



MANUAL



Krav Maga Wk 4

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
 Throat jab- technical to air, impact on side of focus mitts
 Elbow 1- technical to air, impact on shield
 * Range drill: operator aims combatives at partner starting from long range to close

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
 Interference- operator attacks pad while a pad holder interferes by pushing and pulling 1min

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 is at one end and everyone moves up to attack, the operator uses 360 outside defense against everyone's swing 30 each person

Levels of Awareness

- Unaware- non responsive to surrounding environment. This state is inescapable some of the time. If you were attacked while in an unaware state we consider this an ambush and your best chances of surviving is to weather the initial onslaught and then counter attack.
- Aware- Conscious of your surroundings and the people in it. You are simply aware that the world is a potentially unfriendly place and you are prepared to defend yourself if necessary. Awareness can help you avoid danger, give you more time to prepare a response or can serve as a deterrent.
- Alert- Something seems not quite right and has your attention. Your senses have picked up a possible threat and your mind begins to set metal triggers "If that person does X, I will do Y." At this stage the flight of fight response is activated.
- Alarm- Your mental triggers have been tripped and action must be taken

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

Side headlock

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

Stress Drill: "Acclimate us to the sudden shock of being attacked."
 Multiple attackers (in groups of 3) operator must defend headlock late or side kick pad if presented 1min