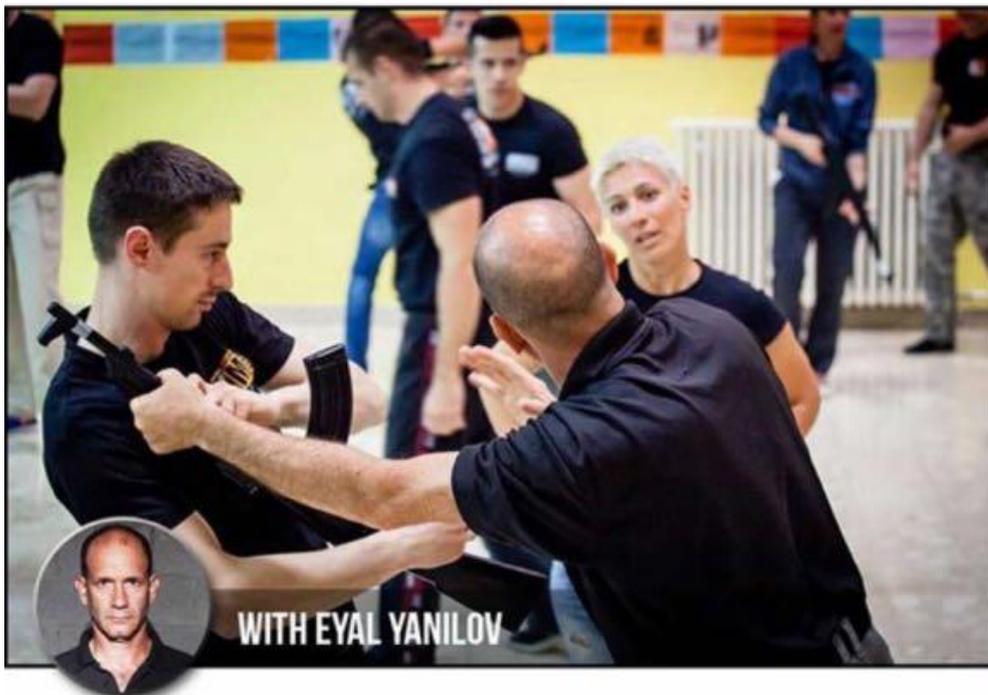


Active Shooter – What to Do?

RUN > HIDE > FIGHT

>>> SURVIVING AN ACTIVE SHOOTER EVENT



Seminar & Workshop

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Introduction:

Several of my last international seminars were about the active shooter subject due to the latest shooting events happening around the world. Such an ordeal is very challenging and we, instructors, students, fighter and officers alike would like to know how to behave and overcome such an attacker and advise our dear ones, how to save themselves in case they find themselves in such situation, facing an active shooter.

There is a huge difference between a robber pointing a gun at you, demanding your money and car keys or a terrorist/madman shooting at you and those around you. The first, sees you as a resource for funds, the second wishes to send you to the next world or send a personal message to the world and thus influence political/social circumstances of the society you live in.

In an active shooter event, there are three main alternatives to survive:

- 🔪 Escape
- 🔪 Barricade/Hide
- 🔪 Fight

Never mind the alternative it is important to gather the following information to make a quick risk analysis:

- 🔪 Through your own senses, hear or see what's going on in the area.
- 🔪 From people who may be running away from danger that exist in other areas, for example other part of the building or section of the park where the danger is,
- 🔪 From the authorities, for example information given through the loudspeaker system of the mall or a police officer on the premises, giving orders with a megaphone.



According to the possibilities, you make the best decision and take the actions you need, whether to escape, barricade yourself or fight. If to escape, where and how; if to hide and blockade the enemy's option to reach you, then where and how to do it; and if to fight, what tactics, techniques and improvised weapons to use.

Training in Schools, Universities, Office buildings and Commercial/Public Areas

It is important to train and practice in various everyday locations and understand different factors that can determine how severe your situation might be if a shooting event might occur. Awareness to parameters like: understanding pathways and routes in and out a location; identifying entrances, windows and emergency exits; sitting in a way you see the people coming your way (not back to movement and entrance); having a close in hand shelter place or shield/barricade to protect you; understanding scenarios and imagination what do I do if one of the three happens. Key actions and processes to following each event including who will be key individuals to engage or isolate/block out either possible victims or the assailant; best practice on how to get Immediate help from the police and emergency services.

Three Alternatives:



Escaping

When I lecture to our trainees, instructors and school teachers, managers and employees, I include some theory and explanations, case studies and facts from real events that happened in Israel, USA and Europe. Then we emphasize the main points that must be thought about.

