

# MCOLES Course Registry Detail

## Course Information:

**Course Title:**

Krav Maga Defensive Tactics Instructor Program

**Provider:**

TRISENS USA SECURITY SERVICES LLC

**Provider Course ID:**

**Category:**

Use of Force

**Course Hours:**

24.0

**Sub-Category:**

Defensive Tactics

**Description:**

Instructor Program: Completion of this course will allow law enforcement and military personnel the ability to become Krav Maga Defensive Tactics instructors for their departments.

**Audience:**

Law Enforcement, Military and Security Professionals

## MCOLES In-Service Training Curriculum:

This course incorporates the MCOLES in-service training curriculum for:

## Goals & Objectives:

Course Objectives

The training objectives will be evaluated by the Master Instructor on the various techniques taught during the Defensive Tactics Instructor course. At the completion of this course, the trainee will be able to perform all strikes, grabs, knife, club, pistol and rifle defenses with one to zero assist from Master Instructor.

## Outline:

## Krav Maga Defensive Tactics Instructor Certification Course

I. OBJECTIVES: Understand the purpose and application of various short, medium and long range self-defense techniques against unarmed and armed opponent(s) in a controlled setting for law enforcement officers.

### II. TRAINER PREPARATION

#### B. REFERENCES:

1. Mr. Michael Munyon: From 2006 until present, Mr. Munyon has been a Defensive Tactics Instructor and has trained local, military and federal law enforcement personnel defensive tactics. Additionally, Mr. Munyon is a certified Krav Maga Defensive Tactics Instructor with over 42 years of self-defense training.

#### C. INSTRUCTIONAL/SAFETY AIDS:

1. Striking pads and shields
2. Floor mats
3. Training pistol(s), knives and padded clubs

D. STUDENT PREPARATION: Graduated MCOLES Basic Training or Military Police Academy.

E. HANDOUT MATERIAL: Students will receive a Trisens-USA Defensive Tactics Instructor t-shirt and training manual.

F. PLAN OF PRESENTATION: Discussion, demonstration and proficiency:  
Students must perform all of the defensive tactics techniques as taught by the instructor.

G. OPERATIONAL RISK MANAGEMENT: Students will practice proper hygiene, safety, hydration procedures. Each student must be clean with nails trimmed; have a continuous course of water and other appropriate recovery fluids. Students will wear gym/fitness attire (depending on the desire, work clothes can be an option). All metal hair pieces, rings and other metallic accessories must be removed. This includes pockets emptied. The instructor will provide a safety briefing prior to the training day, which will include physical warm-up and cool down; tap-out procedures; and hydration/hygiene.

#### H. SELF-DEFENSE TECHNIQUES:

##### Basic Strikes and Drills:

- a. Fighting Stance
- b. Punches
- c. Palm Strikes
- d. Hammer Fist Strikes
- e. Elbow Strikes (1-7)

Basic Kicks and Drills:

- a. Front Snap Kick
- b. Front Pushing Kick
- c. Side Kick
- d. Round Kick
- e. Back Kick
- f. Knee Strike

Basic Defenses and Drills:

- a. 360 Defense
- b. Inside Defense

Basic Defenses Against Wrist Grab(s)

- a. Defense Against single hand wrist grab
- b. Defense Against two hand wrist grab
- c. Defense Against two hands on both of the officer s wrists

Basic Defenses Against Chokes

- a. Defense Against Single Hand Choke (from the front)
- b. Defense Against Two Hand Choke (from the front)
- c. Defense Against Two Hand Choke (from side/flank)
- d. Defense Against Two Hand Choke (from rear)
- e. Defense Against Two Hand Choke with Pushing motion (from behind)

Basic Ground Drills:

- a. How to get up from the ground
- b. Tracking Exercise (with kicks)
- c. Buck-Tuck and Roll
- d. Pluck-Tuck and Roll
- e. Snow Angel

Basic Defense Against Club/Blunt Object and Drills:

- a. Defense Against Overhead Strike
- b. Defense Against Inward Strike
- c. Defense Against Outward Strike

Basic Knife Defense Drills:

- a. Defense Against Straight Thrust
- b. 360 Defense (include simultaneous counter-attack and cavalier)
- c. Inside Defense (cavalier)
- d. Defense from Knife Attack From the Side
- e. Defenses from Knife Attack from the Rear
- f. Defenses from Knife Attack from Ground Position

Basic Pistol Disarms:

- a. Disarms from the front
- b. Disarms from the side
- c. Disarms from behind
- d. Disarms from the kneeling Position

- e. Disarms from being taken Hostage
- f. Disarms from being mounted

Basic Rifle Disarms:

- a. Disarms from the front
- b. Disarms from the rear

End of 3 Day course: ---Student Evaluation and Graduation---

24.0 Hours

**Contact Information:**



Michael Munyon  
 E-mail: munyon@trisens-usa.com  
 (989) 820-2556

**MCOLES-only Information:**



**LED Approved:**

Yes

**LED Approval No.:**

**NCP Approved:**

No

**Offering Information:**



Begin Date	End Date	Location	Instructor 1	Instructor 2	Cost per Student
------------	----------	----------	--------------	--------------	------------------