

Krav Maga Wk 3

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

Round Kick- technical to air, impact on shield
Straight punches- technical to air, impact on pad
Eye gouge- technical to air, impact on paddle target
* Range drill: operator aims combatives at partner starting from long range to close

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
Straight punches on pad standing, kneeling, lying on back on partners 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."
Work the line- operator is at one end and everyone moves up to attack, the operator uses inside defense against everyone's straight punch 30sec each

Prevent Vulnerability and Accessibility with Barriers

- "Most criminals usually don't have an alternate plan but rather an alternate victim."
- Physical- use the environment for protection (lock doors and windows, close garage door, etc.)
- Visual- use a confident attitude, body language, and the environment to be seen as a deterrent (assertive demeanor, look alert, remove valuables from sight, close window blinds, etc.)
- Situational- be safety conscience (be aware of surroundings, never put yourself in a position that can compromise your safety, always let someone know where you are going, etc)

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

Bear hug front 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 compromised our equilibrium. Operator spins several times then gets attacked