The first thing we do is a touring and learning step of the section of the building/place where we are in. We then practice the first recommended stage of **The Escape** – which is running away from danger. Techniques of running from one area to another, as room to corridor, corridor to corridor to staircase are demonstrated and drilled. The main point is to find anchor to shorten running paths; as well as learn how to avoid collision with people who may be running in the opposite direction. We include also the subject of reversing direction after moving around a corner to be ready to knockout the person chasing us. We also show how to increase radius of turning around corners, where there is no visual foresight where we will be next, or who will be in front of us, in case we are not being chased and we are worried that others will collide and hit us while we run towards them.

We improvise and drill how we can escape from windows while at the lower floor in building, how to do it from higher levels where jumping out can be fatal. We discuss team work and using common objects like curtains and jackets to assist us in climbing down.

One of the important phases is to better understand the places where an assailant can emerge from, understanding the optional routes of escaping and implementing them in to our subconscious as an automatic response to such an event. Could be that a special alarm



should be made for such an event so people do not confuse it with fire alarm or other.

Barricade/Hide

Building a structured pile of tables and chairs in front of the classroom's door is a student dream. I was never permitted to do it when I was a kid as it combines the trashing of the classroom. In this drill we can do it with permission and authorization although controlled to take care of the school/office furniture. We also demonstrate in this drill how to lock the door without a key, to prevent use of handle to open it.

To give the participants sense of barricading, moving heavy objects, and creating barriers, is most important in office buildings and homes, so we also did some power drills with a partner to simulate those options and learn those skills. We train by pushing/pulling each other at the front or back, evacuating an injured person from dangerous area served and a power drill for lifting and pulling, some drills are a sort of competition, who can push stronger and move the partner, some drills are only for own checking and technical improvements.



Barricading a class room with tables and chairs.



Pushing shoulder to shoulder

Power drill for barricading



Power drill – back to back



Evacuating by dragging



Strength arrives with practice

Fight

As Krav Maga experts and instructors, fighting and overcoming an active shooter is naturally very interesting for us, from the technical and even tactical points. However, we still remember that statistically most people are not well trained, and the majority will save themselves by escaping or barricading.

The fight is compared to the counterattack we teach in Krav Maga. The fight action where no other action is possible is your only chance to terminate or change the course of the incident, that is unless the attacker will commit suicide with one of his last bullets or use an explosive device to blow himself up.

In the fighting section we create ambush to played attackers, charging them behind corners; defending against threats and situations just before the enemy is about to execute a hostage; dealing with aggressors from behind when you manage to surprise them. At higher levels we coordinate team work of one person creating a distraction and the other neutralizes the enemy, and more.

One of the drills we train is a situation where an attacker who charges into a crowded area and starts to shoot. Aiming the gun to one person, made it possible for another one to attack and neutralize the gunman, from another direction. We also practice surprise situations where people are on the knees and must react from a hostage position even if they start the simulations with closed eyes and only open them when they hear the cue. At this point the trainees need to understand the situation and asses it, ASAP, and act as early as possible.

In some of the trainings we can combine the sound of gun fire, noise and screaming to add to the stress factor and help better combat mindset decision making under fire or sound of fire.



Ambushing and teamwork against an active shooter



Enemy or Friend? Interacting with the authorities

In an active shooting situation, you will be probably running away from danger most of the times. Still during this process, you will be hiding in a room or colliding with police officers or SWAT teams on the way out. So, we need to be sure that they will get a good input on what you know and see and mistakenly not consider you as a threat or the enemy. In many raids' civilians were injured when thought to be the bad guys. For example, the police and other security forces need see our empty hands and slow movement. It is important to communicate you are not an attacker and do what you are told by the officers.

So, we practice two main scenarios, giving important info to the police that can be by phone and by person; and running towards the forces while showing our empty hands either higher above our shoulders or wide to the sides and forward at the level of ribs.

Summary:

- Half to full day workshop
- Tailored to the organization needs and target audience
- Open for all ages from kids to senior citizens
- Clear training schedule and manual
- Develops team work & worker awareness.
- Helps in understanding threats and how to deal with deals with stress



It is our belief that companies, and social responsibility/company safety stakeholders should go through “KMG’s Active Shooter Program” as they practice fire drills and other possible emergencies. By participating in this we help creating the right mindset, understanding and actions to reduce the possibility of mass injured civilians in such of an event.

We believe in full contact: contact@krav-maga.com

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