

Krav Maga Wk 11

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

Combative Combo 1
Jab, cross, hook, uppercut, elbow, elbow, knee
Impact on focus mitts, and image on partner

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
Interference (groups of 3-4) operator punches pad while other partners bump with pads 1min

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

Footwork: Offensive or evasive maneuvering while maintaining balance and efficiency
Linear-forward and backward movement

- Step & Slide
- Step

Lateral-moving to the right or left to get off your "X"

- Step and Reorient

*practice with both left and right leads

Awareness Drill: "Used to develop reflexes and adaptation."
Step and slide forward punches and blitz with punches on pad while holder backs up

Facing multiple attackers
Movement is key to keeping attackers off balance
Hit and move, engage the closest threat then move on to the next
Your goal is to eliminate the threats one at a time and not everyone at once
Use your attacker's and the environment as physical barriers
Briefly look at their hands and assume hands out of sight may contain a weapon

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

Bear Hug rear arms trapped

Danger is not the hug but the intent of the attacker. Respond immediately with strikes to create space.

- Being lifted, taken to floor, pushed, and pulled

Stress Drill: "Acclimate us to the sudden shock of being attacked."
Disorientation- Simulates being drugged, intoxicated, or sustained an injury that disrupted our equilibrium. Spin partner 10 x's then bear hug them 1 min.