



**A Script of Methodology and
Principles of Practice**

CROSMAD

Improving lives through security and defense programs specifically tailored for all law enforcement agencies.

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“Self defense is not important - only when is done wrong”

CROSMAD

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FOUNDER'S MESSAGE

Through my many years of experience as an executive in national and international business, and most importantly as an experienced hypnotist and a member of a community of well-trained martial artists, I came to a decision to create a unique program to teach others, especially law enforcement officers, to properly defend themselves with novel tools no one had previously created.

In our present times and considering the general social mindset, we must ensure that the law is enforced on violent individuals who would create a state of anarchy around us. But we have forgotten to make sure that those whom we have chosen to be our protectors – law enforcement officers – are fully protected and not left behind, on their own, at the “elevator syndrome,” a scenario where there is no escape if one move is done incorrectly.

I would like to assure all of you, who will be part of the CROSMAD community or who just come by to ask questions, that you are where you are for a reason. And my mission is to ensure that you will stay there for as long as you can – secure and unharmed.

We all have reason to come back home after the job is done

Michal Ondrejka
- Founder -

OUR MISSION

CROSMAD promotes and supports balanced development of defense programs that strengthen law enforcement's ability to promote safer environments for civilians.

The creation of CROSMAD was a response to the rise in conflict between violent individuals and law enforcement, rooted in the abuse of individual or collective human rights by criminals.

With novel tools, our objective is to provide educational training to members of all law enforcement agencies based on the highest standards of integrity, accountability, and transparency.

Through mutual understanding and coordination between law enforcement and civilians, we work to improve lives in all countries of Latin America and the Caribbean by ensuring adherence to international humanitarian law and prioritizing civilian and law enforcement protection and security during periods of violent conflict.

ABOUT CROSMAD

CROSMAD is an unique composition of: (1) the traditional Japanese martial art Ninjutsu; (2) principles of hypnosis to analyze opponent's body language before deploying self-defense or attack techniques; (3) knowledge of body anatomy and body mechanics including vital, "Kyusho" points, spots on the body that can be used for invisible marks; and (4) free strikes to inflict great pain, especially when more power is applied to points located over the nerves.

The word CROSMAD is composed from parts of three words: cross, stimulation, and defense. The term "cross-stimulation" has its origin in psychology and means "the tendency of one person's ideas to trigger ideas from others." Translated into the martial arts world, the cross-stimulation effect could be characterized as: "You hit me, I hit you back. Then you hit me again, I hit you back again" (and so on). To avoid fear of losing the fight and to be able to overpower and dominate an opponent, you must learn in the proper way, without unnecessary anxiety and panic attacks.

No matter how big or strong your opponent is, he is capable of doing only the things you can do as well – lifting the arm, moving the leg, turning the head . . . whatever helps. To successfully overpower any attacker depends on how you see him. You may be stuck in the same room with him or he may be locked there with you, but it all hinges on the mindset we choose to deal with obstacles.

CROSMAD has no traditional school syllabus to learn techniques step by step and then forget everything. This is instead a very unique way of subconsciously learning all fighting skills through your muscle memories.

The only fundamentally important thing in CROSMAD is the triangle: mind, power, and intention. Those three sides can hold as much weight as needed: mind to analyze surroundings, power to cause pain, and intention to do it all at the same time without fear.

LEARNING OBJECTIVES

Through the first 50 hours of basic training in CROSMAD, every student/ participant will develop skills in these areas:

MENTAL SKILLS

- Recognition of three basic forms of attack that student/participant may be engaged in
- Develop capacity to reduce fear coming from opponent's/criminal's body and mental characteristics
- Build self-confidence to successfully overpower opponent/criminal
- Basic principles of Hypnosis, Negotiation, and NLP – NeuroLinguistic Programming
- Escalation and De-escalation Techniques

PHYSICAL SKILLS – Self-defense Techniques

- Self-defense/Attack Techniques in enclosed spaces, referred to as the “Elevator Syndrome”
- Principles of “Pass me the knife” Technique – the art of understanding the difference between correct

and incorrect disarming and discharging for self or collective protection.

- Understanding of body dynamics and basic anatomy for proper use of techniques without causing unnecessary physical or collateral damage to the opponent/criminal

TACTICAL SKILLS

- Build capacity to monitor and evaluate environment and surroundings related to the encounter with opponent/criminal
- Tactical Psychology – the application of tactics to make the opponent/ criminal freeze instead of fight
- Ability to choose right Defense/Attack Technique in such scenarios as domestic violence and street fighting

METHODOLOGY

The components of the systems used in CROSMAD training are derived from three independent studies of human life – Hypnosis, Body mechanics, and Body energy.

Self-defense techniques developed in this training program are devoted, but not limited to, the student's understanding of:

- **Deception Techniques**
- **Defense and Attack Techniques**
- **Kyusho Points – Nerve Stimulation / Invisible - Mark free fight points**
- **“Elevator Syndrome” – Enclosed Space Defense and Attack Techniques**
- **Weapons and Ground Fighting Techniques**

Each one of the above fields of study has its own specifications and was tailored to meet requirements for successful completion of this course.

