

COMBAT READY

Krav Maga Syllabus

Level 9





KRAV MAGA SYLLABUS

LEVEL

9

Rhythm and Pace to be Practiced by Attacker and Defender

Rhythm with two or more attacks/ moves - No connection, natural, broken, shattered and simultaneous.
Practice in place and whilst advancing.

Practice defences against combinations of attacks, executed with different paces and rhythms.

Defences against Attacks with a Projectile

Against overhead or diagonally downward attack - Use stabbing defence.

Defence against forward type strike - Inside forearm sweeping defence.

Defence against Various Grabs and Holds - With Defender Throwing Attacker

Against a pushing bear hug from behind - arms free.

Against a pushing bear hug from behind - arms caught.

Against a pushing low bear hug from the front, arms free - Roll backwards.

Against headlock from the side - spinning.

Against headlock from the side – backwards (attacker puts leverage on neck).

Against arm bent to the rear - bend, send opposite leg backwards. *In techniques 1-3, attacker slams into defender*

Ground Fighting (End by Getting Up)

Attacking from the mount

Positioning and striking (hand, elbow, Head-butt).

Controlling opponent's hands and striking. Control/ trap with hand(s) and leg.

Attacking from the cross-mount - Striking - hands, elbows, and knees.

Attacking when under the guard – all strikes. Trap calf and circle leg overhead.

Attacking while in the guard position (low)

Striking.

Trapping hand(s) and striking

Choking/ locking neck with figure 4 , with or without opponent's arm.

Defending against a Threat from a Long Gun/ Rifle

From the front. Weapon is held high

From behind - Trapping with two hands.

From the side (high or low) – Outside defences.

Defences against Circling or Straight Knife Attacks – From a Seated Position

From long distance, attacker starts at front/ side – use chair, or kick (supported lifting)

Hand defence.

Attacker can approach from the front or sides.

Defence against Knife Attacks - Defender Lying on Back

Standing opponent coming from side – Defend against downwards stab.

Opponent sitting on defender – Defend against downwards stab.

Fighting

Slow fighting and light fighting.

Sparring with protective gear.

Students will be tested on two rounds of fighting.

4 against 1 - Fighting Drills

At least one attacker has a knife or a stick

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