

EAST SUSSEX - COMMANDO KRAV MAGA

- GUN CONFRONTATION -

Awareness, avoidance and threat evaluation are essential, prior to any physical response.

-Once confronted, try to answer yourself the following questions:

- Who is it..., professional, punk or psychopath?
- What does he want: Money, car, my family or me?
- Assume he is not alone!

Assume a submissive body language and:

- Trust your intuition and do not resist if you have a chance of survival.
- Do not look into the eyes and add to your chance of survival.
- Increase the possibility of grabbing the gun, since he will not be able to read your eyes.
- Hold your hands passive, right next to the gun-if you can.

Use positive communication:

- Yes, Everything, Take it please, etc.
- Trigger positive thoughts.
- Avoid negative words like: No, Shoot, Kill, F*** off, Nothing, Hurt.

Distract the attacker through a positive question:

- How much do you want? (To multi task him).
- Disarm him **during** a question. Do not telegraph any movement.
- Action will always beat reaction and get out of the line of fire.
- Prepare for a shoot being fired and your hand getting hurt-to anticipate an eventual shock.
- Prepare to fight - do not hesitate, hesitation kills!

Gain safety distance:

- At least 21 foot, to react since he might still 'charge' you with a knife!
- Check if the gun is real and loaded-whilest withdrawing, if it's not-run!
- The gun is real, you can withdraw. (It is not a good idea to run with a gun through the city).
- Decisions depend on the circumstances!

If you're fully trained and the gun is real and loaded:

- Take over. Point the gun all the time at the attacker!
- Put the attacker in an uncomfortable position.
- Scan your environment for his accomplices!
- Be ready to defend your life!
- Call for help or withdraw.
- Leave the gun in a safe place before informing the police, (do not run around with it)!

WARNING! The information above is only a mere guideline and not a complete guide. Therefore it has to be treated with precaution. It takes more than just reading a text to be prepared. Each situation is different and requires an individual assessment. We do not take any responsibility for your actions. Any mistaken decision could result in prosecution, injury or even death.