

Krav Maga Wk 1

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
Eye jab- technical to air, impact on paddle or xray
Knee- 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."
A/B callout- station A is front kicks / station B is knees (run to the station called) 1min

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."
A's vs B's- 2 lines A's on one side and B's on the other. A's will feed attacks to B's for 20sec then rotate one person to the right. Switch to B's attacking after all A's have gone.

Principles of Krav Maga

Use whatever works. We operate on the premise that there are no limiting rules of engagement when it comes to protecting yourself
3 part process- address the immediate danger, violently counter attack, evacuate the danger zone
Our goal is to dominate and neutralize the threat as quickly as possible. We do not want to get into a fight and exchange blow for blow with someone we don't know anything about (ie their capabilities, strength, speed, etc).
Retzef: continuous and aggressive combat motion to overwhelm the opposition
Reset attackers thought process by inflicting pain and disrupting their balance
You don't beat someone physically by painning them into submission on the street, you defeat someone psychologically and physiologically
All attacks are targeted to vulnerable parts of the body such as the eyes, nose, ears, throat, groin, knees, and spine.
Maintain situational awareness while dealing with a threat in order to look for additional attackers, escape routes, and weapons of opportunity

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

Choke from the front

- Early interception of attack
- Late when the choke 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 chokes late or knee pad if presented 1min