

## **Civilian Krav Maga Instructors Course**

**IKM** offers an intensive Civilian Krav Maga Instructors Course (CIC) that was designed specifically to Krav Maga students that wish to develop their skills and knowledge in order to train others and provide them with the tools to defend themselves against various threats in today's challenging reality and to develop an high level Krav Maga technical skills along with self-confidence, physical fitness and much more. The course deals not only with the technical skills, but also provides valued knowledge regarding the training methods, anatomy, physiology, and more.

During the past years, **IKM** trained a significant number of Civilians, Police and Law Enforcement units, VIP Protection agents, Military SF around the world. During training **IKM** provided effective Solutions to various situations according to the specific reality and needs of each student.

### **The IKM Civilian Instructors Course includes the following topics:**

- History of Krav Maga
- General principles of Krav Maga and self-defense
- Physiology
- Anatomy
- Characteristics of a Krav Maga instructor
- Training program planning
- Safety and health in a classroom
- All Krav Maga techniques up to G1 level
- And more.

### **Logistics and cost**

The CIC includes 20 days of training which are divided into two parts of 10 days each. The course may take place in different countries according to the yearly IKM activity program.

The CIC costs a total of 2400 Euro (1200 Euro each part)

# IKM Gabi Noah International Krav Maga

---

## **IKM Founder – Master Gabi Noah**

**IKM** was established in 2009 by Master Gabi Noah, Gabi was born in Syria in 1964. He immigrated to Israel in 1979 and started practising the Krav Maga System under Rafi Algrisi. Two years later, he began to train under Imi Sede-Or (Lichtenfeld), the founder of Krav Maga and his closest instructors. In 1984, he successfully passed the Krav Maga Instructors course, certificated by the Wingate Institute, Israel. Gabi Noah also passed the test to obtain a Black Belt (Expert I) which was approved and signed by Imi Sede-Or and Eli Avigezer.

In 1985 Gabi joined the Israeli Army (IDF) and served as a Sergeant and trainer of Combat Fitness and a Krav Maga senior instructor who certified hundreds of Military Krav Maga Instructors as a member of the IDF School for combat fitness training. During his service Gabi trained elite units such as commando, infantry and special units of the Border Guard.

In 1988 Gabi completed his reserve duty in the IDF and subsequently opened a Krav Maga Institute in Netanya. During this period, Imi Sede-Or also trained him. In 1995, together with Eyal Yanilov, Avi Moyal and Eli Ben-Ami and with the blessing of Imi Sede-Or, Gabi established the International Federation of Krav Maga (IKMF) where he was responsible for both the professional and the administrative sectors of the IKMF. He also provides professional support for trainers of the Federation in Israel and abroad. Gabi established the IKMF activity and was responsible for all IKMF operation in France, Belgium, Switzerland, Luxembourg, Lichtenstein, countries in South America and others.

Today, Gabi is the headmaster and founder of **IKM** (International krav Maga – Gabi Noah), an organization that operates in a large number of countries around the globe. **IKM** country directors who get appointed by Gabi are responsible of the local branches of **IKM** in their countries and enjoy a wide range of local and international activities such as seminars, courses and training camps.

# IKM Gabi Noah International Krav Maga

---

## **IKM Combat Training Division**

The IKM Combat Training Division is a branch of the IKM Gabi Noah International Krav Maga which provides combat training to Police units, Military forces, VIP Protection teams, Security services and IKM instructors and students who wish to gain skills in those fields of activity. The IKM Combat Training Division offers various courses and seminars according to specific needs of the participants.

The IKM Combat Training Division Director, Shahar (Sean) Or, is a graduate of SF training course and a qualified field medic, with extensive operational and combat experience. Shahar holds an Expert 2 Krav Maga level and he was qualified by the IDF as a senior Krav Maga Instructor.

Shahar is Krav Maga and combat instructor with vast experience in training combat and Special Forces units in both the public and the private sectors. During the past several years Shahar trained the self-defense instructors of the Italian Police Academy, The DT instructors of Westchester County Police, SWAT units and the NYPD, the Presidential Secret Service agents of Panama, and more.

In 2011 Shahar was positioned by Master Gabi Noah as the IKM's Combat Training Division Director and he, together with Gabi are training Police units, Military Special Forces, Counter Terror teams and other Security Services around the world.

Shahar is a graduate of "Anti - Crime Police Course", and since 2003 has been a commander of a special intelligence and anti-crime team which operates as part of the civil service division of the Israeli Police Force.

Shahar is a B.A. Graduate of 'Government Diplomacy and Strategy' with a specialization in 'Counter-Terrorism and Middle-East Studies' from IDC, Israel.