

ICSDA: ADVISORY BOARD MEMBER



Mr. Alan Bell
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Alan has been teaching self defense since 1997 and takes his 'streetwise' training style from the training he received both in the military and in the bodyguard industry. Alan began learning martial arts in 1979 when he first entered a Judo dojo. He then took up Karate before moving on to Kick Boxing, Ju-jitsu and Western Boxing. But it was during his military career that Alan learned the real meaning of self defense training.

Alan spent 6 years with the Royal Military Police – originally with a Reserves unit before moving onto a Specialist unit and latterly the Special Air Service. Unfortunately, he was medically discharged after suffering a knee injury but he realized that there was an enormous gap between modern unarmed combat training using realistic scenarios and traditional martial arts. After his military career, Alan moved in the world of Close Protection and became a bodyguard for business executives, celebrities and members of Royalty. It was at this time that Alan became involved with 'The National Federation for Personal Safety', becoming an instructor and teaching with police officers in Scotland and with officers from the Metropolitan Police in London.

As the new millennium evolved, Alan began to open his instruction up to the public instead of just police forces. He was also accepted by the 'Self Defense Federation (UK)', initially as an instructor, and latterly as both instructor and Regional Representative for the SDF (UK) in the Highlands and Islands of Scotland. As with most modern self defense instructors, Alan is continually learning new systems and adapting his skills. He is currently studying new techniques from Defendo (a system used to teach Special Forces self defense during World War 2) and the Goshinkwai Combat System.

Alan's reputation as an innovative, streetwise, self defense instructor has also grown and, as well as having taught individuals from many worldwide police and military units including Greek Special Forces, US Special Forces, German Special Forces and British.