

COMBAT READY

Krav Maga Syllabus

Level 1



KRAV MAGA SYLLABUS

LEVEL

1



Fighting Stance & Movements

Demonstrate the fighting stance.

Demonstrate being able to move forwards, backwards and sideways correctly.

Straight Punches

Palm heel strike.

Straight left punch to chin.

Straight right punch to chin.

Elbow Strikes

Horizontal elbow strikes – Inwards, sideways and backwards.

Hammer Strikes

Vertical hammer strikes – Forwards, downwards, backwards.

Horizontal hammer strikes – Sideways and backwards.

Kicks

Knee strike straight up.

Regular front kick with ball of foot to low and high targets.

Defensive back kick.

Kicks should be demonstrated from a passive stance and later from a fighting stance.

Combinations of Learned Attacks

Demonstrate short combinations of learned attacks. Simple 2-4 strikes including kicks.

All attacks should emphasise recoiling strikes.

Outside Defences

360 defence from a passive guard.

360 defence with simultaneous counter attack.

Defending against knife attacks – upwards and downwards. Simultaneous defence and counter attack then a fast retreat.

Inside Defence against Straight Punches from a Passive Guard

Inside defence diagonally forward sending a vertical palm.

Inside defence and counterattack as above lowering hand (1.5 rhythm).

Release from Chokes from the Front

Prevention with a kick or a punch.

Prevention with inside defence.

Prevention with an educational block.

Pluck with 2 hooked palms and counter attack with knee or shin or punches.

Variation – pluck with one hand, simultaneous counter strike with the other.

Release from Choke from the Side

Pluck and counter attack (palm, elbow or kick as needed.)

Release from Choke from Behind

Pluck, step diagonally backward, attack groin and chin.

Release from Headlock from the Side

Attack groin, pull back on opponents head, and counter as necessary.

Dealing with Falls

Forward soft break fall (towards a wall; from standing; if needed from knees)

Backward break-fall.

Forward roll – right shoulder (for right-handed).

Backward roll – left shoulder (for right-handed).

Releases Whilst on the Ground

Release from choke from the side. Attacker is kneeling by side of defender – pluck, push and insert knee, push and kick.

Defending With a Common Object

The student should be able to identify and know the general deployment of common objects such as shields, impact, edged and liquid.

The student will be tested using the shield type.

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