

American Jewish Security Council

COUNTER TERRORISM

Rabbi Sensei Gary Moskowitz, Director & Chief Instructor

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Combat Shooting & Apprehension-CSA Israeli Style



Introduction

This is a 100-hour certification course of practical combat shooting and apprehension.

There is an annual requirement of 10 hours of re-certification.

The cost for Law Enforcement agencies is \$3,000 per person which is \$30- per hour of training . The cost for House of Worship and School lay people is \$2000- per person which is \$20- per hour of training.

Initial classes can be given in an intensive two-week period or over a four-month period.

Other classes can be structured to suit a specific group.

One must attend all the classes to pass and then pass a qualifications exam.

If a class is missed one must make up the class or the material.

A written and a performance qualification exam will be given at the end of the class to pass.

Course practice is on the battle area where you may find yourself in combat –

your synagogue, church school etc. One has to be familiar with the areas you find yourself in.

Note:

One cannot learn much only on a firing range where there are usually singular targets to shoot at which are often stationary where they don't fire back.

CSA will train students in the When, How and Why to shoot and under the usual extreme conditions that accompanies such action where you are greatly stressed in a highly emotional, mental and physical state.

No course can make demands that you will be victorious all the time without casualties.

We are offering our students a fighting chance where either none or little existed before.

We are also stressing we are attempting to minimize fatalities and injuries.

CSA stresses tactical team work!

Rules & Regulations:

Must be able to perform wearing bulletproof vest and using a portable bulletproof shield
Cannot have a felony criminal background
Must have at least two-character references

CSA bridges the gap between unarmed combat and tactical shooting in life and death situations. The ability to integrate empty hand and shooting skills means the difference between winning and dying. CSA has created one of the most effective practical real and frightening programs that will enable you to strike, throw, draw, shoot, and win at arms length and closer, along with fighting from great distances. CSA also trains individuals and groups to work as a team.



Curriculum

Personal

Fitness to Shoot and Engage in Combat
Dexterity Exercises of fingers/hand and arms
Minimum standard for Cardio-Vascular, Flexibility, Muscle Strength, Agility, Coordination,
Emotional Stability – how to stay calm under fire – Performing under pressure
Ability to work with a team

Exercises

Balance exercise on uneven floors
Verbal engagement
Fine Motor Skills - Hand/Fingers
Breathing skills – preventing exhaustion, and preventing anxiety attacks

Awareness

Threat Assessments – of the facilities you may find yourself in combat
Recognition of high threat areas
Suspicious People – How to approach, stop, question and request of frisk
When to take action and what type of action
Awareness of your team's positions
When to draw your gun

The type of Weapon to choose and Firearms Safety

Review of types of Guns
Review of safety procedures on and off the practice range and set

Bullet Proof Vests and Shields

The Draw

Combat Positions – While standing, seating, on the ground-front and back
Release and Draw - from multiple body grabs, and assaults – physical combat
Re-holstering weapon

Clearing the Room

Evacuation procedures
Lockdown

Engagement

When to engage – Shoot/Don't shoot drills scenarios
Dialogue/Negotiations

Gun Retention in physical combat – Hand to hand

Trying to protect your weapon

Trying to draw it while in physical combat

Combat in all areas of the building; main and auxiliary sanctuaries, corridors/hallways, stairways, bathrooms, kitchen,



Cover

Taking cover and using cover exercises

Dropping down on one knee, into prone position, rolling over on ground, over and under tables or other objects,

Training with Bullet Proof Clipboards and shields

Tactically moving with the crowd

Cover Fire

Distraction Device Deployment

High Powered Flash and regular lights

Cue or gold balls

Use of Confusion

Shooting:

