

COMBAT READY

Krav Maga Syllabus

Level 3



KRAV MAGA SYLLABUS

LEVEL

3



Punches

Low punches to body (in attack).

Combinations of punches – all angles, directions, heights and distances.

Hitting targets and marking on a partner.

Hand Defences against Regular Front Kicks

Against a kick to the groin.

Inside defence – with the heel of the hand from a passive guard.

When performing from fighting stance use only the forward hand.

Outside scooping defence – from passive guard (hands in an x).

Against high defensive kick forward or high regular kick – inside defence with the forearm.

Advanced training will include defending a front kick and a straight punch that follows it.

A scooping defence and an inside forearm defence can be used effectively together against a kick of an unknown height.

Release from bear hugs – Arms free

Release from bear hug from the front – push nose or eyes.

Release from bear hug from behind.

Use either elbow strikes to the head or with lock on finger.

Releases from Bear Hugs – Arms Caught

Release from bear hug from the front.

Release from bear hug from behind.

Release from bear hug from the side.

Variation: when bear hug is high, counter and escape under the arms.

Train on the use of the bite and growl against a bear hug from the front.

Look at how the situation works with multiple opponents.

Releases from Various Hand/ Wrist Grabs

One hand grabbing one wrist, diagonally or across, low hold (under)

One hand grabbing one wrist, diagonally or across, high hold (over).

One wrist grabbed by two hands, low or high holds – two methods of release.

Two wrists grabbed by two hands, low or high.

Two wrists grabbed by two hands from behind.

Release from a strong handshake.

Dealing with Falls

Fall backwards, turn and soft break-fall forward.

Forward high rolls – for distance and/ or height.

Releases from Side Headlock Whilst on the Ground

When two hands are under, pull sensitive points with two hands – roll sideways.

When one hand is free, pull back sensitive point and wrap one leg around neck.

Slide under and climb on attacker, counter attack.

Use of Common Object – Stick Type

Basic attacks – swings and thrusts – five major directions.

Basic defences – 360 with the stick held in two hands, counter with leg or stick.

Multiple Opponent Fighting Games

Defending chokes.

Knife attacks.

Punches & kicks.

Slow Fighting

Emphasis On Flow And Self Control

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