Krav Maga Hawaii: Speaking and Seminars

See sooner. Decide better. Act earlier. Walk in Peace.

Practical safety seminars and keynotes for organizations, schools, and communities in Hawaii and beyond. Presented by Kevin L. Lewis, U.S. Navy veteran, 3rd degree black belt, founder of Krav Maga Hawaii, and a current NRA Refuse To Be A Victim® instructor. Fully insured; your venue can be added as an additional insured. Past clients include PACARMED.

Track 1. Corporate and Community Safety

1.1 See Sooner, Decide Better

Situational Awareness for Everyday Life and Work

- **Who it's for:** Any workforce, association, civic group, or campus audience.
- **Formats:** 60-90 min keynote or lunch-and-learn; 2-hour interactive workshop; virtual 60 min.
- **Learning outcomes:**
    1. Use the BAD framework (Behavior, Anomaly, Decision) to notice what does not fit a setting, earlier.
    2. Recognize common pre-incident indicators and manage time and distance.
    3. Make a calm, early decision (leave, report, or reposition), knowing that a decision is not a fight.
- **Follow-on:** *The Aware Citizen*; *Top 8 Skill Sets for Self-Defense* (free).

1.2 Calm Under Pressure

Workplace Violence Prevention and De-escalation

- **Who it's for:** HR, managers, front-line and customer-facing staff, healthcare and hospitality teams, offices with California employees who need annual training.
- **Formats:** 90-min session; half-day workshop (3-4 hrs) with scenario practice; annual refresher (60-90 min).
- **Learning outcomes:**
    1. Recognize behavioral warning signs and escalation patterns, and know how and when to report them.
    2. Apply verbal de-escalation, positioning, and exit planning to defuse tense encounters.
    3. Make stress-proof decisions using W.I.N. (What's Important Now), from disengaging to getting help.
- **Note for buyers:** Designed to support (not replace) an employer's written prevention plan, reporting procedures, and emergency plan. We ask for your policy so the session reflects it.
- **Follow-on:** *Decision-Making Under Stress: From Avoidance to Deadly Force*; *Recognizing Human Predatory Behavior*.

1.3 Ready, Not Rattled

Active Threat Awareness for Workplaces, Campuses, and Public Venues

- **Who it's for:** Employers, campuses, venues, and congregations that want a calm, practical briefing on what to do in the first moments of an active threat.
- **Formats:** 60-90 min awareness briefing; half-day with walk-through of the client's own space.
- **Learning outcomes:**
    1. Understand how people react under acute stress and how to break freeze response.
    2. Apply "get off the X" thinking to the space you are in: exits, cover, barriers, and movement.
    3. Know what to do when help arrives and how to support coworkers afterward.
- **Note:** This is civilian awareness content. It is not an ALICE, Run Hide Fight, or other branded certification, and it should complement the client's existing emergency plan.
- **Follow-on:** *Decision-Making Under Stress*; *The Aware Citizen*.

1.4 Safe Travels

Personal Safety for Business and Leisure Travelers

- **Who it's for:** Companies with traveling employees, study-abroad and spring-break groups, travel clubs, women's groups, retirees.
- **Formats:** 60-min pre-trip briefing (in person or virtual); 90-min session with hotel, rideshare, and transit scenarios.
- **Learning outcomes:**
    1. Plan a trip with a simple personal safety checklist (lodging, transport, communication, documents).
    2. Spot common scams, distraction theft, and predatory approaches in unfamiliar places.
    3. Make early, low-drama decisions to leave, change plans, or ask for help.
- **Follow-on:** *The Aware Citizen*; *Recognizing Human Predatory Behavior*.

1.5 Confident and Capable

Practical Self-Defense Essentials (hands-on)

- **Who it's for:** Employee wellness programs, women's groups, sororities and student groups, community centers. Also offered as a Women's Safety edition.
- **Formats:** 2-hour hands-on workshop (up to about 20); half-day; multi-week series (4 x 2 hrs).
- **Learning outcomes:**
    1. Use voice, posture, and boundaries to prevent or interrupt an unwanted approach.
    2. Practice a small set of simple, high-percentage physical responses to common grabs and attacks.
    3. Know the goal: create space, get away, and get help.
- **Follow-on:** *Top 8 Skill Sets for Self-Defense* (free); Saturday Krav Maga at Iron Kingz Gym; *The Aware Citizen*.

