

## Krav Maga Wk 12

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

### Combative Combo 2

Eye jab, cross nose, throat jab, ear smash, pull down to head butt, eye gouge, elbow  
Impact on focus mitt 1min, Image on partner 1min each person

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."

Bumper pads- (multiple partners) operator gets bumped and attacks pad until bumped by other partners then goes after their pad 1min

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

Head Movement evading attacks to the head  
Bob/Weave against a peripheral attacks  
Slip against a straight forward attacks

Awareness Drill: "Used to develop reflexes and adaptation."

Multiple attackers- (form groups of 3) operator must evade partners attempts to touch top of head by using head movement 1min

### Improvised Weapons

When you are in a physical struggle to defend yourself, you must be able to identify and use anything in your environment to your advantage. There are generally 4 types of improvised weapons:

Striking weapons (blunt and bladed) - any object you can strike with

Shielding weapons- anything you can use to stop, block, or deflect an attack

Distracting weapons- things you can throw or spray in the attackers face

Restraining weapons- something that can be used to tie up an attacker

Remember that your goal is to create an opening and escape. You should never engage in conflict longer than necessary because doing so will only increase your risk.

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

### Choke from side

- Early interception of attack
- Late when the choke is on (start from eyes close)

Stress Drill: "Acclimate us to the sudden shock of being attacked."

Divided attention- operator punches pad non stop until aggressor gabs, then counter and escape and resume punching pad 1min