



With over a decade of experience in combat training, **I am an internationally certified instructor and India's only authorized KALAH System Level 1 instructor**, specializing in worst-case scenario self-defense. As a G2-ranked Krav Maga Level 3 instructor, my expertise combines practical real-world skills with mental resilience and controlled aggression.

Having served on the Executive Protection team for Satya Nadella, CEO of Microsoft, during his visit to Hyderabad, I bring a unique perspective on security and personal safety. My training programs cater to all fitness levels, emphasizing situational awareness, conflict management, and survival mindset.

Join me at KALAH India for elite, transformative self-defense training and gain the confidence to face any challenge.

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Advanced Self Defense Syllabus

This advanced and high-value self-defense program is designed to empower individuals with practical, real-world techniques to protect themselves in dangerous situations. It combines the principles of combat psychology, worst-case scenario training, and physical preparedness to ensure you are equipped to survive and neutralize threats effectively. This course goes beyond basic self-defense to focus on realistic, high-pressure situations, including knife threats, ground survival, multiple attackers, and more.

Core Modules

Striking Techniques: High-Impact Combatives for Survival

Learn the most effective striking techniques targeting vulnerable areas:

Palm Strikes, Elbow Strikes, and Hammer Fists: Maximize damage with gross motor movements.

Soft release -Educational Stop, collar release, strong shake hand release, 1hand, 2hands release(These techniques can escalate the situation sometimes its important not to rely on these techniques alone).

Body conditioning - Forearm, belly, legs(inside outside), back and shoulder

Kicks and Knees to Vulnerable Areas:

Low kicks: Groin, thighs, and shins.

High-percentage kicks: Push kicks and roundhouse.

Fitness and Conditioning for Survival

A strong body supports a strong defense. Develop the endurance, strength, and reflexes needed for high-stress situations:

- Cardiovascular endurance drills for high-pressure encounters.
- Strength training using kettlebells, mugs, and other functional equipment.
- Grip-strength exercises for controlling attackers.
- Reaction time drills to improve responsiveness.
- Aggressive bag work drills

Scenario-based striking: Using strikes effectively in confined spaces or while under pressure.

Standing Techniques

Choke Defenses:

Defense against standing choke, side choke, and rear choke.

Grab Defenses:

- Collar grab defense to escape aggressive grips.
- Hair grab defense to neutralize an attacker trying to control your movement.
- Single and double-hand grab defenses for wrist control.

Foundational Skills

- Break Falls: Learn to fall safely without injury.
- Front, rear, and side soft break falls.

Rolling Techniques: Essential for mobility and recovery.

Front and back rolls.

Locking Techniques:

Wrist locks, arm locks, and other control methods including rear head lock, side headlock

control.

Punch/Kick defense

- Punch and kick defense from all directions
- Grab and punch defense

Headlock Defenses:

- Side and rear headlock defense techniques to escape constrictive holds.
- Side head lock Punch Defense

Bear hugs:

Defense against Bear hugs-

- Arms free
- Arms caught

Advanced Knife and Weapon Defense: Survival in the Most Dangerous Scenarios

Knife attacks are among the most dangerous and chaotic threats. This module prepares you for worst-case scenarios, where attackers use speed, aggression, and unpredictability:

Close-Range Knife Threat Defense:

- Neutralize knife threats at the throat, back, or side.
- Defend against sudden **concealed knife attacks mid-fight**.

Dynamic Knife Attack Defense:

- Defense against continuous stabbing or slashing attacks.
- Countering ice-pick (overhand) and oriental grip (underhand) knife attacks.
- Techniques to trap and control the knife hand, even if the attacker switches grips or hands.
- Grab and stab
- Side head lock knife defense
- Rear headlock on defence the subject removes a knife to stab simulating defense against this
- Defense against ambush Knife attack(Sudden knife defense)

Ground Knife Threats and Attacks:

Escape knife threats on the ground, including:

- Knife at the throat while pinned.
- Mounted knife attacks
- Attacks from between the legs.

