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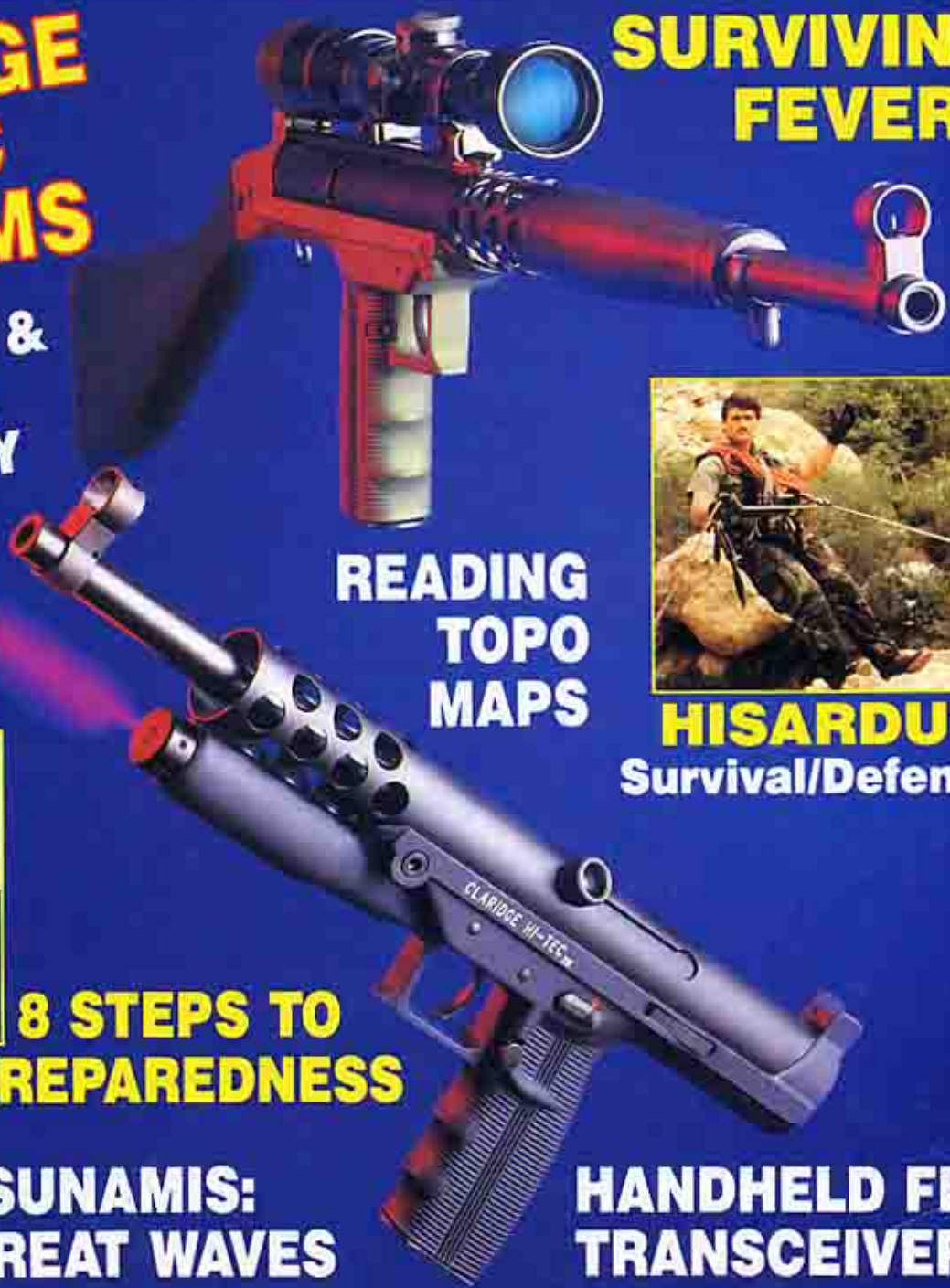
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HISARDUT: Survival/Defense

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Hisardut

A comprehensive Israeli system of self defense and survival training. . .

HISARDUT is a survival and martial arts system developed and combat tested in Israel.

Hisardut literally means "survival" in Hebrew. In Israel it is known as "Dennis Survival" to honor its founder, Dennis Hanover. It is taught in Israel to the Israeli Defense Force Special Forces, police units and governmental agencies as well as to more than 50,000 civilians, and it is used on a daily basis.

