

Raz Chen-Krav Maga Expert



- [Raz Maga](#)
- [Times of Israel](#)
- [Raz Maga on Instagram](#)
- [Krav Maga Experts Blog](#)
- [Quora](#)
- [Medium](#)
- [Youtube](#)

Email me: Raz@kravmagaexperts.com

Raz Chen is an Experts II Instructor at Krav Maga Experts in New York City. A former special operations infantry combatant and senior military Krav Maga instructor, Raz has taught over 10,000 soldiers, including top special forces in Israel and US Marines. He was the 2010 IDF Krav Maga Champion.

Currently, he works with civilians and professional organizations to bring the Krav Maga mindset to all walks of life. Raz recently judged the 50 Fight Sparring tournament in order to expand sparring in the students and has a particular interest in cross-training. In addition to teaching self-defense, weapons, groundwork, and fitness classes, he drew upon his training as a certified Yoga instructor to create his own class, Element, in order to add mindfulness, mobility, balance, body awareness, and control to the Krav Maga curriculum.

He is currently working on expanding the online curriculum of Krav Maga Experts, and planning for the fall where he will be serving as the keynote speaker at Yale University on a Bitcoin conference, discussing the real-world implications of terrorist financing.

Topics of Expertise

- Self Defense
- Empowerment Training
- Safety and Awareness
- Leadership and Assertiveness
- Team Building
- Fitness and Mobility
- Law Enforcement and Security
- Krav Maga Mindset
- Instructor Certification
- Counter-Terror
- Countering Gender Violence
- Anti-bullying

Source List By Topic

Bullying

- Latest School Reports of Bullying 2017 ([US Department of Education, 2019](#))
- Witness Effect in School Bullying ([School Psychology Quarterly, 2009](#))
- Bullying of Students with Emotional and Behavioral Disorders ([Behavioral Disorders, 2012](#))
- Preventing Bullying ([Centers For Disease Control, 2019](#))
- Bully of LGBT Students ([GLSEN](#))
- Karate and Self-Esteem ([Australian Journal of Educational & Developmental Psychology, 2014](#))

Gender Violence

- Intimate Partner Violence Study ([Center for Disease Control 2010](#))
- Non-Fatal Domestic Violence Study ([US Department of Justice 2014](#))
- Sexual Violence Survey ([Centers for Disease Control 2011](#))
- Sexual Harassment ([Inc Magazine](#))
- Crimes Against Women ([US Department of Justice, 2018](#))
- High Cost of Sexual Harassment ([Conversation, 2019](#))

Police De-Escalation Training

- Overall Statistics ([Mapping Police Violence](#))
- De-Escalation Training ([American Public Media 2017 Report](#))
- NY Police Kicked Into Subway 2020 ([New York Post](#))
- Poll on Police Trust ([Police One, 2018](#)) and Poll on Public Trust ([Gallup, 2018](#))
- Cost of Police Misconduct ([Chicago Tribune 2019](#)) and ([Chicago Reporter, 2019](#))
- Tax Burden of Police Brutality Falls on Public ([Prison Legal News, 2017](#))
- Police Health ([International Journal of Emergency Mental Health 201](#))
- Pension Costs ([Mish and JP Morgan, 2020](#))
- Cost of Police Training ([Police Foundation, 2016](#))

Transparency is extremely important to me. I work to make sure my thinking is founded on science and research, so I invite people to see the sources I used to prepare so they can decide for themselves. I'll be adding new topics and since I'm aware that data changes every day, I'll constantly be updating and correcting this, to better serve others and reflect current events. If you have any questions or counter-research, please don't hesitate to reach out at my contact info on the previous page- Raz

