



FEKM MILITARY PROGRAM

I. INTERVENTION, DEFENSE, FIGHT - RIFLE

I/1. STANCES

WAYS OF PRESENTING WEAPON - RIFLE

BASIC STANCES:

High stances / standing ones

-Low Ready

-Hi Ready

Indirect stances, low / lying

-Indirect stances

-Fighting stance after falling and rolls, movement in low/lying stance in defense and attack

-Shifting stances, standing up after rolls and falls

I/2 WAYS OF ATTACKING, PUNCHING - RIFLE

(attack as preemptive defense)

-Front attack

-Sides right and left

-Back (3 ways of inaugurating attack: barrel, stock, kick)

I/3 WAYS OF DEFENSE WITH RIFLE

-360 degree defense

I/4 RELEASING WEAPON AGAINST BLOCKING, ATTEMPTS OF SEIZURE - RIFLE

Aggressor grip from:

-Stock - counterattack with barrel

-Barrel - counterattack with stock

-Middle - counterattack by "padding"

I/5. FALLS AND ROLLS WITH FIREARM - RIFLE

-Front fall

-Front roll

-Side fall R and L

-Back fall

I/6. SELF-DEFENSE AGAINST GRABS, CHOKING - RIFLE



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Late defense:

- Defense against "neck-cloth" side chocking R and L side
- Defense against body grabs from side with arms blocked by attacker R and L side
- Defense against body grab from backside with free arms, attacker is placing grip low
- Defense against body grab from backside with arms blocked

Preemptive defenses:

- Big distance about 2m, hitting with rifle / kick, movement
- Close distance about 1m, punch, kick, movement

I/7. USAGE OF FIREARM ACCORDING TO ITS DESTINATION

Procedures in case of situation when treat level and rules of engagement are giving us right to use firearm as its intended to - taking shoot

- Big distance more than 20m
1 step COMMAND / 2 step SHOOT / 3 step MOVEMENT
- Medium distance not less than 10 m up to 19 m
1 step COMMAND / 2 step MOVEMENT / 3 step SHOOT
- Close distance less than 9m
1 step MOVEMENT / 2 step SHOOT / 3 step COMMAND

II. INTERVENTION, DEFENSE, FIGHT - PISTOL

II/1. WAYS OF PRESENTING WEAPON - PISTOL / OUTPUT STANCES:

- Holster
- Hidden
- Distanced - defensive
- LOW READY (A and B variants)
- HI READY

II/2. FIREARM FIGHTING STANCES - PISTOL

- High stances
- Medium stances
- Low stances

II/3. FALLS AND ROLLS WITH FIREARM - PISTOL

- Front



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- Back
- Sides R and L
- Adopting low fighting stances (on the ground)
- Standing up after fall/roll

II/4. ATTACKS, PUNCHING WITH FIREARM IN FIGHT AND SELF-DEFENSE IN CASE WHEN YOU AREN'T ABLE TO TAKE THE SHOOT - PISTOL

- Combination of front punches while firearm is holded in both hands
- Combination of front punches while firearm is holded in one hand
- Combination of side punches R and L
- Combination of backside punches with rotation by L and R shoulder

II/5 DEFENSE AGAINST BLOCKING OR ATTEMPTING SEIZURE OF FIREARM - PISTOL

- Defense while firearm is in holster
- Defense while attacker is holding our firearm
- Defense while attacker is blocking our firearm while pushing it into our body

II/6. SELF-DEFENSE AGAINST GRABS, CHOKING

Preemptive defenses:

- Big distance about 2m, kick, movement
- Mid distance about 1m, punch, kick, movement
- Close distance grabs/blocking, punch, breaking the grip, movement

Late defenses:

- Defense against front grab arms high and free
 - *Preemptive defense
 - *Late defense
- Defense against front grab arms low and blocked
 - *Preemptive defense
 - *Late defense
- Defense against "neck-cloth" side chocking R and L side



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*Preemptive defense

*Late defense

- Defense against body grabs from side with arms blocked by attacker R and L side
- Defense against body grab from backside with free arms, attacker is placing grip low
- Defense against body grab from backside with arms blocked

II/7. DEFENSE AGAINST KNIFE DANGER, STABS AND SLASHES

- Preemptive defense big distance - distance kick
- Preemptive defense medium distance - firearm punch, kick, distance
- Late defense 360°

II/8. DEFENSE AGAINST KNIFE THREAT (FIREARM IN HOLSTER)

- Medium distance pushing away, movement and gaining distance with simultaneous pulling out the firearm
- Threat while attacker is blocking / grabbing us in close distance, clinch

II/9. USAGE OF FIREARM ACCORDING TO ITS DESTINATION

Procedures in case of situation when treat level and rules of engagement are giving us right to use firearm as its intended to - taking shoot

- Big distance more than 20m
1 step COMMAND / 2 step SHOOT / 3 step MOVEMENT
- Medium distance not less than 10 m up to 19 m
1 step COMMAND / 2 step MOVEMENT / 3 step SHOOT
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III. TACTICS AND TECHNIQUES OF INTERVENTION / DISARMING TECHNIQUES

III/1. STANCES FOR INTERVENTION/DISARMING WITHOUT USAGE OF FIREARMS

- Low Ready
- Hi Ready

III/2. TRANSPORTATION TECHNIQUES

- Elbow-Shoulder lock (kimura) established while approaching to the hostile from his front side (control over arm/shoulder and head)



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-Elbow-Shoulder lock (kimura) established while approaching to the hostile from his backside with usage of the wall (control over arm/shoulder and head)

-Wrist lock (established while approaching to the hostile from his front or backside)

III/3. DISARMING TECHNIQUES

-Takedown from backside due to attack on shoulders and knee

-Takedown due to backside choking (pure choking)

-Takedown or transport due to choking established from front side of the hostile

-Takedown due to simultaneous hit - "claping"

III/4. HANDCUFFING / BODY INSPECTION / TRANSPORTATION

-Low risk of threat, person in custody is obeying our orders / cooperating

Handcuffing in standing stance from backside

Body inspection while person in custody is sitting

Lifting the person up / transportation

-High risk of threat (handcuffing after disarming / takedown)

Handcuffing while person in custody is lying on the ground

Body inspection in same position (on the ground)

Lifting the person up / transportation

-Handcuffing while using the wall

Body inspection in sitting position

-Handcuffing in front of / near vehicles

Getting hostile out of the car

Handcuffing in standing stance with usage of car (leaning hostile on car)

Body inspection while hostile is sitting or standing

Handcuffing while hostile is lying on the ground

Body inspection while person in custody is lying on the ground

III/5. USAGE OF BATON/TRUNCHEON DURING INTERVENTION FOR DEFENSE AND TRANSPORTATION

-Rules of engagement during interventions with baton / truncheon

-Hitting with baton / truncheon in defense

-Usage of baton / truncheon in transportation techniques



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