

Greg McGillen is a dedicated practitioner and instructor of combative training, integrating multiple martial and self-defense systems into a cohesive and practical methodology. With over 40 years of experience in Bujinkan Budo for form, 15 years of Systema training for functional application, and his own innovations for flow, Greg follows an *ad vitum* philosophy—emphasizing awareness, prediction, responsiveness, quickness, adaptability, and effectiveness. His approach is grounded in the core principles of movement, breath, relaxation, and form.

Beyond traditional martial arts, Greg is a certified instructor in **CRASE** (Civilian Response to Active Shooter Events) and **AVERT** (Active Violence Emergency Response Training). He has developed a modern self-defense program that applies time-tested combat principles to contemporary self-protection. His organization, **Stay Safe Self-Defense LLC**, is a goal-oriented, civilian-centered program that adapts ancient combat skills into practical, real-world applications. He also offers individual and tourism-focused combative courses in rural Montana, providing immersive, hands-on training in a remote and realistic environment.

Greg is currently working on two books:

- One exploring the **transformative power of water in combative mastery**, detailing aquatic exercises that enhance movement and adaptability.
- Another focused on **combative firearm skills for civilians**, applying principles of movement and adaptability to real-world defensive scenarios.

His first published book, *Surviving Active Shooting Events*, is available in both paperback and e-book editions.

For more information, visit www.staysafeselfdefense.com