The Basic CROSMAD course consist of 50 hours of intensive training, during which each field will be given hands-on training and practiced for 10 hours.

Deception Techniques

(10 hours)

In this section, the student/participant will learn to recognize three forms of attack that he or she may be engaged in:

- Ambush Attack – Intention to kill immediately
- Ego Driven Attack – Intention to intimidate but not to kill, rather to harm
- Emotional Attack – Intention to psychologically and emotionally manipulate to harm

We will also cover the situation of the three forms of attack occurring at the same time, when the opponent/

criminal is intoxicated by alcohol, illegal drugs, or medical drugs.

The student/participant will learn how to avoid incoming fear from the opponent's physical characteristics, such as height, weight, or specific athletic ability, which could cause harm to the student/participant.

In this 10-hour program, a certain time will be dedicated to learning:

- Valuable skills of proper communication with the opponent/criminal
- Practice of body language readings to avoid potential physical attacks
- Escalation and de-escalation techniques to prevent physical fights
- Principles of the art called Negotiation and NLP – NeuroLinguistic Programing

Defense and Attack Techniques

(10 hours)

This section is dedicated to teaching proper self-defense or attack techniques to be used in physical encounters with the opponent/criminal.

The student will learn holding structures – basic and advanced defense techniques focused on but not limited to the arms, head, and legs.

This training does not include typical martial art learning or ability because out there, on the street, the self-defense techniques are important only when they are done wrong. Even if we are trained practitioners of any type of martial art, we will forget 80% of any technique we learned when we are engaged in a real fight scenario. For this reason, it is very important to learn, and the student will learn, sufficient self-defense performance without remembering any previously learned or practiced self-defense technique.

We will demonstrate the difference in, and practice the use of:

- Principles of the Japanese combat art Ninjutsu
- Principles of Kyusho Jutsu - Vital points
- Principles of the self-defense techniques Krav Maga and Systema



Kyusho Points – Nerve Stimulation / Invisible - Mark Free Fight Points

(10 hours)

These 10 hours will be dedicated to learning principles of the ancient and secret art of the vital points for self-defense.

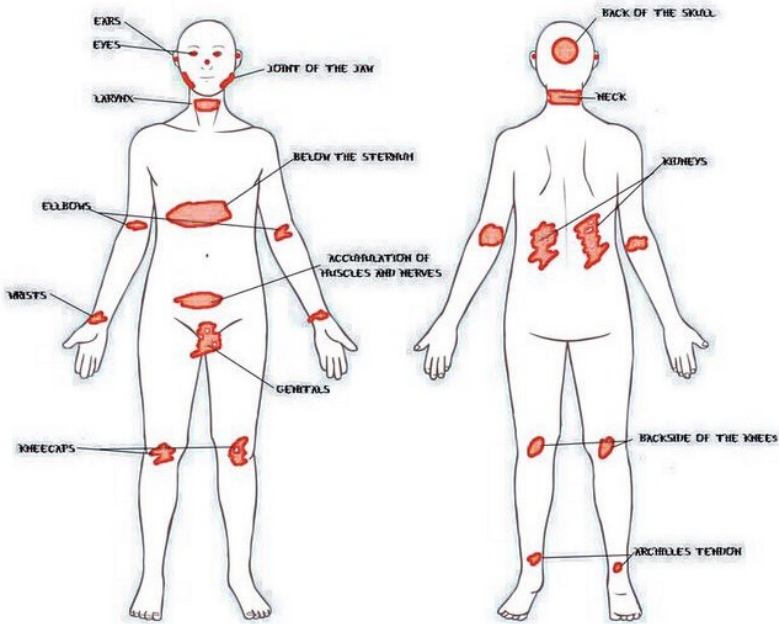
Translated into English, Kyusho literally means “First Second” – within the first second of the conflict/encounter, the student/practitioner has full control by striking, grabbing, or kicking the vital points on the opponent’s/criminal’s body, which will paralyze him or her without leaving visible marks on the body.

Lessons will focus on three main components that make Kyusho work:

