

COMBAT READY

Krav Maga Syllabus

Level 4



KRAV MAGA SYLLABUS

LEVEL

4



Falls and Rolls

Break-fall backwards and sideways from height.

Kicks

Axe Kicks

Defence against Low Straight Punches

Inside defence with forearms – emphasis on elbow movement.

Outside scooping defence.

Use either the forward or rear hand and counter attack as soon as possible.

Inside Defence against Punches with High Elbow (Low Hand)

Medium height: Defence (from passive guard) against straight punch to the ribs – attacker is diagonal from the side.

High: Defence against straight punch towards the head / chest (from passive guard or fighting stance) – first counter attack is with the defending hand.

Defence Against Combination of Two Straight Punches – Left / Right

Two inside defences with palms and counter attack.

Hand defence leaning back, counter attack with kick (front leg).

Defence against Combination of Punches (Outside and Inside Defences)

Defending any combination of two punches, one straight and one circular.

Two defences with one hand.

Two defences with two hands.

Defending any combination of two circular punches.

Counter attack as soon as possible.

Defences against High Roundhouse Kick

Outside defence with forearm (outside fleshy part) and counter attack with kick.

Outside defence with forearm, advancing diagonally forward, counter attack with other leg.

Defence with both forearms - body turn, advance diagonally forward.

Each technique should be practiced from fighting stance while the attacker is kicking with either leg.

Releases from Chokes

Choke from the front – body turn and upper arm release (effective when being pushed).

Choke from the rear – body turn and upper arm release (effective when being pushed).

Choke from the rear – pluck, turn and attack or make a lock on the wrist (effective when being pulled).

Release / removal of hand covering mouth from the rear.

Release from Headlocks

Low in the front (guillotine).

Defence against Stick Attack – Overhead Swing

Stabbing defence to the live side to the inside of the attacking arm.

The defender can step with either leg while defending.

Defence against an attacker holding a stick with two hands . Stabbing defence to the outside of the attacking arm.

Fighting Games

Slow fighting and light fighting

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