

KRAV MAGA LEVEL 1 CURRICULUM

I. Fighting Stance

- a. This is the posture the defender takes preparing for a confrontation
- b. Foot Positions
 1. Assuming defender is right handed, he should stand with his left foot forward and right foot back, and standing on the balls of his feet. Heel should be off the ground.
 2. Important that the right or rear heel is not on the ground
 3. Feet should be shoulder width apart and about as deep as they are wide
 4. Toes should be pointing forward
 5. Important that the rear foot is not turned outward and it hinders movement
- c. Hand Position
 1. Hands should be about chin height
 2. Elbows should be down and close to the body
 3. Hands should not be in fists but rather in a relaxed state and a comfortable distance from the face. If they are too close it can be difficult to use to defend with; if they are too far they can be easily grabbed
 4. Shoulders and hips should be relatively square

II. Movement

- a. Defenders must be able to move effectively and quickly
- b. The general principle of movement is to open the stance by pushing off one foot and the closing the stance to end up back into a solid fighting stance
 1. Start in a fighting stance
 2. To advance, push off with the rear foot and step, or open, with the forward foot, then close with the rear foot
 3. To retreat, push off the front foot and step, or open with the rear foot, then close with the front foot again
 4. To move left, push off the right foot and step, or open, with the left foot and then close again with the right foot
 5. To move right, push off the left foot and step, or open, with the right foot and then close with the left foot.
 6. After understanding of forward, back, right and left, introduce moving on diagonals

III. Straight Punch

- a. The straight punch can be made with either the front hand (often called a “jab”) or the rear hand (often called a “cross”). The technique for either is the same.
- b. The straight punch is a fast and effective combative
 1. The defender should keep his elbows down until the very end of the extension
 2. When the hand extends out, the shoulders and hips also rotate forward to add power.
 3. Drive off the legs to gain maximum power
 4. Contact should be made with the top two knuckles, with a strong fist and straight wrist
 5. When contact is made rotate the fist about 45 degrees to add torque and power
 6. The combative should penetrate the target, not stop at contact.
 7. Weight should be in the punch
 8. Recoil the punch immediately
 9. Additional:
 - a. Tuck chin to chest and roll the shoulder to protect the jaw

IV. Palm Heel Strike

- a. The defender may choose to strike with the palm heel rather than the fist. The motion is generally the same.
- b. Contact is made with the heel of the palm rather than the top two knuckles of the fist.
 1. As the strike lands, flex the wrist back and open the hand with the fingers slightly curved.
 2. Make contact with the meaty portion of the hand
 3. Just like the straight punch you can add power by rotating the wrist at contact. This will also protect the wrist.

V. Eye Strike

- a. Contact is made to the eyes
- b. The striking area is the tips of the fingers
 1. The defenders fingers should be tense and slightly apart

VI. Advancing Straight Punch

- a. This punch is used to cover distance
- b. The principle of the straight punch remain
 1. If the target of outside of punching range, kicking is a good option
 2. Begin by sending the fist forward
 3. Immediately burst in, or advance forward by pushing off the rear foot and opening the stance with the front foot.
 4. Just as the strike lands, the rear foot should close the distance to a solid fighting stance
 5. Advancing punches should be made on a slight diagonal angle to avoid counter attacks

VII. Retreating Straight Punch

- a. A punch can also be given while moving back.
- b. Often used to create distance in the encounter or when surprised
 1. As the attacker moves forward towards the defender, the defender should send the left punch or jab as his opens with his rear foot.
 2. After contact, recoil the punch and recover to a fighting stance
 3. Can be made with a slight duck to avoid punches
 4. Additional:
 - a. Most always given with the forward had or jab
 - b. To perform with the rear hand, the defender must first retreat, plant, and then punch
 - c. Although possible, it requires a deep understanding of timing and movement.

VIII. Low Straight Punch

- a. The straight punch can be directed to lower targets such as the midsection or groin.
- b. The principles of the punch remain but certain considerations are required
 1. The punch is sent low while changing levels by bending the knees and waist.
 2. DO NOT send the punch low solely, leaving the head exposed
 3. Also, DO NOT change levels before the punch as it made telegraph the attack
 4. Make sure the shoulder push forward to add power
 5. Tuck the chin and roll the shoulder to protect the jaw
 6. Do not stay low and in front. Retreat up and out or continue further attacks.