Left/Right hand drills

Instinctive Reflexive shooting without aiming - Draw and fire

Snap Shot Memory Exercises for point, turn and Shoot

Shooting Static and Dynamic – turning/twisting/bending, dropping down, jumping,
Shooting at distances from 10’ to 75’
Shooting at close quarters from right in front of you to 10’
Shooting at single targets
Shooting at multiple targets
Shooting at moving targets – moving back, forward, sideways, oblique left and right
Shooting after a chase or being knocked down (adrenaline pumping w/cardio vascular exercises)
Shooting – Spread Fire techniques
Shooting in poor conditions – low visibility - evenings, low or no light, fog, smoke,
Shooting while injured and/or disoriented – blinded, deafness, shooting wounds to body
Shooting in densely populated areas
Shooting exercises with intense Pressure/Tension – where all your senses are being challenged
 screaming, alarms, flares, stench, physical confrontations and more
Shooting for third and multi-party protection
Shooting while Perpetrators firing back
Quick recovery from weapons jam
Defense from grappling while shooting
Transition to secondary weapons
Reloading - Magazine changes two hands and one hand

Shooting under direct fire -

Shielding – use of bullet proof forearm shield
Movements – forward/back and side rolling
Zig Zag retreating

Bodyguard Shooting – Shielding yourself using perpetrator

Disarming perpetrator and spinning him in front of the other while drawing your gun
Grappling one perpetrator while shooting at another

Bystander Safety

Keeping innocents out of harms way – takedowns
Shooting around them stationary
Shooting around them when they are moving

Gun Retention

Keeping your gun safe and away from perpetrator
How not to drop your gun while moving in combat

Apprehension

Disarming and Securing Perpetrators
Search Techniques
Weapons Recovery – (may not be on them at the time)
Physical Combat and shooting
Handcuffing
Holding potential Perpetrator(s) at gun point

Team Training Exercises

Positions and Positioning
Tactical Command Post if possible
Cover Fire - with the team
Medical Cover Triage for casualties
Lockdown – Emergency Entry and Exit strategies
Basic Door / Window Breaching
Weapons and ammunitions exchanges in combat
Perimeter and Premise Search
Intruder Search
Barricaded Perpetrator
Stealth Techniques
Tactical Withdrawal

Rescue and Recovery of downed man and the injured

Police Medical Command
Protecting the medics
Protecting the downed man while under fire and returning fire

Hostage Situations

Negotiations
Positioning of team

Legal

When and where Gun Permits are required
Liabilities for taking and not taking action
Legal - Post Operational debrief

Firing Range

Performance on a range to feel, see, hear, smell and taste real firepower at various distances and scenarios

Field Medical Tactics

Special training for Medics and Doctors

Scenario Based Training - Day/Night

Series of scenarios that have happened or that could likely happen

Other Lethal weapons when gun is unavailable

Tomahawk - Double sided 3” ax blade 16” handle
3-5 lb dumbbell and disk weight for throwing
Combat bow/arrow

Less Lethal Munitions

For those without gun permits consider other handgun weapons firing:
- Tranquilizers, Tasers, Pellets, Rocks, Knives

Police Joint Training when applicable

Notifying police so they are aware of presence

Equipment for practice

Practice Guns: Laser Guns Air pistols Automatic Pee Shooters Paint Guns

Alternative projectiles: Double sided ax Throwing knives Darts bean Flash Cap

Body Protection: Eye Goggles, Ear plugs/muffs, Heavy clothing, Knee and Elbow Pads,

Holster Gun Clips Ammunition

Bullet Proof Vest Bullet Proof Clipboard Large Bullet Proof Shield

Communications: Alert Transmitter 2 way-Radio Cell phone

Distracters: Cue or Golf Balls Flash balls/noisemakers High Powered Lighting

Silent side Arms: Knife-K-Bar, Darts, Multiple Spike Thrower, Rope/Whip/Chain

Apprehension: Handcuffs, Plastic Ties, Belts, rope

Makeshifts weapons in synagogues/Churches:

Talitot, Prayer books, Chairs, Tables, Ties, Shoes, Jackets, Kippot-Skullcaps,



Level 2 Course

Intensive training from all the above and...

