

Senior Self Defense

Commando Krav Maga Chelsea

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Senior Self Defense

Overview

Senior Self Defense is an innovative program instructed by Michael Trester. The program is designed to assist seniors in personal safety, situational awareness, and self-defense.

Biography

Michael is the owner of Commando Krav Maga Chelsea/ Kitchi Tae Kwon Do. His school is located in Chelsea Michigan. There he teaches the traditional art of Tae Kwon Do as well as Commando Krav Maga. Commando Krav Maga is a reality based martial art that is highly effective in Self Defense. Mr. Trester is a level 5 instructor in Commando Krav Maga and a 4th Dan in Tae Kwon Do. Michael is a law enforcement officer working for the Washtenaw County Sheriff Office where he has served for 22 years. He has worked a variety of assignments from patrol to detective, supervisory positions as a Sergeant and currently as a Lieutenant. He has investigated numerous assaultive crimes to include Sexual Assaults and Homicides. His experience is unlike most self-defense instructors. He speaks from a perspective of someone who has been there. Michael is well versed in tactics, which assist in defending. Michael is a member of the Washtenaw Metro SWAT team and serves as the Sniper Team Leader.

Chelsea, Michigan

Day 1

Classroom Presentation

- I. Introductions
- II. Goals of Course
 - a. Instructor Goals
 - b. Student Goals
- III. Defining Self Defense
 - a. Moral
 - b. Legal
 - c. Physical
- IV. Common Self Defense Situations
 - a. Physical
 - b. Economic
 - i. Phone Scams
 - ii. Internet Scams
 - iii. Identity theft
 - iv. Mail Fraud
 - v. Door scams
- V. Reporting
 - a. Resources
 - b. Police
 - c. Nixel
 - d. Each Other
- VI. Verbal De-Escalation
 - a. Overview preparation for Day 2
- VII. Awareness
 - a. What happens to the body

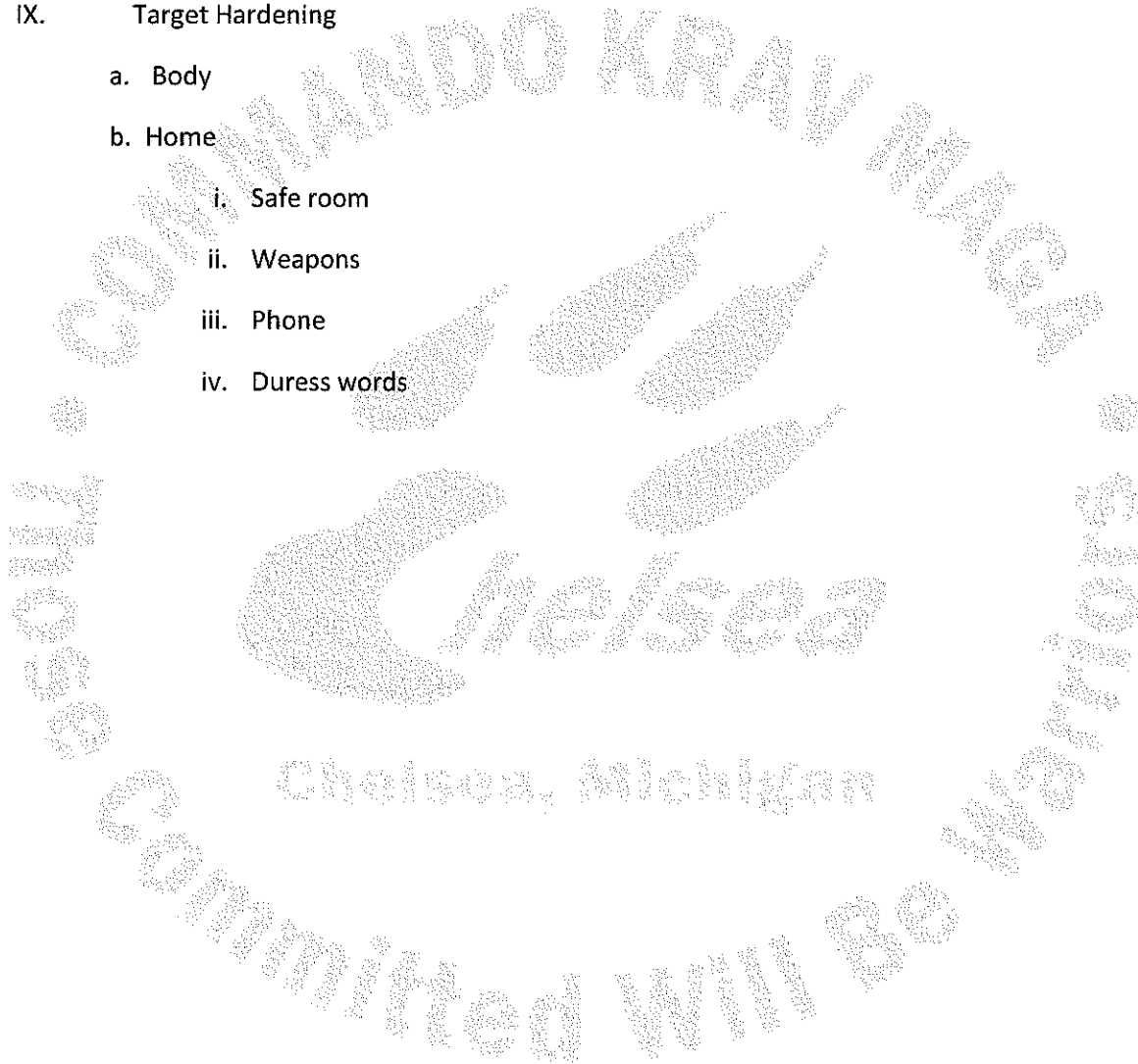
- b. Inverted U theory
- c. Hicks Law
- d. Countering the effects on the body

VIII. Warrior Mindset

- a. Most important aspect of Self-Defense

IX. Target Hardening

- a. Body
- b. Home
 - i. Safe room
 - ii. Weapons
 - iii. Phone
 - iv. Duress words



Day 2

- I. Understanding the techniques
- II. Warm up
- III. Pre-contact Cues
- IV. Verbal De-escalation
 - a. Key words
 - b. Phrases to avoid
 - c. Boundary setting
 - d. Examples
- V. Use of Barriers
 - a. Cane Defense
 - i. Proper hold
 - ii. Movement
 - iii. Striking
 - iv. Disengaging
 - b. Walker
 - c. Proper hold
 - d. Movement
 - e. Striking
 - f. Disengagement
- VI. Reporting of Incident
- VII. Wrist lock releases

Day 3

- I. Introduction
- II. Warm up
- III. Demonstration of Techniques
- IV. Wrist grabs
 - a. Release/ disengage
- V. chokes
 - a. Release and disengage
- VI. Scenarios
 - a. Using techniques from Day 2 and 3
 - b. Role Playing
- X. Conclusion/ Evaluation

