



MANUAL



Krav Maga Wk 7

Warm up: "Accelerate your heart rate, increase your breathing, and loosen up"
 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

Front kick groin- technical to air, impact on shield, image on partner
 Uppercut- technical to air, impact on paddle or focus mitt, image on partner
 Elbow 7- technical to air, impact on shield, image on partner

Fatigue Drill: "Simulates energy depletion you feel in an actual confrontation."
 A/B callout- station A front kicks and B uppercuts, switch on cue

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

Reflexive Cover
 Structural based defense -sides of body, sides of head, front of head
 Structural defense used to absorb blows to the head and body
 Defends against peripheral and straight forward attacks
 Tightly tuck elbows in sides (body) grab head, tuck chin, roll up shoulders, and lower center of gravity (head)

Awareness Drill: "Used to develop reflexes and adaptation."
 Disorientation- spin partner around several time then attack partner w/ focus mitts for 10 sec.
 1min

Physical Reactions to a Violent Attack
 Violent confrontations are stressful and emotional and cause dramatic physical changes in the body: increase heart rate provides more blood to the muscles, breathing becomes rapid and shallow, pupils dilate to take in more light to see your threat better, muscles tighten in anticipation of sudden movement, fine or complex motor skills dwindle, sweating and trembling

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

Bear hug front arms free
 • Being lifted, pushed, and pulled

Stress Drill: "Acclimate us to the sudden shock of being attacked."
 Divided attention- operator punches pad non stop, partner randomly bear hugs, operator defends and resumes punching pad 1min