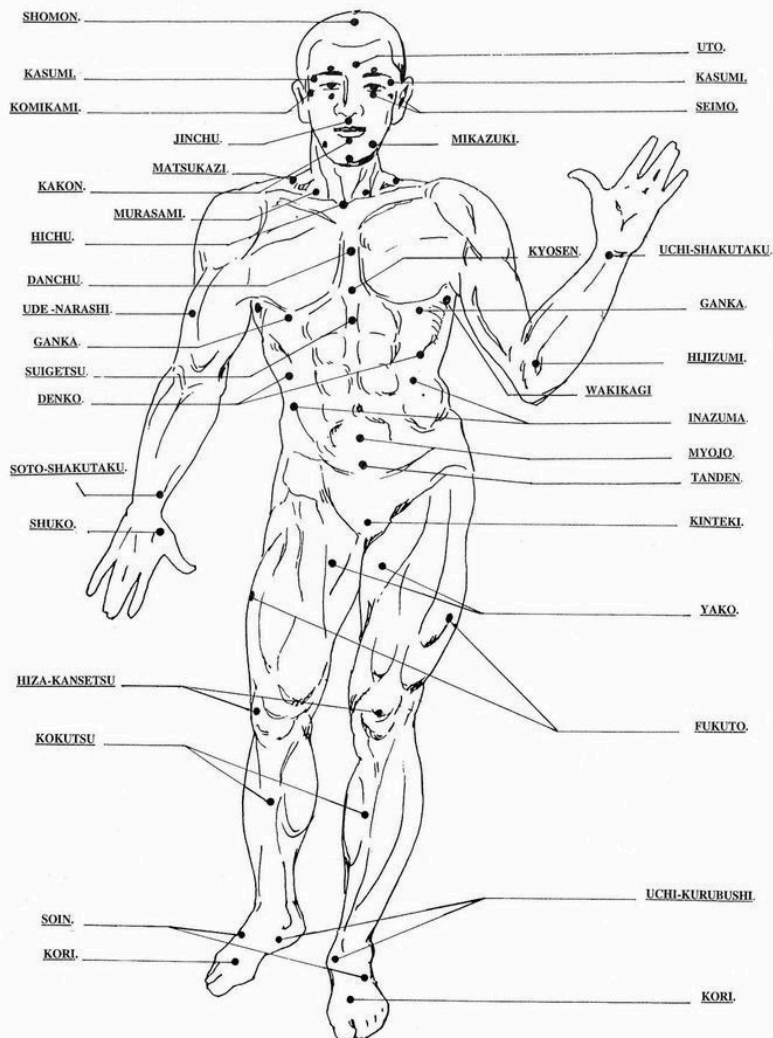
- Relaxation – the amount of force used to perform this art correctly is the force of an eight-year-old child
- Directions and angles
- Intent – “Don’t overanalyze the outcome, because it will not work”

Every student/participant will learn difference between weak body points and vital “Kyusho” body points, and, learn to apply difference between this two groups of points in self defense.

Weak body points



Vital “Kyusho” body points



“Elevator Syndrome” – Enclosed Space Defense and Attack Techniques

(10 hours)

A simulated ride in an elevator will be used to demonstrate everything needed to voluntarily get into the anxiety and panic attack mode when the student/participant finds himself or herself in a situation where there is visibly not enough room to use learned skills.

This is a very unique way of teaching, learning, and understanding the importance of self-awareness before, during, and after an attack in a place with not enough room to escape.

We will demonstrate scenarios where the student/participant will have to use rational thinking and previously learned techniques to predict possible ambush scenarios before the opponent/criminal can perform one of them.

The most important lesson from this course will be taught here – the “Triangle Principle.”

The Triangle Principle, as will be demonstrated, is a simple understanding of the opponent's/criminal's place in the physical encounter – the opponent/criminal will stay constantly at the top of the pyramid.

Enclosed space defense/attack practice is a foundation for learning the personal protection techniques needed by bodyguards.

Weapons and Ground Fighting Techniques

(10 hours)

It is very important that the student/participant learns how to successfully avoid all ground fights and perform self-defense while standing.

We will focus on learning skills of safe landing on the ground when the student/participant is pushed down, and the skills to get back on the feet quickly, safely, and most efficiently.

In these lessons, everyone will learn the “pass me the knife” principles. Every student/participant will learn the art of understanding the difference between correct and incorrect disarming and discharging for self or collective protection.

We will demonstrate and analyze the traditional Italian Knife Art, “Scherma di Coltello Italiana,” for better understanding of blade fighting techniques.

“EL BAILE DEL GALLO”

(The Rooster's Dance)



This lecture was designed to help students/ participants overcome their fear originating in an opponent's/criminal's presence.

It is just fear that keeps a fighter from learning the simplest and most significant lesson of all – ***“It’s not about you, it’s about failure from success.”***

Through observation and demonstration, we will analyze each and every movement of the rooster to

understand the principles of success and failure in the fight.

As developed thousands of years ago in the Roman Military, a military with the highest win-to-loss ratio in history, through the understanding of complex knowledge in CROSMAD training, every student/participant will have an opportunity to become an “Ideal Fighter” – a fighter with the ability to overcome any given obstacle on the street, in an enclosed space, or in his/her own mind.

In this training, we will practice and demonstrate movements that will be used independently in multiple self-defense techniques.

THE PRINCIPLES OF PRACTICE

All students/participants will be empowered to learn and achieve high quality teaching practices and the best conditions for learning, which will equip them with the knowledge, skills, and dispositions for proper learning and understanding of delivered teaching to shape a better world around them.

An instructor will:

- convey high expectations of learning, effort, and engagement to all students/participants
- build and maintain an energized and focused learning environment
- develop student's/participant's capacity to collaborate
- co-design opportunities for students/participants to exercise authentic agency in their own learning
- build quality relationships that enhance students'/participants' engagement, self-confidence, and growth as learners

- scaffold and differentiate learning to enable students/participants to achieve their goals
- build students'/participants' capacity to monitor and evaluate their own progress and achievement