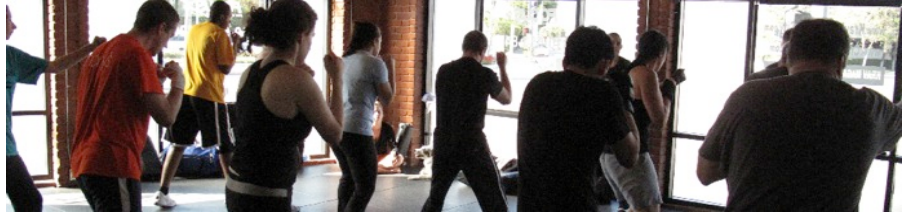




KMNY Welcomes:



In the past 2 months some great people have joined our programs in Somers & Middletown. We want to welcome the following new students to the KMNY Nation.

- | | |
|--------------------|--------|
| Susan Fundaro | Adults |
| Barbara McDonald | Adults |
| Norbert Goldberg | Adults |
| Robert Ellis | Adults |
| Leslie Accardo | Adults |
| Chris Calamari | Adults |
| Jason Morgan | Adults |
| Eric Johnson | Adults |
| Steve Grieco | Adults |
| Joseph Porticelli | Adults |
| Keith Sposato | Adults |
| Leigh Brand | Adults |
| Rick Lopez | Adults |
| Aidan Lopez | Youth |
| Robert Martin | Adults |
| David Birenbaum | Adults |
| Lisa Hageman | Adults |
| Chris Lallo | Adults |
| Anthony Redner | Adults |
| Lou Cimmino | Adults |
| Jim Flanagan | Adults |
| Alyssa Schofield | Adults |
| Anthony Botta | Adults |
| Caroline Brand | Youth |
| Daniella Schofield | Youth |
| Jacob Adler | Youth |
| Keith Dronzek | Adults |
| AJ Siehien | Adults |
| Lilo Ueki | Adults |
| Juan Ocampo | Adults |
| Felice Preston | Adults |
| Geoffrey Earnhart | Adults |
| Carlos Villanueva | Adults |
| Belle Sclafani | Adults |

Nation News:

In our opinion, KMNY's 3rd Annual Student Party was a real fun time. Thank you for Attending. If you couldn't make it, please keep us in mind for next year.

With the exception of just a few classes, our Fitness program launched this month. We hope you'll find it a great way to cross train. If you're interested in participating, please e mail admin@kmny.us

We've been spending a lot of time, energy and effort in revamping our web site. Neat features include an announcement board on the home page and a soon to come student section for profiles and training info. Check it out at www.kmny.us by the end of this month

Now that we've surveyed our adult students and have implemented change, it's time to find out more about our kids program. We'd like to survey our parents as well as our kids. Please expect two separate surveys within the next few weeks.

Krav Maga training and personal development isn't limited to our students. You may not realize this perhaps, but your Instructors continue to develop as practitioners and as Instructors. They train, often very hard, every time an opportunity presents itself. It's important to point out, I feel, that this is NOT necessarily the case with other training center, even other Krav Maga training centers. Last month many of your Instructors took the time on a glorious Sunday afternoon to attended a 4 hr. third party protection seminar in NYC. Hats off to them and their continuous pursuit of personal development.

While on the subject of training, and thanks in no small part to the efforts of our Force Training Team, in March KMNY trained with members of NYS Police Protective Services Unit (PSU). You'll find that thank you letter on page 6. And later this month KMNY Force Training Team will train LEO's at the Rockland County Police Academy. We want to thank our Force Training Team for their tireless work. This group often gives for nothing in return simply because they want to make a difference and keep LEO's safe

If you're an LEO interested in our upcoming Krav Maga Instructor Certification course (starts Dec. 19), please e-mail admin@kmny.us for details. You certify as a Krav Maga Force Training Instructor, and if things work they way KMNY plans, maybe even join our Force Training Team at some point.