1.6 Safe Showings

Personal Safety for Real Estate Professionals

- **Who it's for:** REALTOR® associations, brokerages, property managers, leasing agents. Natural fit for September REALTOR® Safety Month.
- **Formats:** 90-min lunch-and-learn; 3-hour class (common association format).
- **Learning outcomes:**
    1. Vet new clients and set up showing and open-house routines that reduce risk.
    2. Recognize grooming, testing, and isolation tactics during showings.
    3. Use positioning, exit-first habits, and simple verbal tools to leave early and safely.
- **Follow-on:** *Recognizing Human Predatory Behavior*; *The Aware Citizen*.

1.7 Safe Sanctuary

Safety and Welcome for Houses of Worship

- **Who it's for:** Churches, temples, synagogues, mosques, and their greeters, ushers, and safety teams.
- **Formats:** 90-min congregation awareness talk; half-day safety team workshop; full-day safety team training.
- **Learning outcomes:**
    1. Balance hospitality and awareness: greet everyone and notice what does not fit.
    2. Use calm de-escalation and team communication for disruptive or distressed visitors.
    3. Build simple team roles, positions, and response plans, using free CISA resources as a backbone.
- **Follow-on:** *The Aware Citizen*; *Decision-Making Under Stress*.

1.8 NRA Refuse To Be A Victim® Seminar

Presented by a current NRA Refuse To Be A Victim® instructor

- **Who it's for:** Community groups, libraries, civic and neighborhood associations, faith communities, seniors.
- **Formats:** As defined by the NRA instructor manual (the complete seminar must be presented as written). Includes the NRA student packet for each participant.
- **Learning outcomes:** As defined by the NRA program.
- **Follow-on:** *The Aware Citizen*; *Confident and Capable* hands-on workshop.

1.9 Better Today Than Yesterday

A Practical System for Calm, Clarity, and Daily Progress

- **Who it's for:** Corporate wellness, leadership retreats, associations, veterans groups, schools.
- **Formats:** 45-60 min keynote; 90-min workshop with book; book-signing add-on.
- **Learning outcomes:**
    1. Use W.I.N. (What's Important Now) to cut through noise and focus.
    2. Build a short daily routine for calm, clarity, and measurable progress.

3. Apply the same calm decision-making to safety, work, and life.

- **Follow-on:** *Better Today Than Yesterday* (book; bulk copies for attendees).

Audience editions for Track 1: Healthcare (1.2 plus patient/visitor de-escalation), Hospitality (1.2 plus working-alone and guest-room safety, aligned to AHLA 5-Star Promise themes), Campus and Greek Life (1.1 plus 1.5, orientation-friendly), Women's Safety (1.1 plus 1.5).

Track 2. Parents, Families, and Students

2.1 Parent and Protector

Raising Aware, Confident Kids Without Raising Fearful Ones

- **Who it's for:** PTAs, schools, youth and family ministries, parent groups, pediatric and family practices.
- **Formats:** 60-90 min evening talk; 2-hour parent workshop; parent-and-teen session.
- **Learning outcomes:**
  1. Recognize grooming and predatory behavior patterns, online and in person.
  2. Teach kids age-appropriate awareness, boundaries, and who and how to ask for help.
  3. Create a simple family safety plan for school, events, travel, and screens.
- **Follow-on:** *Recognizing Human Predatory Behavior*; *The Aware Citizen*.

2.2 Campus Ready

Personal Safety for Students Heading to College

- **Who it's for:** High school seniors and families, graduation programs, college orientation and residence life, Greek life.
- **Formats:** 60-90 min talk (orientation-friendly); 2-hour hands-on add-on.
- **Learning outcomes:**
  1. Read new environments (dorms, parties, rideshares, travel) using the BAD framework.
  2. Look out for friends: simple bystander options and when to get help.
  3. Know a few simple physical skills to create space and get away.
- **Note:** Complements campus RAD programs and Title IX / Clery prevention content; it does not replace them.
- **Follow-on:** *The Aware Citizen*; *Top 8 Skill Sets for Self-Defense* (free).

2.3 Safe at Home, Safe on the Go

Family Safety Night

- **Who it's for:** Neighborhood associations, churches, community centers, military family groups.
- **Formats:** 90-min interactive family evening (adults plus kids 10+).
- **Learning outcomes:**
  1. Practice family "what if" plans for home, car, parking lots, and public places.

2. Learn calm habits around vehicles and parking lots, including carjacking awareness (civilian level).
3. Leave with a one-page family plan to finish at home.

- **Follow-on:** *The Aware Citizen*; *Top 8 Skill Sets for Self-Defense* (free).

Track 3. U-DTAC Professional Series

For security officers, executive protection professionals, armed citizens, and instructors. Delivered as private training for companies, agencies, and teams. All U-DTAC content emphasizes use of force that is safe, effective, and defensible.