IX. Hammerfist Punches

- a. Hammerfist punches are a multi angle and excellent transitional combative
- b. Hammerfist punches are made with the meaty portion of the fist and can be made forward, down, side or behind
- c. Hammerfist to the side
 1. The hand moves sideways and upward with a slight bend in the elbow
 2. The shoulders and hips should rotate and the outside foot should pivot and depending on range and readiness should step to transfer power
 3. There should remain a bend in the elbow on contact.
 4. The elbow passes beyond the target to gain penetration and avoid injury of hyperextension
 5. Torque can be added to the punch by starting the punch with the back of the hand facing the target and just before impact, rotate the hand out
 6. Recoil immediately
- d. Hammerfist forward
 1. Load the punch by rotating the elbow to the outside leaving the hand close to the face with the palm facing forward
 2. Add power by driving with the legs and rotating the shoulder and hips forward
- e. Hammerfist down
 1. Begin the punch in the same manner as a forward hammerfist
 2. Rotate and hips and shoulder inward and down to add power.
 3. Bend at the waist

X. Elbows

- a. Close range combative
 1. Hand either flat or in a fist placed at the shoulder and chest to create a firm bend in the elbow
 2. Striking surface is either just in front of the tip of the elbow or just behind
- b. Elbow #1
 1. Horizontal strike forward
 2. Pivot foot for power
- c. Elbow #2
 1. Sideways strike
 2. Elbow raises up first to avoid slapping or chicken wing
 3. Elbow travels out like a piston
 4. Transfer weight to add power

- d. Elbow #3
 - 1. Horizontal strike to the rear
 - 2. Opposite of #1
- e. Elbow #4
 - 1. Vertical, piston type strike to the rear mid height
- f. Elbow #5
 - 1. A vertical strike up and to the rear
 - 2. Tilt shoulders forward
- g. Elbow #6
 - 1. A vertical strike forward and up
 - 2. Drive hips forward
 - 3. Hand passes on same side of head
- h. Elbow #7
 - 1. A downward and forward strike
 - 2. Bend knees and waist to add power

XI. Front Kick

- a. The regular front kick is an effective, fast, and covert combative
- b. Kicks allow for greater range and are generally more powerful than punches
- c. Low kicks are emphasized
- d. Regular Front Kick
 - 1. Start in a fighting stance, drive the rear leg and knee forward with a bend in the knee
 - 2. As the leg comes forward drive the hips forward, the foot snaps out strikes through the target
 - 3. Added power and range can be achieved by pivoting slightly on the base foot
 - 4. Impact should be approximately where you tie your shoes but can extend into the shin

XII. Front Kick to Vertical Target

- a. Sometimes called Offensive Front Kick
- b. Strike is made to the midsection or chest
 - 1. Start in a fighting stance
 - 2. With the rear leg, drive the knee up, then punch foot, leg, and hip forward
 - 3. This kick travels horizontally to a vertical target
 - 4. Recoil kick immediately and place either forward to advance or recover to a fighting stance

XIII. Round Kick

- a. A round kick is basically a front kick on a horizontal plane
- b. Target knees, thigh, ribs, or head although we do not advocate head kicks
 1. Review points of a front kick
 2. Drive the kicking knee forward and slightly to the side, much like a front kick
 3. Simultaneously roll the hip over and pivot on the base foot
 4. There should be a slight bend in the knee upon contact to add power and protect against hyperextension
 5. For maximum power the base foot should be deeper than the kicking foot to allow the leg to drive through the target
 6. Recoil the kick by landing forward with control or recover to fighting stance
 7. As with the front kick the striking surface is the top of the foot, ball of the foot, or shin.

XIV. Knees

- a. Knees are close range combatives much like elbows
- b. They are used in the fight and can be crushing
 1. Start in a fighting stance, close to the target
 2. Grab the attackers arm and shoulder by grabbing skin, muscle, etc
 3. Drive your forearm against the attacker's neck, while keeping the elbow down.
This can help you control the attacker and prevents possible take downs
 4. Pull the attacker forward while driving the knee forward and up sharply
 5. Strike with the knee just above the kneecap
 6. Additional:
 - a. Knee is bent sharply
 - b. Base foot is to the outside of attackers feet

XV. Kick/Punch Combinations

- a. After students have an understanding of combatives they should be introduced combining those combatives
- b. Kick/Punch combinations begin to teach a concept of range continuum – giving the right combative for the proper range and target
- c. Front Kick/Hammer Fist
 1. Strike with a regular front kick
 2. Land with the kicking leg forward and just to the outside of the attacker's foot
 3. Immediately or as the kicking leg lands, strike the back of the neck with a same side hammer fist
 4. The hammer fist should land as close to simultaneously as possible to the kicking foot touching the ground.
- d. Front Kick/Straight Punch
 1. Follow the same steps as the Kick/Hammerfist combination but with a straight punch to the face or throat

