

### Krav Maga Wk 5

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

Back kick- technical to air, impact on shield, image on partner  
Straight palm strikes- technical to air, impact on pad, image on partner  
Head butt- technical to air, impact on focus mitt, image on partner

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."  
Bumper pads: 3 to a group- 2 pad holders randomly bump operator to cue attacks on pad 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 & reorient

\*practice with both left and right leads

Awareness Drill: "Used to develop reflexes and adaptation."  
Follow the leader- keep the range and move mirroring partner

Perceptual Reactions to a Violent Attack  
Tunnel vision- vision will be focused on the perceived threat and virtually oblivious to everything else  
Auditory exclusion- hearing will deteriorate  
Time dilation- the perception of time slows down

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

Choke from rear (static, push, pull, and shirt)

- Rotational defense

Stress Drill: "Acclimate us to the sudden shock of being attacked."  
Divided Attention (groups of 3) operator must punch pad and randomly defend chokes 1min