Hisardut is one of the few martial arts in the world to be incorporated into a national education system. In Israel it is taught as part of the curriculum in the public schools.

The Grand Master Dennis Hanover, a 9th degree black belt, emigrated to Israel about 30 years ago and was one of the first to introduce the martial arts to Israel. After studying, in the Orient, several martial arts forms and achieving top ranking belts and recognition, he decided to develop a fighting and survival system that would better fit the needs of modern society. He called it Hisardut-Survival because that is the true "bottom line" in every fight. Not how good or fancy your technique looks but who at the end of the struggle stays alive. Hisardut is the only martial art that truly teaches how to deal with the threats that people in the world today are facing. Like aggravated weapon assaults, vicious crimes and terrorist attacks.

Hisardut Master Instructor, Alon Stiovi, brought this martial art to the United States five years ago. He is a 5th degree black belt with over 20 years of experience and one of the top 10 ranking practitioners of Hisardut in the world. He is a veteran of the Israel Defense Force Paratrooper Commando Unit, seeing action in the Lebanese War. He has been appointed as the United States Chief Instructor and Coordinator of all Hisardut United States activities.

Currently he operates several training centers in the Southern California region and supervise other operations on the East Coast as well as being a counter terrorism consultant.

The Hisardut system is a registered trademark worldwide with its own

unique teaching criteria and its own rules and regulations. It is governed by the central Hisardut committee headed by founder Dennis Hanover and located in Herzelia, Israel.

The Hisardut teaching system was developed to suit the special needs of each and every group in society. It has different programs for children starting at the age of 5, adults, senior citizens, women, law enforcement, military and even the handicapped. The techniques are adapted to the ability and limitations of each and every group. The programs are offered in the form of seminars, on-going classes and special courses.

ner, you learn the basic principles of empty handed combat. Starting with safety falls and rolls, sweeps, throws and strangulations. This is followed by kicking and punching, elbows, knee and head strikes. Finally, completed by joint locking and manipulations, ground fighting and grappling.

All those techniques are taught around four principles of combat; 1) Target, 2) Distancing, 3) Timing and 4) Proper Technique. This is done together with increasing the physical fitness and stamina of the practitioner along with improving their mental endurance, readiness and discipline.

At the next level, defense techniques

Hisardut is a unique martial arts system in that it teaches all aspects of survival to its students: wilderness survival, urban survival and disaster survival

All Dimensions Of Fighting — Hisardut is one of the only martial arts that teaches all dimensional fighting in an effective and practical way.

In self defense there are occasions when one technique may fit a certain situation better than another. For example, Judo style techniques are best for dealing with an aggressor in close proximity and on the ground while Karate moves are very effective at fighting and keeping the aggressor at a distance. Jujitsu techniques are most useful in those situations when joints can be manipulated as levers.

Hisardut integrates all these techniques, teaching one how to fight from a distance, close proximity and on the ground. Any martial art that does not teach that way is not, in our opinion, preparing its students to face all possible dangers.

What makes Hisardut very unique as a martial arts system is the fact that it teaches all aspects of survival to its students; wilderness survival, urban survival and disaster survival.

In order to become a fully accredited Hisardut Survival Expert, one must go through the following: As a begin-

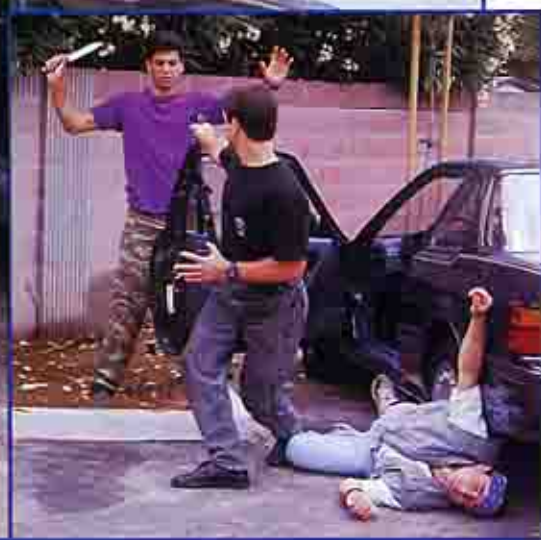
ner, you learn the basic principles of empty handed combat. Starting with safety falls and rolls, sweeps, throws and strangulations. This is followed by kicking and punching, elbows, knee and head strikes. Finally, completed by joint locking and manipulations, ground fighting and grappling.

