

Krav Maga Wk 6

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

Uppercut back kick- technical to air, impact on shield
Ear smash - technical to air, impact on paddle or shield
Elbow 3- technical to air, impact on shield
Image training- chain all three together (start with partner at rear) uppercut back kick, elbow 3, turn ear smash

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
Belt pull- operator punches pad as partner pulls them off 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." Work the line – operator is at one end and everyone moves up to attack. Operator uses bob and weave

Psychological Reactions to a Violent Attack
The conscious mind is your cognitive thinking process. It's when you are confronted with a situation in which you have time to asses the situation thoroughly and respond decisively. You will go through a 4 step process: Perceive, Analyze, Formulate, Execute
When there is no time for the conscious mind to rationally think through the problem, the sub conscious mind will automatically reference an instinctive response or a general course of action from a previous experience.

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

Bear hug rear arms free
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."
Multiple Attackers (groups of 3) operator in the middle gets bear hugged non stop 1min