



# MANUAL



## Krav Maga Wk 10

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

Side kick- technical to air, impact on shield, image on partner  
 Hammer fist to rear- technical to air, impact on pad, image on partner  
 Elbow 4- technical to air, impact on shield, image on partner  
 \* Range drill: operator aims combatives at partner starting from long range to close

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."  
 Zombie pads- (groups of 3) operator side kicks pads as partners advance toward them

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

360 outside defense

- Static block against any peripheral attack using the blade of the forearm
- Burst in with a simultaneous attack
- Teach using 7 segments
- Partner swings straight arm from varying angles

Awareness Drill: "Used to develop reflexes and adaptation."  
 Work the line: operator defends all swings from partners in line 30sec each

Use of Force  
 Avoid any confrontation whenever possible: the fight you always win is the one you were never in. Almost all attacks are avoidable if you do not become complacent to your surroundings.  
 For use of force to be justifiable it must be necessary and reasonable, the threat itself must be unavoidable and imminent. Justified force must stop once the threat ends.  
 Survival is always a fair game no matter how dirty you play. Your attacker will not give you any advantage or dignity while attacking and violating you, so you must be willing to respond at that same level. "Remember that your attacker made the decision to play with fire by attacking you, so if he gets burned that's his problem."

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

Choke from mount: concept is to isolate one side of the body and lift and roll to that side to escape trap and roll escape

Stress Drill: "Acclimate us to the sudden shock of being attacked."  
 Multiple attackers- operator defends and escapes choke non stop with everyone pulling him down and mounting with a choke 1min