

## **ABSTRACT OF THE DOCTORAL THESIS**

**Author: Lăzarescu Sorin**

**Scientific coordinator: Prof. PhD Gheorghe Marinescu**

**National University of Physical Education and Sports**

**Title of the thesis: Curriculum on training militaries in Krav Maga specific self-defense techniques**

**Keywords: Krav-Maga, research, methods, police officers, project**

While I was studying the training program of Israeli army, I observed several very efficient Krav-Maga self-defense techniques that made me take the decision to develop a vast experimental research, a project based on training with similar elements.

### **Introduction**

It's inconceivable to have a European territory without ensuring a high level of security for the citizens and a climate of public order and peace. One of the main objectives of globalization was to fight together against all forms of crime, to control everything that can harm the civil rights, the public and private property, and to prevent any method of violation of safety and civic security regulations.

### **PART I: Theoretical and conceptual aspects**

#### **The motivation of choosing the theme and the degree of actuality**

##### **Motivation**

While I was studying the training program of Israeli army, I observed several very efficient Krav-Maga self-defense techniques that made me take the decision to develop a vast experimental research, a project based on training with similar elements.

##### **Importance and the degree of actuality of the theme**

In order to accomplish every mission successfully, it's important to impose a high level of psycho-motility. Therefore, the preparation and perfecting of public order forces system will always have the best methods and techniques of training. Among these, we can find Krav Maga special training techniques which valor it's recognized by the best special intervention units from U.S.A., Israel, France, Poland, Germany etc.

## **Concept of public order and safety**

Public order is found in all societies of the world since forever, as well it has existed violent persons who wanted to apply their own law and principles without respecting the state law and regulations. On this topic, Romanians had their own adage: “ordo est anima renem”, which means that *order is the soul of everything*.

## **Basic components of the educative-training process in sport**

### **Motion skills and habits**

Motion habits represent definite forms of motion activity, manifested through dynamic stereotypes which appear thanks to some temporal links from motor cortex.

Some of the motion skills appear during lifetime, others appear during the training process or during practicing sportive activities. In these situations, when the habits are wrong practiced, they may be corrected and even evolved and improved during the training process.

### **Psychomotor**

This part combine motion elements with the pshycal ones, integrating motion activities and manifests of perceptive functions as well, offering different forms of answers on the action of stimulus.

## **Training system based on Krav-Maga self-defense techniques. Krav-Maga concept and evolution**

Krav-Maga (pronounced Krahv muh-Gah, means “contact fight” in Hebrew) “is a simple and aggressive self-defense system”. This combat method is not a part from traditional martial arts. Every style of martial arts is based on preserving and rendering the traditions promoted by the great masters. Krav-Maga is found more in the word “martial” and less in the word “arts”.

## **Conclusions on the theoretical aspects of the research**

As a result of the research and studying on the topic I framed several conclusions as follows:

- a. Public order and safety domain is considered one of the most important domains, with a significant contribution in strengthening the state of rithts and ensuring to respect all fundamental personal rights and freedoms.
- b. Physical training and self-defense training have the most important role in preparation process of public order forces.
- c. Physical education is the only discipline that is found on the entire career of M.I.A. personnel, starting with the selection stage and continuing with all forms of initial and continue preparation, until retiring.

d. Krav-Maga is one of the most complex self-defense system that offers a wide range of self-defense techniques and procedures, an aggressive system used by the most known and powerful intervention forces from Israel, U.S.A., Germany, Poland, and France etc.

## **PART II: Preliminary research for preparation curriculum of military with specific Krav-Maga techniques**

### **Premises of the preliminary research**

Any type of research impose browsing more stages. In projecting and formatting the present research we don't start from ideological or moral premises, but strictly from the scientifically principles which can be applied on the specified topic.

### **Objectives of the preliminary research**

Preliminary research had as objectives investigation and supervising the attitude of the students and physical training specialist from M.I.A. for the opportunity of implementing the Krav-Maga techniques in training programs of Police Academy Students, and in continual training program of the M.I.A. personnel.

### **Hypothesis of the preliminary research**

The Krav-Maga self-defense system is not very popular between M.I.A. personnel (students and officers as well), fact that represents an obstacle in preparing and training the officers for the public order and safety structures.