Training This Month:



The Ramble:



Week 1

- Level 1 - Strikes & SD
- Level 2 - Striking, Mitt work, SD, Review
- Level 3 - Review, Striking, SD, Ground
- Level 4 - Stick, Knife, Review

Week 2

- Level 1 - Strikes, 360 & Inside Def, SD
- Level 2 - Kick, Kick Defenses, SD
- Level 3 - Kicks, Break Falls, Sweeps, Review
- Level 4 - Kicks, Ground, Gun, Review

Week 3

- Level 1 - Strikes, SD, & Ground
- Level 2 - Bobbing, Strikes, Defenses, Ground
- Level 3 - SD, Ground, Review
- Level 4 - Gun, Ground, Review

Week 4

- Level 1 - Review Prior Weeks
- Level 2 - Strikes, Defenses, SD
- Level 3 - SD, Training Drills
- Level 4 - Kicks, stick, Gun, Knife, Ground

Monday Night Segment:

Intro to Sparring
Sparring Gear Required

Wednesday Night Segment:

Grappling

Sunday Morning Segment:

Strikes & Self Defense Techniques

Monthly Theme:

Street Clothes / Use Your Environment
If you intend to participate, please come in your work clothes (but also bring sneakers) or a variation of your work clothes that you can afford to ruin (just a precaution, hopefully they won't get ruined). Bring a bag, or a briefcase, or anything similar that resembles what you typically carry to work. The closer you can replicate your typical attire / environment, the better

Krav Maga is reality based self defense training, so it's only natural that we need to persevere even when training gets overwhelming, right? After all, in a real encounter, you can't give up. You can't have a do over. You can't put on your forearm guards. In a real encounter, you're attacker isn't going to punch you (kick you, whatever) less just because he sees that you're overwhelmed, is he? Of course not. So it follows then that we may as well internalize this brutal reality immediately and get the message across to anyone that walks in the door as soon as possible, am I right? We may as well teach them from the start that this is no bull self defense, and push them to persevere – as in *NOW!* - or else what's the point of them being here? Don't you agree? I Don't.

Imagine this; tomorrow someone may walk through the door whose destiny is to be violently attacked 3 years from now. Let's call this person Joe. Joe is an everyday Joe. He lives in a friendly neighborhood, he has a wife and kids, a good job, he enjoys the simple things in life that you and I enjoy, and he's never hurt anyone. He doesn't have a crystal ball and has no idea what's in store for him 3 years from now. All he knows today is that he's a little out of shape, he's been thinking about getting into shape, but the thought of going to the gym is not appealing because he's not really sure what to even do there. So one night he's watching TV and sees an episode on E! about a celeb (pick one) training Krav Maga. It sounds like everything he wants to be. He decides to look up this Krav Maga thing and ultimately finds (drum roll please) KMNY. So he makes an appointment.

On the drive over he's wondering what this experience will be like. He's excited and nervous. All the stuff he read online make sense to him. Why not get in shape and at the same time learn a devastating, real life saving skill because, he thinks, you never know. But a part of him realizes this is all new. He's never really been in a group class, let alone a self defense class that boasts a *killer* workout. He's wonders if he should turn back. But he needs to do something. He really needs this. Besides, he's going to 'check it out', that's all, how bad can it be? His senses are heightened. He'll be evaluating everything. Now he's here. It's time for his intro lesson and his first class.

Trust me when I tell you that if Joe is *really* an average Joe (and not like you or I), during the Intro he's at best reluctant to hit pads - and you can't really blame him. His entire life he's been taught that raising his hands is fundamentally wrong. But he does it because we ask him to - he hits the pads - and he starts to feel guilty because it feels good. He realizes it's not supposed to feel good, so why does it? But it's more confusing then that. At a deeper level Joe struggles with the



The Ramble:continued



intimacy. It's eyeball to eyeball, and someone's putting their hands on him, choking him. He's trying to understand why he's doing what he's doing, and in some ways he does, but what he's asked to do represents everything he's not, and it's not comfortable. It feels strange, dark, cold, and mean. In fact, his actions are flat out dehumanizing.

Now his Intro is over. The black curtain to the gray matted area opens and Joe sees a bunch of people he's never seen before, they're getting ready for class, and they all look like they know what they're doing! During class, his partner, or the Instructor, or maybe both, expose him to no bull self defense by reminding him on the moment of failure that he failed. Things like, "no, no, no, you're doing that wrong", or "put your hand like this, not like that", or "come on, you can punch harder than that", or "Hold on a second? What do you mean hold on a second? Do you think your attacker is gonna wait?", or "this class is not for the faint of hearts, you have to be tough", or my favorite, of all "...hey, this is the way a real attacker would attack you".