2) Defensive Tactics

- 1 • Weapons disarmament including handguns and assault rifles
 - 2 • Knife fighting
 - 3 • Disarming an assailant with a knife or sharp object
 - 4 • ITS (Israeli Tactical Survival) special defensive tactics method developed by CRI that instructs how to effectively deal with severe crime and terrorist attacks in the field of hand-to-hand combat
 - 5 • Fighting in a professional and devastating way to an aggressor
 - 6 • Countering grabs, punches, kicks and choking
 - 7 • Multiple attackers
 - 8 • Ground fighting
 - 9 • Countering attacks with broken bottles, chains, batons, acid, zapper, tire iron, etc.
 - 10 • Dealing with tear gas attacks
 - 11 • Correct timing in a street confrontation
 - 12 • "Trick" fighting tactics and also how to counter them
-
- 1 • Physical attack while you are seated in your vehicle
 - 2 • Functioning under extreme stress
 - 3 • Weapons retention and disarmament
 - 4 • Hand to hand fighting
 - 5 • Handling countering injections of foreign substances
 - 6 • Surviving in a vehicle surrounded by 3 to 4 armed hostile captors
 - 7 • Dealing with attacks involving axes, ropes for strangulation, etc.
 - 8 • Fighting effectively after being partially immobilized or wounded
-
- 1 • Operating tazers, zappers, light blinding devices and retractable batons
 - 2 • Defense against tazers, zappers, light blinding devices and retractable batons
 - 3 • Functioning under the effects of CS gas, pepper spray and mace

3) Defensive Driving Maneuvers

- 1 • Under fire
- 2 • Escaping
- 3 • Vehicle control
- 4 • Braking techniques
- 5 • Quick response

Additional Subjects

- Countering ambushes
- Counter kidnapping
- Scanning for various types of booby traps
- Body search
- Terrorist methods
- Aggressive and passive body language interpretation
- Interpreting suspicious behavior

- 1 • Fighting while injured

The Defensive Folding Blade

Safety Lecture	Knife selection and types	Carry methods
The Defensive Stance	Rapid Deployment of the folding knife under duress	
Defensive Slashes and Cuts	Knife Tactics and Techniques	
Cut and Escape Techniques	Tactical Movement	Handgun Disarms with a Knife

Basic Knowledge of the following principals and techniques is essential CSA

APPLIED MARTIAL ARTS TRAINING SKILLS CURRICULUM

For Ju-Jitsu, Karate, Judo and Police Tactics

Shihan Gary Moskowitz Founder and President AMA

917-916-4681 Gavriael@aol.com

www.martialartstherapy.net

www.appliedmartialarts.net

www.ajsecuritycouncil.com



Applied Martial Arts Curriculum

Applied Martial Arts is a System of:

Health, Safety, Self-defense, Protection & Justice

Exercise programs consisting of:

Flexibility Endurance/Cardiovascular Muscle Strengthening Internal Energy Training

Balance Mobility Agility Dexterity Coordination Speed Power Rhythm Character Focus Mental Acuity

Discipline

Martial arts and sciences is the study of internal and external energies and forces as they relate within yourself and from the outside, to others in your vicinity and to your environment for the purpose of protecting yourself from physical, emotional, psychological and spiritual harm. Martial Artists are proactively

involved in using their acquired dynamic skills and energies to pursue peace, health, kindness and justice.

Martial Artists studies manipulate the natural forces around & within us with the goal of cultivating and harmonizing positive energy while neutralizing negative energy. This is known as the study of the Chi-Kung

AMA Curriculum includes all students practicing the RACK:

Randori-Judo sparring **Akidori**-Aikido sparring **Ju-Dori** Compression sparring

Chi Sao- Sensitivity Sparring **Kumite**- Karate sparring

then adding all with knife/stick/chain/gun then blindfolded

Rules of Engagement Self-Defense Programs & Tactics that are studied:

Health Nutrition, Hygiene, Exercise, Sleep, Learning, Character

Safety First Aid – home, car, school, fire, child, and public safety practices

Prevention - not getting into unhealthy practices of physical, emotional and spiritual abuses