XVI. 360 Degree Defenses

- a. 360 Defenses are a basic introduction to defending attacks that originate from the outside to include “haymaker” punches, hooks, and knife attacks.
- b. Based deeply in the bodies instinctive reaction to protect itself
- c. The defense is trained in 7 angles, all with the same teaching points, and with the understanding that there are multiple angles of attack
 1. Fingers Extended: more instinctive, adds for area of defense, quicker
 2. Elbow always bend to 90 degrees
 3. Use the same aide arm as the attack (mirror)
 4. Put weight into the defense
 5. Contact wrist to wrist
- d. Position #1: Forearm above the head and slightly forward to defend against attacks coming straight down on top of the head
- e. Position #2: Forearm is above the head and slightly forward at a 45 degree angle (think of the roof of a house)
- f. Position #3: Forearms is vertical to defense against a horizontal attack (think of a goalpost)
- g. Position #4: Opposite of a #2, the forearms is 45 degrees out while the elbow to tight to the hip
- h. Position #5: Opposite of a #3, the forearm is vertical but fingers point to the floor

- i. Position #6: Also opposite of a #2 but lower and away from the body. Defender bends at the waist not at the knees to keep the body away from the attack
- j. Position #7: Opposite to a #1, Defender bends at the waist and know the knees to keep the body away from the attack

XVII. Inside Defenses

- a. Inside defense is a “redirecting” motion to address punches to the face or throat. Unlike the “stopping” defense of 360 defenses, inside defense redirects the force off of the target.
 - 1. Start in a fighting stance
 - 2. The defense is made with the same side (mirror) as the attack
 - 3. As the punch develops, the defender extends the hand forward and inward towards at a 45 degree angle, using the center of the palm.
 - 4. The defenders hand should slip along the attackers arm as the punch travels pass the defenders face
 - 5. Increase the defense with a small head defense
 - 6. Generally speaking the defenders hand should travel from its beginning, across the plane of the face, and stop in line with the defenders ear.
 - 7. Keep the defending elbow down. The defense should be made with the hand but can also be made with the forearm depending on the height of the punch

XVIII. Inside Defense Against a Low Straight Punch

- a. This is also a redirecting defense to a straight punch aimed at the midsection
 - 1. Start in a fighting stance
 - 2. Drive the same side (mirror) elbow across the body. The hand stays UP. Use the forearm to redirect
 - 3. Crunch the abs as protection and to lower you height slightly
 - 4. Include a body defense

XIX. Self Defense

- a. The attacker is already begun the attack, forcing the defender to address an immediate threat
- b. There are several Krav Maga principles to understanding the application of the self defense techniques
 - 1. Defenses are based on the body’s natural, instinctive reactions
 - 2. Defenses are simple and can be used by people of different ages, sizes, strengths, and gender
 - 3. Defenses address the most immediate threat or danger
 - 4. Defense should include a simultaneous (or nearly so) counter attack

5. Defense should be able to address a wide variety of situations

XX. Choke from the Front (1-handed pluck)

- a. This variation is less instinctive but offers a solutions in confined spaces and some made finds the plucking motion more successful
 1. When the choke is applied the defender brings one hand up to pluck at the attackers same side hand at the neck
 2. Simultaneously, the free hand is sent under the attackers arms striking the chin or face with a palm heel strike
 3. The palm heel strike requires the defender to lower his should to pass under the attacker's hand and arm
 4. As the pluck and punch are performed the body rotates to add power and release pressure off the throat

XXI. Choke from the Front (2 handed pluck)

- a. A common attack
- b. Presents many of the Krav Maga principals
 1. Begin in a neutral stance or a position of disadvantage
 2. An instinctive reaction to a choke is to bring both hands to the throat (think international sign for choking)
 3. Turn both hands into hooks and build on the instinctive motion and send both hands to the choke and pluck at the thumbs of the attacker
 4. Plucks are explosive
 5. Pluck outward along the shoulder line and then down to pin the attackers hands against your chest
 6. Just as the pluck is made, drive a kick to the groin

XXII. Choke from Behind

- a. Choke is applied by the attacker from behind but not aggressively pushing
 1. When the choke is applied, tuck your chin and round your shoulders
 2. Send both hands back to gain energy for the pluck
 3. Pluck at the attackers thumbs. Aimed for the center of your neck
 4. Pluck straight down as if to give yourself an elbow
 5. As the pluck is executed, step diagonal and back. Make sure to move both feet
 6. Continue one hand through the pluck and strike the groin, followed by elbows to the face
 7. The opposite hand should continue to hold the attackers hand following the pluck

8. Moving the feet step around and turn into the attacker while delivering hammerfists
9. Finish with combatives

XXIII. Choke from the Side

- a. Choke is applied while the attacker to the side of the defender
 1. The outside hand extends up and across the body and over the shoulder
 2. Pluck in a downward motion across the chest, at the attacker's thumb
 3. Simultaneously deliver a counter attack with the opposite hand. If the hand is low, attack the groin. If the hand is high, elbow the face
 4. Make certain the pluck is along the chest and not grabbing a pulling the attacker's hand away.

