. It is also used by the Israel Defense Forces(IDF) as an effective self-defense system[38], and has been battle-tested and proven successful, making it suitable for bodyguards who need to protect themselves and others in dangerous situations[42][48]. Therefore, the Krav Maga program as a guard martial art is summarized as follows.

- Efficiency and Simplicity: Krav Maga's streamlined and efficient technology allows bodyguards to react quickly in high-pressure situations, which can provide a notable advantage in scenarios that require quick decisions.
- Situational Awareness: By remaining vigilant and aware of their surroundings at all times, bodyguards can train individuals to identify potential threats early, giving them the time needed to initiate a response.
- Defense of Others: Important for bodyguards, the Krav Maga principles can go beyond self-defense and help protect clients and others from a variety of threats.
- Versatility of melee protection: Krav Maga can provide bodyguards with skills to maintain distance, control melee situations, and neutralize threats while keeping the person under protection safe.
- Stamina and Conditioning: Stamina and stress management are essential for bodyguards, and the rigorous conditioning of Krav Maga training can improve endurance, strength, and overall stamina.
- Tactical Training: Essential for strategic thinking and quick decision-making while protecting customers, Krav Maga's tactical training can cover scenarios such as crowd escort, protection and management.
- Protection against armed threats: Given the potential for encounters with armed attackers, Krav Maga's weapon defense and disarming techniques can increase the proficiency of bodyguards in neutralizing firearms and other weapon threats.
- Continuing Training: Just as bodyguards undergo continuous training to keep their security protocols up to date, Krav Maga training includes ongoing training so that bodyguards can maintain their skills and prepare for potential threats.

In summary, Krav Maga's practicality, adaptability, focus on efficiency, and emphasis on situational awareness make it an effective martial art for security guards, and by incorporating Krav Maga training into their skill set, security guards will improve their ability to protect their clients and respond effectively to dynamic and potentially dangerous situations.

6.4. Krav maga program as a military martial art

Used as a military martial art, Krav-Maga is a self-defense martial art known for its practical effectiveness against uncontrolled clashes with aggressors[49] and its approach focuses on effectively dealing with threats, and its application as a training method for soldiers. It is a property that extends the program[50]. Krav-Maga has gone beyond its identity as a mere martial art and has established itself as a practical and effective self-defense system firmly integrated into military training[40].

Krav Maga's origins, dating back to the early 19th century, are deeply rooted in responding to life-threatening conflict, resulting in Israeli hand-to-hand combat as a self-defense system and martial arts training[22]. It demonstrates an innate ability to trigger an immediate and natural defense response mediated through[36]. These effects have garnered worldwide popularity as
more and more people worldwide adopt Krav Maga to enhance their self-defense skills\[25\], and also from a military perspective, the Israel Defense Forces(IDF) use Krav Maga in real-world self-defense situations. It is positioned as a military martial art with profound practical impact, strategically used as a comprehensive tool for instructing soldiers\[36\].

Therefore, the Krav Maga program as a military martial art is summarized as follows.

- **Evaluation and Curriculum Development**: The first step should be to assess the soldier's specific self-defense needs and develop a specialized Krav Maga curriculum that includes practical skills in close combat, weapon retention, and disarming, depending on the type of threat and operating environment.
- **Education Integration**: This can be achieved by working with an experienced Krav Maga instructor who understands both martial arts and military mechanics, and should be incorporated into military training by integrating Krav Maga sessions into the overall training schedule so soldiers can practice regularly and reinforce self-defense skills.
- **Simulation and Real Training**: Simulating real combat scenarios in Krav Maga training allows soldiers to apply skills in stressful situations to improve their ability to react effectively and develop muscle memory for quick and precise reactions.
- **Progressive Education Level**: Soldiers are encouraged to follow a structured training process that begins with basic skills and progresses to more complex skills. This will give you a solid foundation and progressive exposure to dynamic scenarios.
- **Mental and Physical Conditions**: As a military martial art, Krav Maga emphasizes mental and physical control and can incorporate mental training techniques to enhance soldiers' situational awareness, decision-making, and composure under pressure for comprehensive self-defense.
- **Continuous Evaluation and Improvement**: We continuously evaluate the impact of Krav Maga training on the military, gather input from instructors and soldiers so we can pinpoint opportunities for improvement and adjust the curriculum based on real-world encounters and evolving threats to maintain skill relevance and efficacy.
- **Cross-Education and Interdisciplinary Cooperation**: Cross-training and collaboration with other professional units and disciplines can help integrate Krav Maga with other military skills to increase team performance and develop well-rounded soldiers capable of meeting a variety of challenges, and this interdisciplinary approach can strengthen collaborative skills such as inclusiveness, empathy, listening, and providing feedback.

In summary, by effectively integrating Krav Maga, military organizations can empower soldiers with the skills needed to navigate the complexities of modern combat situations utilizing practical and efficient self-defense techniques.

