

# COMBAT READY

Krav Maga Syllabus

# Level 10



# KRAV MAGA SYLLABUS

# LEVEL

# 10



## Switching Kicks

Two knees in a switch.

Two regular front kicks in a switch.

Switching a regular (front) kick and a roundhouse.

Sidekick and a defensive back kick - with a spin and switch.

## Attack, Defend, Attack (1st part)

Person A attacks; Person B defends, moves to dead side and counters

Person A reacts with defences and counters as needed.

Person A initiates an attack (first a known attack and later unknown).

*This is intended to simulate a fraction of a fight. Free work should be done only after the student has practiced and achieved proficiency in all preceding exercises and principles*

<b>PERSON A EXECUTES →</b>	Front kick	Round House Kick	Side Kick	Right Punch
<b>PERSON B EXECUTES →</b>	Outside Defence to either side & counter	Defence with forearms & counter	Stop kick	Inside Defence & counter
<b>PERSON A EXECUTES →</b>	Inside defence & counter	Hand defence & counters	Scooping defence & counters	Defend and Counters

**Note** Person A should not fake their first attack

# Attack, Defend, Attack (2nd Part) –Opponent Reaches Dead Side

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## **Person A attacks.**

Person B defends, moves to dead side and counterattacks.

## **Person A reacts as follows:**

Turning with hammer fist. To be performed to either side (including spinning).

Attack with regular back kick or defensive back kick, with or without a spin.

## **Get distance from person B**

*These techniques to be practiced in the attack/ defend/ attack type exercises and mode.*

*in most cases, to avoid the attacker's strikes, use body defence and intercepting (timing) attacks.*

# Attack, Defend, Attack (3rd part)

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Semi free practice – Initial attack is known to both, but person B's reaction is unknown to person A.

Free practice – Initial attack is unknown to person B.

# Your Kicking Leg Has Been Caught

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Leap forward pulling your caught leg, grab opponent and counter with a strike or a kick to the knee.

# Close Range Techniques/ In-Fighting

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Defending and countering against strikes, knees (with shin/ forearm), elbows and head butts.

Retreat diagonally/ backwards counterattacking with punches/ kicks.

Grab/ trap attacker to limit, counterattack.

Slow fighting while emphasizing in-fight situations.

# Fighting

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Slow fighting and light fighting.

Sparring with protective gear.

*Students will be tested on two rounds of fighting.*

# Correct Decision-making

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Defending against attacks coming from all angles, directions, distances and rhythms. Defending against previously unknown attacks. Apply technique specific for the type of attack (not just a general solution). Under stress and with element of surprise.

Mental training. Visualization - from Defeat (very short) to Success.

## 4 against 1 Fighting Drills

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At least 2 opponents are armed with a knife each.

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