Improvised Defense Against Knife Attacks:

- Use everyday objects like pens, belts, bags, or keys to neutralize knife threats.
- Positioning and leverage in confined spaces to limit the attacker's mobility.

Takedowns and Control Techniques:

- Safely take down attackers while maintaining control of the knife hand.
- Joint locks and disarmament techniques for high-pressure scenarios.

Ground Techniques

- Prepare for situations where the fight goes to the ground:
- Break falls recap for safer mobility.
- Tactical standing: Get up quickly and safely from the ground.

Ground escapes:

- Side choke and mounted choke defense.
- Defense against kicks and punches while grounded.
- Scarfel hold escape
- Rear headlock defense

Multiple Attackers and Confined Spaces

- Strategies for evasion, positioning, and crowd survival.
- Defending against simultaneous attackers with disengage-and-move drills.
- Navigating and surviving in tight spaces like elevators or alleys.

Kidnapping Scenarios

- Preventive measures: Recognizing signs of an attempted kidnapping.
- Defense against being grabbed or restrained during abduction attempts.
- Countermeasures to escape from confined-space kidnappings.

Scenario-Based Training

- Simulating real-life attacks to build practical application:
- Mugging scenarios: Being attacked while carrying bags or objects.

Fighting from disadvantageous positions:

- Blindfolded to simulate reduced visibility.
- Role-play and impact training with real-time pressure.

Sparring : one on one or one to many with sudden knife assault from any student

Third-Party Protection Syllabus

Understanding Third-Party Protection

1. Assessing the situation:

- When to intervene and when not to
- Prioritizing safety: Protecting yourself and the third party

2. Hand-to-Hand Combat for Third-Party Defense

- Defending a third party against punches, kicks, and grabs
- Creating distance and neutralizing the attacker
- Using leverage and positioning to protect the third party

3. Choke and Grab Defenses

- Defending against chokes on a third party (front, rear, and side)
- Breaking grips on the third party (wrist grabs, hair grabs, collar grabs)

4. Knife Threats and Attacks

- Defending a third party from knife threats (close and mid-range)
- Protecting a third party during slashing or stabbing attacks
- Disarming techniques while maintaining the third party's safety

5. Blunt Weapon Defenses

- Intervening during stick, bat, or rod attacks
- Using improvised weapons to protect the third party

6. Ground Defense for Third Parties

- Protecting someone pinned or attacked on the ground
- Ground escapes while shielding the third party

7. Scenario-Based Training

- Defending a third party in confined spaces (elevators, vehicles, etc.)
- Simulating real-life scenarios like kidnappings, crowd violence, or sudden ambushes
- Protecting a child or vulnerable individual in high-stress situations

Psychological and Behavioral Training

Prepare your mind as well as your body:

- Situational awareness: Scanning your environment for potential threats.
- De-escalation techniques: Use body language, tone, and negotiation to avoid physical confrontation.
- Recognizing behavioral red flags in aggressors, including signs of predatory behavior.
- Stress management with 4x4 breathing to stay calm under pressure.

Stress and Mindset Training

Learn to perform effectively under adrenaline and exhaustion:

- Adrenaline drills: Simulate the physical and emotional effects of real-world attacks.
- Fighting in high-stress environments: Push through mental and physical barriers.
- Developing a survival mindset: Prepare to make quick, life-saving decisions in the moment.
- Post-conflict evaluation: Escape routes, first aid, and calling for help.

High Value and Unique Offering

This syllabus is crafted to provide a comprehensive, real-world skillset that will drastically improve your chances of survival in the most dangerous situations. You won't just learn to fight—you'll learn to think, adapt, and survive under high-pressure conditions. These techniques are rooted in reality-based self-defense systems used by elite professionals worldwide, making this course an indispensable investment in your personal safety and peace of mind.

Course Fee: ₹45,000/person minimum 2 people

Duration:

- 5 days of intense training, 4 hours daily (fitness is a prerequisite for this program).
- Or 24 sessions, each lasting 1.5 hours, conducted over 3 months (12 sessions per month).

This program is designed to deliver value far beyond its cost. It's not just training; it's a lifesaving education. Are you ready to empower yourself?