### 6.5. Krav maga program as a police martial arts

Krav Maga is a self-defense martial art that can be reactivated as a police martial art. Studying the biomechanics of Krav Maga techniques such as kicks and fists can improve self-defense skills and keep up with existing threats\[41\]. Krav Maga's main feature, reflexive defense, is a true reflexive defense mediated at the brainstem level, which is an effective method for self-defense\[7\]. An important part\[51\], and by understanding the kinetic control mechanisms and temporal characteristics of reflexive defenses, Krav Maga training for police officers can be enhanced to include multiple combat responses to different threats\[39\]. In addition, analyzing the scientific production and historical background of Krav Maga can provide useful insights for enhancing the training and effectiveness of martial arts\[37\]. Therefore, to sum up the Krav Maga program as a police martial art, it is as follows.

- **Need Analysis and Customization**: By assessing the unique challenges faced by officers, including arrest scenarios, crowd management and potential weapon encounters, the Krav Maga curriculum is tailored to directly address the issues and equips officers with the appropriate
skills to effectively carry out their day-to-day responsibilities. can be equipped

- Collaborate With Experts: By working with knowledgeable Krav Maga instructors who are familiar with the intricacies of martial arts and law enforcement, their expertise can help apply Krav Maga techniques for police officers by incorporating legal awareness, de-escalation strategies, and guidelines for the use of force.

- Scenario-Based Training: Scenario-based exercises that simulate real situations can develop the ability to respond effectively by practicing situations such as resisting a suspect, holding weapons, and handling emotional interactions in scenarios.

- Focus on De-escalation: The core of Krav Maga for police will fit into a holistic policing approach by incorporating reduction methods, integrating communication and conflict resolution prior to the use of force, educating to de-escalate tense situations.

- Legal and Ethical Considerations: Incorporating legal and ethical considerations into the Krav Maga program will enable police to prevent misuse or excessive use of force by ensuring that they are accountable, limit the use of force and align with departmental policies.

- Continuing Education and Retraining Courses: Consistent sessions and refresher courses will ensure that Krav Maga remains an ongoing component of education, strengthening skills and adapting to new threats, maintaining officers' confidence and proficiency in the application of skills.

- Defensive Tactics Integration: Krav Maga training for police, which includes both offensive techniques and defensive tactics, will enable police officers to proficiently defend against various attacks and protect themselves and others with minimal damage.

- Health and Fitness: Emphasizing the health and fitness of police officers as essential aspects of Krav Maga training will enhance their readiness to respond effectively in stressful situations and will enable officers to maintain physical conditioning to complement their Krav Maga proficiency.

In summary, law enforcement agencies will be able to successfully incorporate Krav Maga into police martial arts, giving officers the skills they need to navigate complex and often unpredictable policing situations.

7. Conclusion

The purpose of this study is to provide a basis for expanding and revitalizing the Krav Maga program training and management to actively respond to indiscriminate violence, and to explore strategic ways to revitalize it as a personal, bodyguard, military, and police martial art. The research methodology is a literature review and reflective study to understand the educational and technical value of Krav Maga.

First, the use of Krav Maga programs for self-defense can be achieved by creating a safe training environment, designing a comprehensive curriculum that addresses self-defense scenarios, extensive promotion, recruiting qualified instructors, involving participants in continuous improvement efforts, collecting feedback, and implementing practical programs.

Second, the use of Krav Maga programs as a security martial art can be customized with curricula that address certified training, restraints, scenario training, weapons defense, legal awareness, teamwork, and ethical use of force to ensure a well-rounded skill set for threat management.

Third, Krav Maga as a military martial art can be seamlessly integrated into military training, tailoring the program to meet self-defense needs, working with experienced instructors, utilizing mock combat scenarios, progressively developing skills, prioritizing mental and physical health,
continuous assessment and improvement, and interdisciplinary collaboration, equipping soldiers with practical self-defense skills, and enhancing situational awareness, decision-making, and teamwork to prepare them to effectively navigate various challenges in the modern combat environment.

Fourth, the use of Krav Maga programs as a police martial art can enhance practical skills, legal awareness, and conflict resolution by working with experts to solve specific problems, implementing scenarios, prioritizing de-escalation and legal aspects, providing ongoing training, and improving officers' readiness for complex law enforcement situations.

In summary, the revitalization plan of the Krav Maga program against indiscriminate violence can emphasize the importance of tailored curriculum, certified instructors, scenario-based training, ethical considerations, periodic assessments and interdisciplinary collaborations, and can emphasize the importance of participant self-defense, bodyguards, and military personnel. and to instill training aimed at ensuring that police are equipped with practical self-defense skills, legal awareness and enhanced situational preparedness capabilities to effectively manage problems in a variety of situations. In addition, through the use of the Krav Maga program, it is judged that it can be applied in the field as a basic self-defense technique against indiscriminate assault. Through follow-up research, it is necessary to study the activation plan of the Krav Maga program and the education method according to various scenarios.

8. References

8.1. Journal articles


8.2. Books


8.3. Additional references


9. Appendix

9.1. Authors contribution

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<th>Contribution</th>
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<td>Lead Author</td>
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<td>-Analysis ✔</td>
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<tr>
<td>Corresponding Author*</td>
<td>-Make a significant contribution to collection ✔</td>
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<td>Co-Author</td>
<td>-Significant contributions to concepts, designs, practices, analysis and interpretation of data ✔</td>
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