XXIV. Choke from the front with a push

- a. This attack adds an additional threat. The violence of the attack may cause the defender's hands to fly up and away from the throat, making a pluck more difficult
- b. The force of the push may require the defender to use his feet are maintain balance rather that deliver a kick.
- c. This is a rotational defense
 1. As the defender is pushing back step with one foot.
 2. Shoot the opposite hand shoots straight up, pressing the bicep to your ear
 3. Turn sharply 90 degrees towards the foot that stepped back, driving the shoulder through the attackers wrist
 4. Clear the attackers hands off the neck by delivering elbow #7, while capturing his hands with your free arm
 5. Follow up with elbow #2 as a combative

XXV. Choke from behind with a push

- a. The principles are the same as with choke from the front with a push, but it is the rear of the shoulder that drives through the wrist rather than the front
 1. The instinctive reaction to fall forward is the hands and arms flying forward
 2. Build on the reaction and pin one bicep to your ear
 3. Step with the opposite foot as the one that is pinned to your ear.
 4. Turn sharply towards the arm that is up. Turn more than 90 degrees to face the attacker
 5. Continue to step through with the trailing foot.
 6. Clear the hands by dropping your elbow and trap the attackers arms with your tricep pressed down towards your chest

7. Finish with combatives

XXVI. Bar Arm Choke

1. As the choke is applied, turn your chin towards the attacker's hands and tuck your chin tight to your chest
2. Send both hands over the shoulder on the side of the attacker's hands in a "1,2" timing motion
3. Pluck down along the chest, 90 degrees to the choke
4. As the pluck is made drive your shoulder into the attacker's chest and turn inward slightly
5. Slide your head down and out
6. Finish with combatives (knees are a good choice)

XXVII. Carotid Choke

1. The defense is the same as describing in Bar Arm Choke with one difference
2. The pluck is made at 90 degrees to the choke, but in this case the choke is applied to the side of the neck and therefore the pluck is off the shoulder and not the chest

XXVIII. Headlock from the side

- a. A very common attack. The danger however lies in preceding attacks rather than the attack itself
 1. As the attack is applied, go with the force as you are pulled inward and downward, tucking the chin to protect from a choke and punches
 2. As the arms fly around, strike the groin with the outside hand and bring the inside hand between your head and the attacker's
 3. Grab the attacker's hair. If there is no hair, go for the eyes and nose
 4. Lift the chin forcefully while bringing straight down to your hip as you stand up
 5. Drive hammerfists or combatives to the face

XXIX. Groundwork: Basic back position

- a. Basic position and movement while on your back and the attacker is still standing
 1. Chin is tucked and head and shoulders are rolled off the ground
 2. Hands are up as in a fighting stance
 3. One foot is planted on the ground close to the butt
 4. The other foot is pulled back, ready to kick
 5. Hips are rolled off the ground

6. Only a small portion of the lower back and one foot should be touching the ground

XXX. Back Position – Movement

- a. Movement is important to keep the attacker from getting to the defender's head
 1. Use the base foot to move and stop
 2. Keep the kicking foot up and on the same side the attacker is moving

XXXI. Side Position

- a. This is a more advantageous position as it lends to quicker movement and transition to getting up
 1. Defenders is placed on one leg, one hip, and one elbow
 2. Top leg is pulled back ready to kick
 3. Top hand is up to protect face
 4. Use the base foot to move
 5. As the attacker moves to your deadside, quickly roll to the opposite side

XXXII. Kick from back position

- a. This is one of three basic kicks from the ground
 1. This is a stomp kick using the bottom of the foot and heel
 2. As the foot extends out, drive the hips up to generate power
 3. When the kick impacts only the base foot and shoulders should be touching the ground
 4. Recoil immediately
 5. The kicking foot may be turned out to gain more surface area

XXXIII. Side Kick from ground

- a. This is another stomp kick made while in side position
 1. Strike with the bottom of the foot and heel
 2. Drive the foot out and extend the hips for power
 3. Push off with the base hand to add stability and power
 4. On impact the heel, leg, hip and shoulders should be aligned

XXXIV. Round Kick from ground

- a. A round kick is an excellent and devastating kick for when the attacker attempts to quickly run around to the head of the defender
 1. Round kick can be delivered from the back position or side position
 2. This kick has many of the same principals as a regular front kick but the defender is lying on the ground
 3. Power is generated by rolling the hips over, and rolling onto the base forearms.

4. Power can also be added by scissoring the base leg

XXXV. Getting up

- a. In a self defense context the ground is a troublesome place to be.
- b. Defenders should get back to their feet as soon as possible
 1. Assume you have the tactical advantage to get up
 2. From your back position, leave the base foot in place and raise up to a modified seated position with a hand supported
 3. Using the base hand and base foot raise yourself off the ground
 4. Quickly pull the kicking leg back beneath you and place it behind you.
 5. Stand up while creating distance