

COMBAT READY

Krav Maga Syllabus

Level 2



KRAV MAGA SYLLABUS

LEVEL

2



Circular Punches

Hooking palm heel strike.

Hooking punch with closed fist.

First from passive guard then fighting stance. Forward hand has two variations.

Uppercut from passive guard then from fighting stance.

Elbow Strikes

Vertical elbow strikes – Upwards, downwards, to the rear and rear & up.

Various Punches

Finger spear.

Advance followed by straight (right or left) punch Simultaneous straight (right or left) punch and step.

Retreat followed by straight (right or left) punch.

First from passive guard then fighting stance.

Kicks

Stomping down.

Sidekick with heel (from a side stance).

Turning kick, either horizontal or diagonal.

Strike with ball of foot, toe if wearing a boot, instep or shin.

Inside Defence (with Palm or Forearm) against Straight Punches

Simultaneous counter attack with other hand (advancing is optional).

With lean-back – kick with front leg.

Forearm defence against attacks to different targets, counter attack with other hand.

Left against left – palm or forearm sweeping defence with horizontal counter.

Leg Defences against Kicks from Passive and Fighting Stance

Stop kick versus regular front kicks.

With heel directed to the outside. Use forward leg.

With heel directed to the inside. Use back leg

Inside/ outside defences

Inside defence (deflection) against regular kick. Use shin of the forward leg.

Blocking defence (absorption) with the shin against low turning kick coming from the same side. Possible to use front leg against both kicking legs.

Defending with the shin and forearm together against high or low turning kick when taken by surprise.

Release from Headlocks

Arm bar to front of throat.

Rear naked choke.

Dealing with Falls

Sideways break-fall.

Getting Up from the Ground

Forward (like from a roll).

In place (one hand and one foot on the ground).

Turn to sprint position.

Releases from Chokes on the Ground

Attacker sitting on defender - Pluck, one hand remains, palm heel with other hand, bridge and roll.

Using Common Objects/ Small Objects to Defend

Throwing – using distraction to create an opportunity.

This is used primarily in a situation before a physical attack has been made, mainly in a threat scenario, or in the very early stages of an attack.

Fighting Games

4 against 1 – Zombies, one attack every two seconds.

Slow fighting

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