



MANUAL



Krav Maga Wk 8

Dynamic rotations- neck, shoulders, wrist, torso, hips, knees, and ankles
 Jog down the floor- forward and backwards, high knees, butt kicks, lateral skip, and back pedal
 30sec each
 Tag partner- knees, shoulders, both 30sec each

Combatives:
 Ballistic attacks we use to
 Neutralize a threat

Defensive front kick- technical to air, impact on shield,
 image on partner
 Hammer fist down- technical to air, impact on paddle or
 shield, image on partner
 Elbow 5- technical to air, impact on shield, image on
 partner

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
 Hammer fist on pad then run on cue drop to 5 push ups, get up and continue 1min

Defensive Tactics
 Methods we use to
 deflect, intercept, or evade
 an
 oncoming attack

Head control

- Clinch head to chest
- Trap arm (over or under hook) and hook head on the same side (do both sides)
- Disrupt their balance by pulling and pushing, "where the head goes the body follows"
- Turn head for control from rear
- Must be able to strike or disengage at any time

Awareness Drill: "Used to develop reflexes and adaptation."
 Punches on pad non stop randomly grab pad holder's head with varying controls and knee 1min

Possibility of Injury
 Fear of injury should not deter you from fighting back
 Even if you are hurt it's essential to keep fighting
 Keep in mind the initial wounds may not be fatal
 The sooner you stop the attacker the fewer injuries you'll receive and the faster medical attention can be obtained
 A crucial factor in surviving combat is the determination to persevere and win by any means necessary

Self Defense
 An attack is initiated
 To you and puts you
 in a position of
 disadvantage

Front Head Lock

- Early inception of an attack
- Push head back and drive forward

Stress Drill: "Acclimate us to the sudden shock of being attacked."
 Free for all- everyone randomly attack everyone 1min (multiple times with exercises in between)