Ethics/Values Appreciation Acceptance Benevolence Balance Courage Confidence Compassion Communications

Creativity Cooperation Discipline Empathy Education Freedom Gratitude Honor Humility Integrity

Justice Kindness Loyalty Logic Love Moderation Nurturing Obedience Purpose Perceptive Power

Professionalism Perseverance Patience Peace Respect Reason Sincerity Truth Tenacity Teamwork Will Power

Civics Martial Arts fieldwork assignment - working with the sick, poor, immigrant

Avoidance Awareness of situation and escaping trouble before it begins –
Violence prevention, Addictions, Stress, obesity, Sickness, Accidents, unhealthy Rituals

Martial Science Principles of physics, biology, bio-physics

Meditation Learning how to calm yourself or another with you in a potentially dangerous
situation (Performing Under Pressure) ex breathing properly and organizing body energy

Ki/Chi Gung The development and harnessing of our internal energies for the purpose of health and securing
the
requisite power to defend ourselves and our loved ones

The Following skills have to be performed while aerial, standing, sitting, and lying

Mental Judo Mediation-Dialogue w/potential aggressor using mental off-balancing of humor, fear, etc

Deception Say or act in a specific way-encouraging attacker to act one way so you can take advantage
like use of acquiescing or intimidation (for different environments & sitting/standing/laying)

Absorption How to absorb impact form outside forces with least amount of damage

Pain Tolerance Pain management training through guided imagery techniques

Falling How to break your fall and various rolls **10**

Back Fall Left/Right Side Falls Face Fall Free Fall
Front Roll Rear Roll

Movement Escape through stationary & locomotive movements–using pivoting, turning, ducking and weaving
50

Barring Placing one attacker in front of another through any of the skills above or below **10**

Blocking use of redirecting and confrontational blocking, parrying, netting, catching, etc using arms/legs **100**

Grappling grabbing to break attacker’s balance at different parts usually near joints using both arms and legs
20

Striking Punching/Kicking Utilizing fingers, digits, hands, knuckles, wrists, forearm, elbows shoulders, head,
body, Foot – (blade, heel, instep and ball), knees, hips, **75**

Joint-locking Submission-attacking joints stretching and tearing ligaments and tendons & pressure on/breaking
bones using arms and legs **25**

Throwing Sweeping or breaking balance of attacker by use of hand and leg throws - **50**

Choking Use of strangulation of air & blood supply & pressure on bone in neck and rib-cage using arms/legs
10

Weapons Turning offensive weapons into defensive tools:

2' & 1' sticks 4' & 3' Baton 6' & 5' staff 6' & 2' rope/chain Sword-metal/wooden/foam

Gun knife mace-aerosol intensity light

Using personal weapon for self defense such as everyday items of keys, shoes, newspapers, books,

Free Forms Pre-arranged initially then performing no pre-arrange fighting forms where defender must think on feet

Protection - Third party - protecting others you love – intervening actual attacks on others

Police Tactics – Learning to repel and defend attacks working with your partner(s)

Healing Study of acupressure (shiatsu) while in motion known as **Chi-Sage** and more

All these skills must be taught if the student intends on learning practical self-defense regardless of the style or (martial) art studied. The style or art should basically reflect the style in which the education process is taught and the material should always be based on the current attacks and health and safety problems of the day. All the above skills need to be internalized and student must be able to apply multiple simultaneous skills switching back and forth at will. The students simultaneously works on a list of over 2,000 ways a human being can be attacked by single and multiple assailants armed and unarmed where the defender and attacker are in various positions on the floor, chair, or standing including working from different environments such as in a car, the street in cold raining weather in a garage etc. Attacks will be a myriad of various body grabs and assaults with hands/feet combined. Common weapons defended against will be: Knife, stick, chain and gun.





Photos above:

Rabbi Gary Moskowitz training the Israeli Border Police's anti terror unit.