3.1 Fight the Fight You're In

Adapting Under Stress When the Plan Breaks Down

- **Who:** Security officers, EP, armed professionals, advanced civilians.
- **Formats:** 3-hour seminar; full day with scenarios.
- **Outcomes:** (1) Recognize the actual problem in front of you rather than the one you trained for; (2) apply W.I.N. to prioritize under stress; (3) transition between verbal, empty-hand, and tool options appropriately.
- **Follow-on:** *Decision-Making Under Stress*; *Always on Point Executive Protection Bundle*.

3.2 Get Off the X

Movement, Angles, and Initiative in the First Seconds

- **Who:** Security, EP, CCW holders.
- **Formats:** 3-hour seminar; combine with 3.1 for a full day.
- **Outcomes:** (1) Move off the line of attack immediately; (2) use angles, cover, and barriers; (3) link movement to communication and decision-making.
- **Follow-on:** *Always on Point Executive Protection Bundle*; *Decision-Making Under Stress*.

3.3 Weapon Retention for CCW Holders

Keeping Control of Your Firearm at Close Range

- **Who:** Licensed concealed carry holders, armed security officers.
- **Formats:** 3-4 hour seminar with inert training firearms only.
- **Outcomes:** (1) Recognize grab and disarm attempts early; (2) apply retention positions and strikes to keep control; (3) understand legal and decision-making considerations after a retention event.
- **Follow-on:** *Decision-Making Under Stress: From Avoidance to Deadly Force*.

3.4 The Tactical Folder

Responsible Carry, Access, and Defensive Use of a Folding Knife

- **Who:** EP, security, experienced civilians where lawful.
- **Formats:** 3-hour seminar with trainer blades.
- **Outcomes:** (1) Choose and carry a folder legally and accessibly; (2) deploy under stress; (3) understand when an edged tool is and is not justified.
- **Follow-on:** *Decision-Making Under Stress*.

3.5 Luminate and Dominate

Tactical Flashlight Use for Awareness, Identification, and Defense

- **Who:** Security officers, EP, night-shift workers, CCW holders.
- **Formats:** 2-3 hour seminar; low-light evening session.
- **Outcomes:** (1) Use light to search, identify, and communicate; (2) apply light techniques that reduce your exposure; (3) use the flashlight as an impact and control tool when justified.
- **Follow-on:** *Always on Point Executive Protection Bundle*.

3.6 Vehicle Threats and Carjacking Response

Awareness, Avoidance, and Escape Around Vehicles

- **Who:** EP drivers and teams, security, rideshare and delivery drivers (civilian edition in Track 2.3).
- **Formats:** 3-hour seminar; full day with vehicle drills.
- **Outcomes:** (1) Recognize setups at stops, gates, and parking areas; (2) apply escape and positioning options in and around vehicles; (3) make clear decisions on compliance versus action.
- **Follow-on:** *Always on Point Executive Protection Bundle*; *Decision-Making Under Stress*.

3.7 Edged and Firearm Threat Defense

Handgun Defense and Knife Defense Modules

- **Who:** Security, EP, advanced Krav Maga students.
- **Formats:** Two 3-hour modules (Handgun Defense; Knife Defense) or one full day.
- **Outcomes:** (1) Recognize armed threats and pre-attack cues; (2) apply redirection, control, and disengagement principles; (3) understand when compliance is the better decision.
- **Follow-on:** *Decision-Making Under Stress*; Saturday U-DTAC.

3.8 Defensive Tactics and Ground Defense

U-DTAC Fundamentals and Getting Back to Your Feet

- **Who:** Security officers, EP, agency and contract security staff.
- **Formats:** Half-day; full day; multi-week (4-8 sessions).
- **Outcomes:** (1) Apply safe, defensible control and escort techniques; (2) defend and recover from the ground to standing; (3) document and articulate force used.
- **Follow-on:** Saturday U-DTAC (7:00 a.m.); *Always on Point Executive Protection Bundle*.

3.9 Instructor Development: Teaching Skills That Hold Up Under Stress

Motor Learning and Skill Acquisition for Defensive Tactics and Krav Maga Instructors

- **Who:** Krav Maga, martial arts, security, and firearms instructors; training coordinators.
- **Formats:** Full day; two-day intensive.
- **Outcomes:** (1) Apply motor learning principles to structure practice; (2) design drills that transfer to real stress; (3) coach and give feedback that accelerates retention.
- **Follow-on:** *Instructor Development: Motor Learning and Skill Acquisition*.

Book a Seminar

Every seminar can be tailored to your people, setting, and schedule. Community and nonprofit rates are available.

- **Online:** www.kravmagahawaii.org/seminars
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