The Instructor, or the partner, in reality just want Joe to be a survivor, they really do. They mean him well, I know that, and all the things they say are true. The problem is that Joe is not yet ready to accept them. It's simply too much too fast, and Joe is too uncomfortable to enroll. Three years later his attacker square off eyeball to eyeball and chokes him. Joe doesn't stand a chance. It's unfortunate too because Joe had it in him. We all do. Preservation is, after all, primal.

The average Joe needs us (Instructors and classmates) to understand that it took an incredible amount of courage to walk through that door, and that they wouldn't have bothered if it weren't important to them, really important. They want to be successful, they really do. They need for us to give them a little time, a little space, and some encouragement. Whether they know it or not, in their first 30 days all Joes need us to nurture them, take them under our wing, hold their hand, and even carry them. They need us to be trainers, to emphasize what they're doing right, not what they are doing wrong. And they don't need to be used during *our* training.

Does this sound like the opposite of Krav Maga? Do you think that it's soft? Consider this; in time, we can strip away comfort. We can desensitize the average Joe. If they return class after class, we can teach them. If they return, they will get it. Isn't that our job as Krav Maga practitioners, to teach those in need, so that they may walk in peace? How can we teach anyone if we discourage and break them from the start, if we make them feel so inadequate and uncomfortable that they don't want return tomorrow?

I tell every average Joe and Jane that walk's through the door that they have the right to learn Krav Maga at their pace and that no one will ever force them to learn Krav Maga at a pace that's faster than their willing to accept.

Let's fast forward... there he stands, eyeball to eyeball, his attacker is choking the life out of him. It's dark, it's cold, it's toxic - there's no humanity here. But Joe's been training for 3 years, his classmates and Instructors have placed him in this position before. This is not strange to him anymore, and he responds better than I ever would or could. This is Krav Maga, and it's far from soft. Do you see what I mean?

KMNY Force Training Division "The Switch"



Although my little corner of the KMNY Newsletter is titled Force Training, this month's article is aimed predominantly at our civilian students.

We have all heard the term "Fight or Flight". This term, although popular and universally accepted, is incomplete. The idea that when a human being (or animal) is confronted by a physical threat they will either run away or stand and fight only tells part of the story. The threatened prey can adopt other strategies as well. The actual survival strategies available are: Freeze / Posture / Fight / or Flight. Stay with me on this. Who has not observed a rabbit suddenly startled by an intruder's presence freeze in place – motionless in a desperate attempt to avoid attention (the Freeze). Or a dog showing his teeth and growling in a threatening posture to ward off any would-be threat (Posture). These very behaviors are present in humans as well. Police reports are full of stories of victims of sudden violence frozen in indecision, never reacting and simply "allowing" the attack to progress with seemingly no attempts to run away or fight back. Conversely, anyone who has witnessed a barroom altercation has seen a (usually) young, (usually) intoxicated male stick his chest out and chestbump a rival just before the punches fly ("what are you lookin' at?"). Although tactically unsound, this practice is designed to intimidate an opponent (a note on tactics: picture the chestbump in your mind and think groin kick). These are just a few examples of this type of behavior.

Back to the rabbit. As potential victims, all of us are subject to one degree or another (depending on our lifestyle), to random street violence. Certainly there are avoidance strategies we can employ to make ourselves less vulnerable ("victimology" in copspeak). But to some degree we are all potential victims. It is what we do early in the encounter that can give us the best chance to prevail, and that is what I want to focus on. Just as the rabbit, many victims freeze as they get caught up in denial – "THIS CAN'T BE HAPPENING TO ME!", or undue rationalization – "WHY IS HE DOING THIS TO ME?" It is the WHY that gets people killed. Listen to me boys and girls, once the attack is underway, the WHY is irrelevant. The quicker you can break that freeze of *the WHY* and react, the better your chances of survival. Most instances of interpersonal violence go the way of an aggressor seizing the early initiative and using a position of dominance to destroy the other - plain and simple. I am not saying that someone who is ambushed (sucker punched) cannot win a fight. I am simply saying that the quicker you can bypass the denial/reasoning phase and punch someone, the better your chances of not becoming breakfast for some predator.

