

ARI KANDEL

Instructor, Perkins Self-Defense Systems Guided Chaos and Guided Chaos Combatives
6th Degree Black Belt, Guided Chaos and Guided Chaos Combatives
Instructor, Bare Hands to Handguns (Guided Chaos Gunfighting)
Level 2, Bare Hands to Handguns

(917) 576-5742

InternalSelfDefense.com

arikandel2002@yahoo.com

Over 20 years' experience teaching self-defense and close quarters combat, program designer and published author

CLOSE QUARTERS COMBAT INSTRUCTOR (recent)

Guided Chaos classes at Premier Fitness, Nanuet, NY; American Legion Hall, Hastings-On-Hudson, NY; NYC Guided Chaos HQ, New York, NY; Elmsford Guided Chaos HQ, Elmsford, NY; Real World Self-Defense, Boca Raton, FL	2005 - Present
Bare Hands to Handguns classes at The Firing Line, Pearl River, NY	2011 - Present
Law Enforcement Instructor classes at New York State Zone 4 Police Academy Range, Haverstraw, NY	2011 - Present
Self-Defense classes at Columbia University, New York, NY	1999 - 2004

SEMINAR CO-DESIGNER AND INSTRUCTOR

Helped design and teach over 30 close combat seminars since 2005 in New York, California, Ohio and Florida, including Close Combat and Personal Protection, Mindset and Awareness, Bare Hands to Handguns, Groundfighting I, Groundfighting II, Combat Knife, Reality Check, The Five-Second Fight, Extreme Balance Training, Combat Cane, Combat Conditioning, Anti-Abduction, Guided Chaos Boot Camp, When All Else Fails: Self-Defense for Women, Guided Chaos Combat Boxing, and self-defense programs for various organizations

PUBLISHED ARTICLES

“Guided Chaos: The Way of Adaptation” - Black Belt Magazine, December 2007

“The Fright Reaction” - Black Belt Magazine, August 2008

www.internalselfdefense.com/uploads/4/1/6/9/41691317/fright_reaction_article.pdf

“The X-Factor” - Black Belt Magazine, July 2009

Featured in New York Times article about Guided Chaos (previously known as “Ki Chuan Do”):
www.nytimes.com/2006/10/07/business/07pursuits.html

Over 100 published articles viewable at:

www.internalselfdefense.com

www.attackproof.com

www.attackproof.blogspot.com

ezinearticles.com/

www.facebook.com/internalselfdefense/

www.careerpoliceofficer.com/PoliceAuthors/john_perkins_website.html

www.kahr.com/john-perkins-guided-chaos-creator-highly-recommends-the-kahr-pistol-line-for-defensive-concealed-carry/

www.kahr.com/bare-hands-to-handguns-part-2-pocket-carry/groups.google.com/forum/?hl=en#!forum/guided-chaos-forum

EDUCATION

Columbia University, B.A., Psychology, New York, NY

2002

ENDORSEMENTS

"Ari Kandel is one of our finest trainers. He possesses a deep understanding of the principles of Guided Chaos and can be counted on to bring out the best in nearly any student. I have personally trained and tested him on many levels and Ari will satisfy any true search for martial ability that seekers may possess."

-- John Perkins, Founder, Perkins Self-Defense Systems and Guided Chaos

"Ari Kandel is a gifted instructor who will set you on the right path toward developing an effective set of close combat skills. I have trained with him on a number of occasions and he has demonstrated himself as one of the more talented and skilled practitioners of close quarters combat."

-- Lt. Col. Al Ridenhour, USMC

"Over the last several years, on numerous occasions, Ari Kandel has been a guest instructor at the New York State Zone 4 Police Academy. His personal combat skills are remarkable and he has a talent for training individuals in such a way that they acquire needed skills rapidly. He presents material in a real world fashion that each student directly relates to. His written critiques have been outstanding and the most common comment is that students want additional time to learn more of his craft. As Use of Force Coordinator and Rangemaster for the Academy I consider it to be an honor and privilege whenever we are fortunate enough to have Ari present at the Academy."

--Peter M. Tarley, Use of Force Coordinator and Rangemaster, New York State Zone 4 Police Academy