



# MANUAL



## Krav Maga Wk 9

Warm up: "Accelerate your heart rate, increase your breathing, and loosen up"  
 Dynamic rotations- neck, shoulders, wrist, torso, hips, knees, and ankles  
 Jog around floor- jog, 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

Round kick- technical to air, impact on shield, image on partner  
 Hammerfist side- technical to air, impact on shield, image on partner  
 Elbow 2- technical to air, impact on shield, image on partner

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."  
 Horse shoe drill with mountain climbers on cue 1min

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

Inside Defense

- Vertical sweep with the arm
- Used against straight forward attacks
- 90% of attacks are aimed somewhere between mid abdomen and head

Awareness Drill: "Used to develop reflexes and adaptation."  
 A's vs B's- 2 lines A's on one side and B's on the other. A's will feed attacks to B's for 20sec then rotate one person to the right. Switch to B's attacking after all A's have gone.

Survival Mindset  
 The will to engage the opposition without stopping even if hurt, until the attacker is no longer a threat. Only with a killer instinct will an individual have a fighting chance at escaping and surviving a violent encounter. If an individual doesn't possess the proper mindset for combat, then the sudden shock of being attacked will mitigate any skills and he/she will freeze. To harness this instinct, turn fear into anger and aggression. Focus this emotion against the attacker until the threat is neutralized.

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

Head lock rear

- Pluck at wrist, rotate in to attacker, strike to groin, pop head out and counter attack
- Aggressor grabs and pulls back several steps

Stress Drill: "Acclimate us to the sudden shock of being attacked."  
 Divided attention- operator punches pad non stop and is randomly attacked with rear headlock 1min