

COMBAT READY

Krav Maga Syllabus

Level 5





KRAV MAGA SYLLABUS

LEVEL

5

Rolls and Break falls

Combination of rolls (forwards/ backwards) and break-falls (all).

Defence against Regular Front Kick

Stabbing defence with rear forearm.

Inside defences with low forearm, high elbow (above the hand). Initial counter attack is with the defending hand.

Techniques of body defence:

Switch heels to live side and attack with regular kick to the groin.

Side step with straight punch, follow with regular kick with rear leg.

Release from Bear Hugs from the Front

Release from bear hug around hips with arms free. Get good base and counter attack (elbow strikes, hooking punches, kick to the groin).

Release from bear hug when lifted (arms free or caught) – knee to the groin while wrapping one leg.

When necessary and within reach use the bite and growl.

Releases from Bear Hugs from the Rear (Lifted)

Arms free or caught. Wrap one leg, heel kicking to the groin.

Releases from Hair Grabs/ Pulls

Being pulled forward and down. Burst forward, block knee or punch and counter attack to the groin.

Pull from the side. Burst forward with pull, counter attack, defend as needed.

Pull from behind. Turn towards attacker, block knee or punch and counter attack to the groin.

Releases from Chokes from the Ground

Attacker sitting high on defender's chest

Attacker between legs – pluck, push and insert knee (same as plucking hand), push and deliver kicks.

When needed use pluck and a simultaneous strike to the eyes (biting an option).

On Ground with Opponent Sitting on Top Punching

Defend, counter attack, trap, turn on top (including bridging technique).

Defences against an Impending Knife Threat

Basic from the front – short range. Deflect and grab, counter attack and increase distance or disarm.

Searching for Another Opponent

Perform attacks then search for, and attack another target.

Release from a grab, counter and then search for and deal with another opponent.

Defend attacks, counter and then search for and deal with another opponent.

Defending Previously Unknown Attacks

Releases from all types of grabs, chokes, bear hugs, headlocks from all angles and variations.

As above with elements of surprise and stress.

Defend against all varieties of punches and kicks coming from different angles and aiming to various targets. Start from different stances.

Protecting a Third Party from Chokes and a Knife Threat

Defend a third party against chokes from all angles and various knife threats.

Fighting Games

Fighting Skills

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