

# PRACTITIONER LEVEL 1 (P1)

## FIGHT SCIENCE

- ❖ INTRO TO SELF DEFENSE
- ❖ KRAV MAGA VS TRADITIONAL MARTIAL ARTS
- ❖ 3 FACTOR PRINCIPLES
  - \*RANGE
  - \*POINT OF CONTACT
  - \*LINE OF ATTACK
- ❖ NO HANDS CONCEPT
  - \*HANDS SECTORS
- ❖ ROLE OF VISION IN SELF DEFENSE
  - \*NARROW
  - \*BROAD VISION
- ❖ IMPORTANCE OF DISTANCE
  - \*REACTION TIME
- ❖ SCANNING & POSITIONS
- ❖ INTENTIONS & PROVOCATIONS
- ❖ ANGER MANAGEMENT
- ❖ NARROW MIND
- ❖ PRESSURE / SENSITIVE POINTS
- ❖ BASIC FIRST AID/CPR

## TACTICS TRAINING

- ❖ STANCE
  - \*PASSIVE
  - \*SEMI PASSIVE
  - \*ACTIVE
- ❖ MOVEMENTS
  - \*FORWARD
  - \*SIDEWAYS
  - \*BACKWARDS
  - \*45°
- ❖ BREAKFALLS
  - \*FORWARD
  - \*SIDEWAYS
  - \*BACKWARDS

❖ **HAND STRIKE**

- \*PALM STRIKE
- \*STRAIGHT PUNCH
- \*JAB-CROSS
- \*HOOK PUNCH
- \*UPPER CUT
- \*7 ELBOW STRIKE
- \*7 HAMMERS
- \*POWER SLAP
- \*POKE

❖ **KICKS**

- \*FRONT KICK (GROIN SHOT)
- \*KNEE KICK
- \*SIDE KICK
- \*BACK KICK
- \*KNEE KICK
- \*ROUND HOUSE KICK
- \*PUSH KICK (STOMP)
- \*SIPA (BREAKING THE KNEE)

❖ **STRIKE COMBINATIONS**

K R A V M A G A  
T R A I N I N G

# PRACTITIONER LEVEL 2 (P2)

## ❖ WRIST GRABS & HAND LOCKS

- \*1 HAND VS 1 HAND – OPPOSITE / CROSS HAND
- \*1 HAND VS 2 HANDS
- \*1 HAND LOCK BEHIND
- \*2 HANDS LOCK BEHIND

## ❖ TRI DEFENSE (DEFENSE AGAINST HAND STRIKES)

- \*ROUND HOUSE PUNCH (STREET PUNCH)
- \*STRAIGHT PUNCH
- \*HOOK PUNCH
- \*UPPER CUT

## ❖ DEFENSE AGAINST KICKS

- \*FRONT KICK (GROIN)
- \*SIDE KICK
- \*BACK KICK
- \*KNEE KICK
- \*ROUND HOUSE KICK

## ❖ STRESS DRILL

K R A V M A G A  
T R A I N I N G

# PRACTITIONER LEVEL 3 (P3)

## ❖ DEFENSE AGAINST BEAR HUGS TRAP HAND

\*FRONT

\*BACK

\*SIDE

## ❖ DEFENSE AGAINST BEAR HUGS FREE HAND

\*FRONT

\*BACK

\*SIDE

## ❖ DEFENSE AGAINST CHOKES

\*FRONT

\*BACK

\*SIDE

## ❖ DEFENSE AGAINST SIDE HEADLOCKS

\*FULL NELSON

\*SIDE HEAD LOCK

\*GUILLOTINE CHOKE

## ❖ DEFENSE AGAINST HAIR GRAB (PULLING)

\*FRONT

\*BACK

\*SIDE

K R A V M A G A

T R A I N I N G

# **PRACTITIONER LEVEL 4 (P4)**

- ❖ **DEFENSE AGAINST KNIFE ATTACKS-STATIC**
  - \*FRONT
  - \*BACK
  - \*SIDE
- ❖ **KNIFE ON FRONTAL THROAT**
- ❖ **KNIFE ON FRONTAL NECK**
- ❖ **HOSTAGE SITUATION-FROM BEHIND**
- ❖ **DEFENSE AGAINST KNIFE ATTACKS -DYNAMIC**
  - \*LOW LINE DOWN TO UP STAB
  - \*HIGH LINE UP TO DOWN STAB
  - \*SLASH ATTACKS
- ❖ **GROUND FIGHTING-BASICS**
  - \*GROUND DEFENSE POSITIONS
  - \*GETTING UP FROM GROUND
  - \*FRONT KICK
  - \*ROUND HOUSE KICK
- ❖ **LIGHT CONTACT SPARRING-NO GUARDS**

**K R A V M A G A**  
**T R A I N I N G**

# **PRACTITIONER LEVEL 5 (P5)**

## **❖ DEFENSE AGAINST STICK/LONG BLUNT WEAPON / SWORD**

\*STRAIGHT ANGLE (1 HAND / 2 HANDS)

\*ANGULAR (1 HAND / 2 HANDS)

## **❖ DEFENSE AGAINST PISTOL**

\*FRONT

\*SIDE

\*BACK

## **❖ DEALING WITH MULTI ATTACKERS**

## **❖ GROUND FIGHTING**

\*FULL MOUNT CHOKE

\*SIDE MOUNT CHOKE

## **❖ COMMON OBJECTS AS WEAPONS**

## **❖ SITUATIONAL DRILLS**

## **❖ STRESS DRILLS**

## **❖ FULL CONTACT SPARRING-WITH GUARDS**

**K R A V M A G A**  
**T R A I N I N G**