



Neely Review of CMD Training - August 2022

I want to thank Rodney King along with Aaron LeBoutiller and Phillip Nash for all the top notch training I received during my recent three week stay at the Crazy Monkey Asia facility in Rayong, Thailand. I first learned of the Crazy Monkey Defense (CMD) System in the spring of 2020 through their multiple online programs. I was looking for a system that could bridge the gap between combat sports and effective self defense/self-protection. I was immediately able to insert the CMD system into my ongoing local training in both Western and Thai boxing.

I spent thirty years in law enforcement as a Special Agent with both the U.S. Department of State and the U.S. Department of Justice. My main focus was on domestic and foreign counter-terrorism matters and the targeting of violent crime offenders across the U.S. After completing my government service I started my own security consulting firm and began conducting various types of counter-terrorism training primarily outside the U.S. I sought to improve my empty hand skills and needed an effective system for self-protection that could be realistically pressure tested within the combat sports and combatives communities. I found the answer in the Crazy Monkey Defense system.

The CMD system teaches an athletic fighting platform that perfectly complements any of the tools (impact and edged weapons as well as firearms) typically utilized by law enforcement, military, security professionals and other first responders. CMD covers engagement at any range; standing, clinched or grounded and the amount of force can be scaled to the appropriate level.

For those of us that are aging athletes it is a great system that will allow you to safely train regularly in various combat sports due to its emphasis on the importance of defense. I can protect myself when sparring younger, bigger, stronger, and quicker training partners while safely building my own skills. Rather than emphasizing individual physical attributes common in most systems, CMD uses principles, tactics and techniques that can level the playing field. The CMD system

serves as a gateway to earned confidence in the ring, on the street, and in daily life.

While training in Thailand I was super impressed with all the individuals from around the world that I met there that are part of the Crazy Monkey community. Not only were they highly skilled martial artists but were great people with interesting and diverse backgrounds. As the only American staying there during this timeframe I was welcomed and made to feel at home. I would encourage anyone to train in CMD online, or in person to learn functional skills, improve their fitness, and have fun hanging out with the CMD family.

RayN.