

## Krav Maga Wk 2

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

Defensive front kick- technical to air, impact on shield  
Hooks- technical to air, impact on paddle or focus mitts  
Elbow 6- 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."  
Hooks on pad then on cue sprint to end to do push ups 1min

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

### Head control

- Clinch head to chest or shoulder
- Trap arm (over or under hook) and hook head on the same side (do both sides)
- Disrupt their balance by pulling and pushing, "where the head goes the body follows"
- Turn head for control from rear
- Must be able to strike, disengage, or takedown at any time

Awareness Drill: "Used to develop reflexes and adaptation."

Multiple attackers- (form groups of 3) operator must transition from one aggressor to other using any variation of head control (add striking) 1min

### Assault Time Line

- Pre conflict: prevent vulnerability (being overpowered) and accessibility (being able to get to) by creating barriers and being aware
- Pre contact: early identification of an attack- create space or use a pre emptive strike
- Contact: address the immediate danger, violently counter attack, and evacuate the danger zone
- Post conflict: field check for injuries, report to the proper authorities, and deal with the residual effects of stress with rest

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

### Lapel/shirt grab

- Early interception of attack
- Late when the grip is on (double grip and one hand releases to punch)

Stress Drill: "Acclimate us to the sudden shock of being attacked."  
Free for all everyone vs everyone 1min