In photo Gary Moskowitz is demonstrating on the instructor of the Israeli-Border Police's anti-terror unit in knife and straight edge attacks and restraint tactics.

Gary Moskowitz at one time was offered the position as the senior hand to hand combat instructor of the Israeli Border Police's anti-terror unit but didn't take as he continued as a NYC police officer and went to law school.



Rabbi Gary Moskowitz demonstrating shotgun training



Rabbi Moskowitz doing flying combat side kick with bayonet in hand strapped with .357 Magnum training Jewish men and women in protecting their institutions

Bio - Rabbi Sensei Gary Moskowitz

Former New York City Police Officer/Investigator

NYPD Handgun Marksman

Police Tactical Instructor

Guest Instructor - Israeli Border Police Anti-Terror Unit (YOMAM)

American Society of Law Enforcement Trainers-member

NRA Certification Hand-Gun Instructor and Special Weapons & Tactics

Authoring Book Fighting Terror: Keeping the World Safe

Former NYC Police-PBA Karate Team Coach

7th Degree Black Belt in both Ju-Jitsu and Karate

2nd Black Belts in Judo and Oriental weapons

Instructor of Tai Chi Aki

Inducted in the Action Martial Arts Hall of Fame

Martial Arts Fitness/Lifestyle Certification Instructor

Former Karate team competitor USA Pan American Macabiah Games

Former Team Karate Coach of the Jr. Macabiah Team here

Founder/Director of Martial Arts Therapy-Kids Combating Cancer

Founder of Institute for Cognitive Kinetic Connections helping kids academically

Recipient of Numerous Community/Educational Awards

Master's degree in Education Administration

Law school - eligible to sit for the NYS Bar

Theology – Rabbinical Ordination

Completed other Graduate Work in Social Work and Guidance Counselling

718-263-8234

FIGHTING TERROR:

Keeping The World Safe

by Gary Moskowitz

**"I support your efforts and look forward to working with you."
-R. James Woolsey, Former CIA Director**

This is a book of new strategies and new thinking for our government and law enforcement in the terrorist age. The author's radical safety ideas have been endorsed by such experts as our former CIA Director as well as General James A. Abrahamson (former Director of President Reagan's "Strategic Defense Initiative") who said:

"Mr. Moskowitz's ideas are innovative and can help in the War on terrorism."

Many terrorism experts have warned audiences and cautioned law enforcement about the impending dangers from terrorist cells in North America. But the public—and the politicians did not want to deal with this unpleasant and seemingly distant issue.

In response to the horrific events of 9/11, the people are now ready to listen and the time is right to implement the author's powerful National Security programs to enhance the public's safety and defeat the terrorists. The author proposes that to smash the network of terror we have to create a larger, more sophisticated and more efficient network of protection.

- We must radically restructure law enforcement organizations on local, state & national levels so info. is more easily shared and not hoarded for political gain. Our protection agencies must be crossed-trained to be familiar with each other's networks.
- All police would also be trained as investigators rather than our present small percentage who are trained as detectives. Our 12,000 FBI agents (who are supposed to be protecting over 280,000 mill. people) cannot possibly do their jobs without added help. If we take our approx. 650,000 uniformed officers and give them investigative skills, they could be effectively added to the war on terror.

• All law enforcement agencies must be given access to modern technology such as laptop/ palm-size computers (not the old pen/pad methods of the past).

• Make the hierarchies of each agency more accountable, as in the corporate world.

In addition, the author proposes innovative ways to organize students and concerned citizens to contribute to public protection.

He proposes service in a new "Safety Corps" program where volunteers & students would receive professional training in security/ investigative techniques. Students would receive college credits/ tuition assistance. He also proposes a "Volunteer Bureau of Investigation" (similar to the Auxiliary Police concept) also comprised of volunteers/ students. Once trained they could help in: interning, information & intelligence gathering, and in research.