### **Methods of preliminary research**

- Investigation method
- Data processing statistical-mathematical methods and techniques

### **Conclusions of the preliminary research**

As a result of applying the questionnaire and interpretation of the answers of the interviewed persons, I framed several conclusions systemized as follows:

1. As a result of applying the questionnaire it has been discovered that the personnel from the public order and safety system does not possess a large amount of knowledge about the Krav-Maga self-defense technique, **fact that confirms the hypothesis.**
2. The level of knowledge of the system is significantly low, especially between the students.
3. The insufficient knowledge of the Krav-Maga self-defense system determines a third of the interviewed students and officers to underappreciate

the level of adaption of Krav-Maga self-defense techniques to the police self-defense elements.

### **PART III: Personal contributions in elaborating a self-defense program based on Krav-Maga fight techniques**

#### **Premises of the experimental research**

The project from the research is inspired from the initial training logique of the personnel from the public order and security system and it takes into consideration the specific professional demands and the growth of the efficacy of this activity.

#### **Objectives of the experimental research**

- Growth of self-defense capacity by applying a Krav-Maga special techniques program;
- Growth of efficacy of the execution methods of annihilation and immobilization techniques by applying the Krav-Maga self-defense system.

#### **Hypothesis of the experimental research**

- By implementing the Krav-Maga self-defense system in the self-defense training program, it will grow the capacity of self-defense of future officers from the public order and national safety system.
- By applying a training program based on specific Krav-Maga elements, selected by the professor by the level of efficacy for a certain type of training, can significantly optimize the psychomotor indicators of the Police Academy students.

#### **Subjects represented in the research**

The subjects of this experimental research are represented by the students of the “Alexandru Ioan Cuza” Police Academy specialized on public order and safety.

#### **Methods used in the research**

Method of the controlled observation

The experiment method

The control sample method

#### **Publications**

➤ Study on “*Modern self-defense techniques – Krav-Maga*”, on Scientific Session with international members “Uniunea Europeană – spațiu de libertate securitate și justiție” 24 mai 2012 Academia de Poliție „Alexandru Ioan Cuza”, ISBN978 – 606 – 11 – 2441 – 1.

➤ Study published in „Discobolul” UNEFS Decembrie 2012 Magazine, “*Modern self-defense techniques – Krav-Maga*” Cultural, education, sport and Kinetotherapy magazine 2<sup>nd</sup> year UNEFS nr.4 (30) 2012 ISSN 1454-3907.

➤ Study on “*Krav-Maga vs military combat sports vs sports*” at Scientific session with international members “Uniunea Europeană – free space, freedom, security and justice” Police Academy „Alexandru Ioan Cuza” 23 may 2013, ISBN 978 – 606 – 591 – 723 – 1.

➤ Study on “*Specifically of Krav-Maga system*” volume session, may 2014 Police Academy „Alexandru Ioan Cuza” ISBN 978-606-591-972-3.

➤ Study on “*Future perspectives- Krav-Maga*”, volume session, Police Academy „Alexandru Ioan Cuza” 1 April 2015, ISBN 978-606-11-4606-2.

➤ Study on „*Study on students psychomotricity from Police Academy „A.I.Cuza,*” Free papers „Multi and interdisciplinary: current approaches” organized at the International Conference Quality of Life: a Challenge for Social Policy, 22 April 2015, București, Academia Română.

➤ Study on “Self-defense potential measuring tests” at International Free papers „Challenges and strategies in public order and security” Police Academy „Alexandru Ioan Cuza” 2<sup>nd</sup> edition 28-29 may 2015, ISBN 978-606-28-0245-5.

➤ Study on „Psychomotricity test –*Simple Time Reaction (STR)*” at Physical Education, Sports and Kinetotherapy International Congress (ICPESK) Bucuresti, 10-13 June, 2015.

➤ Study published in „Discobolul” UNEFS magazine „*Research on the importance of implementing Krav-Maga in the police training*” Cultural, education, sport and Kinetotherapy magazine UNEFS, iunie 2015.

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### **Proposal and recommendations**

- Establishment of a Krav-Maga self-defense group;
- Organizing demonstratives with Krav-Maga self-defense techniques by the students of the Police Academy and show them at several events;
- Create different internships with different structures inside the country or abroad on the Krav-Maga self-defense techniques.

### **Conclusions**

The performances and the grades obtained by the students from the experimental groups at the end of the research, compared with the ones recorded at the control groups, confirm the hypothesis that self-defense training in the parameters set by the program, conceived and developed on scientific basis respecting modern scientific limits, contribute to achieving all general and special objectives established for this subject matter by the administration of the Police Academy.