All of this brings me to the concept of the "Switch". The Switch is a mental **GO!** that immediately engages whenever you are under attack. It is self-permission to leave the "why me?" for thoughtful contemplation once the event is over, and start throwing elbows *now*. And that is exactly the way you must approach it. It is the animal survival instinct that kicks in when a badger is cornered (YouTube that one if you want to experience aggression). Right now, while you are safely reading this article with a cup of coffee, you have to make the conscious decision that if - NO WHEN - you are attacked, you will flip the Switch and immediately engage. If you wait for the attack to be underway, you have already lost. The time to start internalizing this decision so that *it becomes part of you* is now. Work through the moral ramifications of hurting another human being now, before you are confronted with the reality. The shock of actually being attacked will be enough to deal with, the last thing we need at the moment of truth is an internal debate. It is not all gloom and doom – think about it. We already train for this in class. Stress drills, where the student has his or her eyes closed and is attacked, simulate an ambush to some degree. We train to immediately defend and counterattack – all good Switch-throwing stuff. In my classes, we have a creed: "When you F**** up, F**** up violently". It is a mindset that if we screw some technique up, we don't throw our hands in the air and start over. We punch something – *hard!* We do this for a reason. I want every student to immediately attack when they make an error in technique and not obsess about perfect form. That is why we say Krav Maga is principle based, not technique based. Understand the principle, and we can fill in the blanks as we go (i.e. this badguy is trying to choke me, I have to clear the choke and counterattack now!). Remember, an incorrect technique violently employed beats a perfect technique timidly employed almost every time. In this way we practice the Switch every time we make a mistake. In the street there are no do-overs. When violence is brought to you and the fight is going bad, immediately and ferociously counterattack, any way you can. That is the most correct Krav Maga technique there is. ...Hunt the Wolf

By: Maj. Ed Raso

Unsolicited Comments From Our Students:

It was such a positive atmosphere in class last night. People felt so good and the Instructors were great. So many people were expressing that yesterday. You should know that you have done a great job and your students are very happy

If you have something you want to say about anyone of us, why not e mail it to admin@kmny.us

Dates To Remember:



- Sun. Oct. 23, Level I Test 11 am
- Sun. Nov. 6, Level III Test 11 am
- Sun. Nov. 20, Level II Test 11 am
- December 19, LE Certification Course

Your Training:

Remember last month's training tip? If not, re-read it and stay tuned for next month's training tip.

By: Chris A.

Our Students:

More to Come Next Month

*Interview By: Paul F.
Note By: Davide G.*

Kids Corner



This Month – we'd like to assemble a series of real life stories to be considered for an upcoming performance. We'd like for these stories to be well written snapshots of a true event. Something that may have happened to you, or maybe to someone you know. They can be happy, or sad, or funny. They can depict a struggle, a fear, or love. They can describe courage, anxiety determination, integrity or will. You can write about anything at all really, but whatever it is you write about, make sure it has a beginning, an end, and tell us why it was so important to you. And of course it would be great to have a plot, so make it a story like. For example, instead of telling us where you went on vacation last summer and what you did there, tell us about the friend you met, why it was difficult (or not) to approach them, and why you thought they were cool only to later find out that they were not.

A good storyteller picks one event, something very meaningful to them, often times life changing, and describe it in great detail but never actually gives the away the message. A good storyteller allows the reader to *feel* the message. This is what we're looking for. And don't worry, if you want to keep things private, you can change the names of the people and the places. You can even add a little fiction if it helps but try to keep it as true as you can

Last thing, if somehow Krav Maga principles helped you or could have helped you, tell us how. Good Luck on Getting Featured

Pro Shop Sale:

Through November 15th

We can all use extra training shirts.

Any shirt marked with a red tab is \$10.

Buy 5 and get the 6th FREE



JOSEPH A. D'AMICO
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ALBANY, N. Y. 12226-2252**

Mr. Davide Gristina
Orange Premier Grappling
680 Route 211
Middletown, NY 10941

April 05, 2011

Mr. Gristina:

I would like to extend our appreciation on behalf of the members of the Protective Services Unit of The New York State Police for the Krav Maga training you provided during the week of March 28-March 31, 2011. The feedback from those who attended the training was extremely positive. The guys felt that the training was very practical, and applicable to our detail. Once again, thank you for devoting your time and energy to this training. Best wishes in all your future endeavors.

Sincerely

A handwritten signature in black ink, which appears to read 'Stephen Nevins', is written over a faint, circular official stamp.

Major Stephen Nevins
Detail Commander P.S.U.