These organizations will teach young adults to:

- Provide community service (while receive college credits)
- Learn the latest info. on terrorism threats.
- Work with police & other criminal justice officials
- Help investigate/ perform necessary administrative skills
- Network & exchange info with business/ community leaders

This is no mere "think tank" book. It will concentrate on practical, cost-effective measures for reducing and eliminating the dangerous terror threats to the world.

Gary Moskowitz served for 9 yrs as a NYC Police Officer working as an investigator and a consultant to the F.B.I.-N.Y.P.D. Joint Terrorist Task Force. He is now President of United Security Services, Inc. which specializes in police tactical training of aviation crews, skymarshalls & security specialists. He is also Executive Director of the NY-based "Task Force on Counter-Terrorism" a non-profit that trains volunteers in research & criminal investigation of terrorists. Gary holds: 6th Degree Blackbelts in Ju-Jitsu & in Karate, a Blackbelt in Judo & in Oriental Weapons, and is a certified instructor in Special Weapons & Tactics, as well as a former trainer of Israel's "Police Anti-Terrorist Unit". He has a Masters in Education Administration, attended Touro Law School, and is an ordained Rabbi. Gary has received numerous public service awards including the Raoul Wallenberg Award for Public Service.

Retail Price: \$18.00

ISBN: 1-56171-934-X

Format: Trade paper • 6" x 9" • Photos • Index • 320 pgs

Cover Treatment: 4 Color, Silver foil on Front cover & Spine

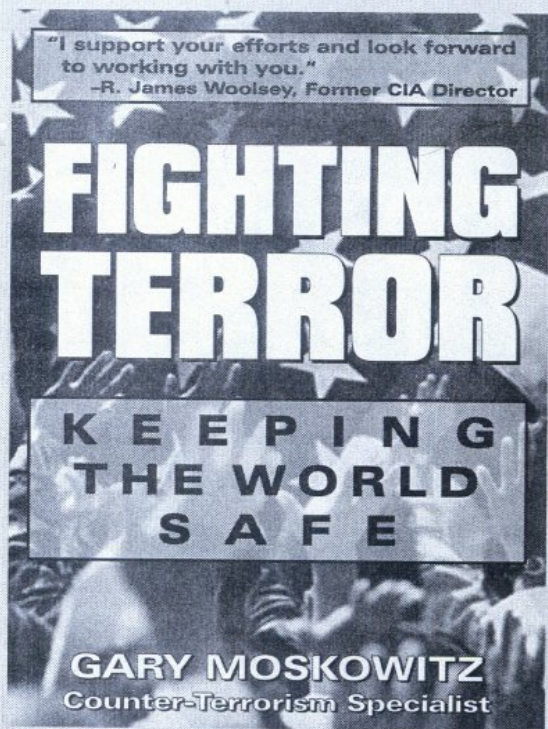
Publication Date: March, 2002

Category: Current Affairs/Middle East

Rights: World



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New Strategies Governments must adopt to win the War on terrorism.

SALES POINTS:

- Author's Volunteer Bureau of Investigation (to help the FBI) is already being taken seriously by Politicians & the Media.
- The 1st book to pinpoint realistic strategies that can easily be adopted to successfully fight terrorism & enhance safety.
- Empower readers to finally do something to fight terror and better protect their community and country.
- Major endorsements for this work and the author's ideas.
- Terrorism is the #1 concern in America and the World today.
- The War against Terrorism will be a major focus and in the news for at least several years.
- The U.S. will aggressively chase after and wage war on terrorists in various countries, keeping this subject in the news.

MARKETING PLAN:

- Author will be in demand on TV talk shows and News Programs to discuss the recommendations made in this book.
- Advertising in *The New York Times*, *L.A. Times*, *Wall Street Journal*, and other leading publications.
- 1,000 book reviewer mailing.
- Important for the Business market, those in government and average citizens.
- Author tour: N.Y., FL, D.C., Boston, L.A., San Francisco, Chicago, Philadelphia, Michigan.
- More than 50 articles have been written about the author and his work.
- Author is an experienced public speaker who will tour nationally & speak at: Universities, Police Academies, & book stores.