

Questions submitted to Chris Tzikas

The following is a list of questions that I asked Chris Tzikas, Head of Training for the Athens Police Force, Brazilian Jiu-Jitsu Black Belt under Panagiotis Antonopoulos (Gracie Barra) and E4 EIT for the International Krav Maga Federation.

1. At what age did you start training in Krav Maga?
2. At what age did you start training in BJJ?
3. At what age did you become a police officer?
4. When did you become head of training for the Athens police department?
5. Law enforcement officers often face a 'use-of-force' paradox: they need the control mechanics of BJJ to restrain suspects without injury, yet they need the aggressive, finishing mindset of Krav Maga to survive an ambush. Based on your cross-training, where do you see the most critical technical overlap between these two systems for an officer on duty?
6. Krav Maga is known for high-stress 'drills' designed to simulate the chaos of real-world violence, whereas BJJ relies on 'rolling' (live sparring) to build functional skill. In your opinion, which training methodology better prepares the average citizen for the 'adrenal dump' experienced during an actual assault, and how do you integrate both to create a well-rounded fighter?
7. As you know, Krav Maga is not for civilians, but its curriculum also covers the protection of others (VIP or third-party protection), a curriculum largely absent from sport-based or even "combative" BJJ. How does the technical execution of a takedown or a control hold change when your primary objective isn't just self-preservation, but the physical extraction of a third party from a violent encounter?
8. Finally... In an ideal world, people would have the time and money to train in both fighting styles. Unfortunately, this is not the case for most individuals and they have to choose one system. If someone was starting out and told you their goals (I want to be a LEO, I want to be able to protect my family, I want to get into Executive Protection... whatever)... when would you suggest they train in BJJ and when would you suggest they train in Krav Maga?