The following level is the learning of advanced defense techniques against "hot weapons," firearms, etc. For example, Hisardut is the only system teaching defense against hand grenade in a closed room. Special survival techniques against terrorist attacks are taught with history and doctrine of terrorism. For example fighting in a limited space or with restricted motion, like being tied down or wounded. This is taught together with an intense first aid survival medicine course.

Highest Training Level — The highest level of training incorporates unique fighting techniques in the dark and in the water taught together with other classified combative techniques. At this stage an outdoor wilderness survival course is introduced. This course covers topics such as navigation, concealed movement, tracking,



Hisardut Master Instructor Alon Stiovi demonstrates some techniques used in defending against armed attackers in this simulation. Insets show initial attack (top) and final moves to defeat attackers.



overcoming natural obstacles, shelter construction, finding water and nourishment, understanding weather and climate, recognizing plants and animals and disaster management.

Weapon use is taught at the same time one learns the defense techniques against them. Hisardut teaches the use of all weapons including rope, chain, stick, knife, handgun, rifle, etc. and the use of improvised weaponry. Hisardut does not teach sport sparring for points.

In order to become an instructor one has to be accepted and go through a rigorous instructor course at the Wien-gate National Sports Institute in Israel. There the student learns human anatomy and psychology, leadership and control techniques, competition judging, and organizational and maintenance of a school/classroom.

In Hisardut, a strong emphasis is put on physical conditioning, mental preparation and realism. A lot of training

is done under a stressful, controlled environment in order to truly simulate the authentic conditions of a survival situation. We gradually train our body and mind to be able to take punishment and stress just as we would in a real confrontation.

No Nonsense Attitude — Hisardut has a practical no nonsense attitude towards its teachings. The students are taught to pursue a path of excellence



The author undergoing sniper training while a member of the IDF Paratrooper Commando Unit.

in their search for effectiveness in their training. One can progress to the next advanced level of knowledge only after demonstrating proven results at the level previously acquired. This is done through a strict testing process.

The Hisardut practitioner has to go through numerous testing phases in order to advance from one level to another. The passage from one level to another is symbolized by belt ranking and certification.

The most frequently used testing procedure is the full contact endurance fighting exam. For example, in the test for 1st degree black belt, the student must fight 10 straight full contact fights combining all the techniques he has learned and demonstrating proper attitude, fighting spirit, endurance, effective technique, etc. Every rank from there on adds 10 more straight fights to the test to the point where the test for 6th degree black belt consists of 60 continuous fights that take over an hour and a half to complete.

Another testing process frequently used is the 24-hour outdoor endurance test that starts with a long march fol-

lowed by sea swimming and diving, an extended session of empty handed defense techniques and a continuous night fighting sequence. The final portion of the test is made up of running for an hour and a half on the beach in sand.

The outdoor wilderness survival graduation test is 48 hours long and consists of moving in small groups from one location to another following a memorized map pathway and obeying the instructions found in numerous locations along the pathway. Those instructions can include tasks such as building a shelter, finding food and water, creating fire, signaling for help, climbing or rappelling a rock, swimming or diving, practice fighting techniques or care and carrying of a wounded friend. All of the test is conducted in a remote wilderness area with minimum equipment and supplies and is consistently monitored from a distance by a team of instructors.

Lethal Self-Protective Knowledge

—Together with developing in the Hisardut practitioner a new self-motivated fitness and health-oriented way



The author, right, with Hisardut Outdoor Wilderness Survival Course Instructor Team in Israel.

of life, Hisardut also provides the student with an arsenal of lethal self-protection knowledge. In order for the student to absorb this knowledge properly and in order for the Hisardut teacher to assure that this knowledge is used correctly, Hisardut teaches the appropriate philosophy and doctrine.

The Dennis Hisardut philosophy gives the serious student a general sense of purpose and direction in life combined with the tools for finding meaning in one's life.

Once a year, a world Hisardut championship in the name of the fallen heroes takes place in Israel where competitors of all ages and from all over the world come to compete and challenge each other. In the United States the Hisardut team headed by Alon Stiovi has won many major tournaments across the country.

Groups or individuals interested in finding out more about Hisardut classes and seminars in the U.S. or abroad, please contact the United States Hisardut Headquarters at (714) 744-7749 or write to Hisardut, 2401 E. 17th Street, Suite 116, Santa Ana, CA. 92701. U.S.A. ●



Grand Master Dennis Hanover, second from left, flanked by his two sons, and Alon Stiovi, right.