

COMBAT READY

Krav Maga Syllabus

Level 8



KRAV MAGA SYLLABUS

LEVEL

8



Double Defences against Kicks to an Unknown Height

Using two hands - Rear hand down/ low, effecting outside defence. Forward hand is high, effecting inside defence with palm or forearm.

Defending against Slashing Knife Attacks

Defend the first slash, use 360 (head is hidden low) – against a surprise attack from close range.

Two forearm defences - Both high (with a retreat from first slash.)

Two forearm defences - One high, one low (with a retreat from first slash.)

Defence against Knife Attacks from a Variety of Angles and in Different Situations

Against an attack from the rear – Move and counteract in order to avoid the 2nd attack.

Defending against an upwards (underhand) knife attack from the side – turning to dead side.

Defending against a downwards (regular) knife attack from the side – turning to dead side.

Defending against a straight knife attack from the side (low and high stab) – turning to dead side.

Against attacker who comes from all angles (including rear).

Defence against Threat with Handgun

Defence against a threat from rear. Gun is touching.

Train on various heights.

Gun at your side.

Handgun held behind arm.

Handgun held against side, in front of arm.

Releases from Chokes while on Ground – Defender Lying on Stomach

Release from choke. Attacker is sitting on defender – release with a pluck and turning.

While on the Ground – Defending against a Standing Opponent

Attacker delivers a regular kick to the head / upper-body.

Attacker delivers a stomping kick to the head / upper-body.

Forearm defence.

Close (clam like), legs up.

Attacker (bending) delivers a punch to upper body.

Free work against combinations of attacks, including tactical moves on the ground.

Fighting

Slow fighting and light fighting.

Fighting “real” with protective gear.

Students will be tested on two rounds of fighting.

Correct Decision-making

Defending against attacks which come from a variety of angles. Defending against previously unknown attacks.

The student should use a technique specific to the type of attack (not just a general solution).

Attacks and Mental Determination

Attacking practices. The student should train on explosive series of attacks. This training should be at 100% speed and power including multiple attacks with the same limb. The student should train on both stationary and moving targets such as heavy bag or focus pads held by a partner.

4 against 1 - Fighting Drills

At least one opponent has a knife or a stick

The student should train on a explosive series of attacks and reach 100% speed and power.

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