



Anti-terrorism experts teach safety skills in Rochester

Deanna King Reporting

11/18/06

Saturday, some Rochester residents got a lesson in protecting themselves from criminals. Two anti-terrorist experts were in town to teach self-defense. The experts have more than 20 years experience fighting terrorists. After September 11th, they decided they were going to take what they know and teach people around the world to defend themselves.

The two men are anti-terrorist experts, who have taught military units and police officers worldwide and now are teaching civilians to protect themselves from criminals. "These are the situations you are going to find yourself and you need to be able to respond very quickly and depend on your knowledge on what you can do to defend yourself," explained Albert Timan, an Anti-Terrorism Expert.

The men have fought in the Israeli army and even stopped a suicide bomber from carrying out an attack. They say, no matter what situation you are in, big or small, the key is not letting your fear get the best of you. They say, it's also important to know when you should take action.

"If somebody comes and puts a gun to you and says give me the money, your best self defense is to give the money, but if this guy's going to rape you or take something from you, you might consider fighting back," said Timan.

People in Saturday's class included a stay at home mom and a Rochester police officer. Officer Robert Jobe said not all of the techniques can be used by police on the streets, but he says the experts offer some realistic ways for the average person to protect themselves. "It's good to always expand your horizons and look at different things and different scenarios and think outside the box because you never know what the next turn of events will be," said Jobe.

The experts even simulated a mock terrorist attack on a plane or bus. Their entire lesson was done for free.

[E-Mail this story to a friend](#)