

COMBAT READY

Krav Maga Syllabus

Level 7



KRAV MAGA SYLLABUS

LEVEL

7



Spinning Kicks

Spinning defensive back kick.

Spinning regular back kick.

Takedowns and Throws

Front sweep kick (low round kick).

Shoulder-push takedown (pull opponent's ankles) from the front and from the rear.

Sliding Defence against Straight Punch

Inside sliding defence with counter punch at end - uses only forward hand.

Additional Defences against Kicks

General - Bursting forward with high knee, diagonal shin, landing with knee on thigh.

Defence against Shirt Grabs with One Hand

Strong attacks with hands and/ or legs – only if situation requires.

Retreat and rotate with upper arm.

Retreat and rotate with upper arm as above, followed with leverage on elbow

Defence against shirt grab or pull from the rear (one hand) - step and turn lifting arm to ear.

Releases from Two-Handed Shirt Grabs

Step back, inserting opposite elbow – counter attack

With leverage on attacker's wrist and/ or elbow - Step back and return with leverage.

Defending against Knife Attacks - Straight Stabs

Inside (sweeping) defence to the inside (do not return to initial line of attack).

Instinctive/ reflexive defences:

Against low stab - Scooping outside defence, counter attack with leg/hand

Inside palm defence (stab different heights) - move with or without counterattacks.

Defending against a Straight Stab or Thrust of a Stick

Inside defence - Move diagonally to either side, grab and counterattack.

It is important to catch the weapon or the hand.

Inside defence moving to the live side – Send two forearms to weapon.

Against a high stab (stick in a high hold) - Inside defence with forearm/ palm.

Defence against horizontal straight thrust – Stick held horizontally by two hands.

These techniques are similar when attacker holds an AR or a bayonet.

Defence against Threat with Handgun

Defence against threat from front. This should be practiced at various heights and distances of the gun from defender.

4 Against 1 Fighting Drills

Slow fighting and light fighting.

Fighting “real” with protective gear.

Students will be tested on two rounds of fighting.

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