

ISRAELI KRAV MAGA

YELLOW BELT (CONDENSED)

Basic Stance and Footwork

- 1) 360 degree defense
- 2) The regular outlet stance
 - a) Foot positioning and balance
 - b) Alignment – (groin protected, chin down, hands out, elbows in, etc.)
 - c) Making the fist
 - d) Moving in different directions (8 angles of primary movement)
 - e) Switching from one outlet stance to the other
- 3) Bladed stance for preparedness with hands in de-escalation mode.
- 4) Footwork including side positioning

Linear Punches

- 1) The straight right punch
- 2) The straight left punch
- 3) The straight left/right combination
- 4) The short inverted punch with elbow down, thumb up and shuffle step
- 5) The low straight punch variation

Elongated Straight Strikes

- 1) Palm heal
- 2) Finger strikes to eyes & thumb gouge(s) to the eyes
- 3) Web strike
- 4) Knuckles strike
- 5) Combination linear strikes

Elbow Strikes

- 1) #1 – The horizontal forward right (rear) elbow
- 2) #1 – The horizontal forward left (front) elbow
- 3) #2 – The side elbow
- 4) #3 – The rear elbow

Groin Strikes

- 1) Palm heel/finger strikes to the groin
- 2) Hammer fist and straight punch options

Punches (& Hand Strikes) Continued

- 1) The right hook/roundhouse punch
- 2) The left hook/roundhouse punch
- 3) The left and right hook palm-heel strikes
- 4) Hook punches to the body
- 5) The left/right hook/roundhouse combination high and low
- 6) The right uppercut punch
- 7) The left uppercut punch
- 8) The left/right uppercut combination

Shadow Boxing (Hebrew: "tzel box")

Straight Kicks/Knees

- 1) Basic straight kick using the rear leg to the O's knee, groin or midsection
- 2) Same procedure for the knee rear and front including defensive movement
- 3) Rechambering knee strikes.
- 4) Combination straight rear kick with step forward into straight kick with opposite rear leg (successive kicks).
- 5) Alternating knee strikes.
- 6) Half-roundhouse knee strike
- 7) Straight kick to the chin or head (if flexibility allows) with both rear and front leg
- 8) Straight kick low/high combinations with same leg
- 9) Legs against hands timing/range concept introduced

Sidekick/Rear defensive kick

- 1) Sliding sidekick
- 2) Stepping sidekick
- 3) Sidekick/heel kick when on the ground
- 4) Legs against hands concept (cont'd.)

Roundhouse Kicks/Knees

- 1) Basic roundhouse kick from the rear
- 2) Basic roundhouse kick from the front
- 3) Roundhouse knee rear and front
- 4) Three roundhouse kick heights i

Kick/Punch Combinations

- 1) Straight rear kick with step forward (into opposite outlet stance) and straight punch in one motion
- 2) Straight front kick forward with step and punch with same side arm
- 3) Straight kick to groin from rear and then knee to the head with same leg
- 4) Straight kick forward and knee with other leg
- 5) Four strike straight kick (x 2) and straight punch (x 2) combinations
- 6) Four strike roundhouse kick and straight punch combinations

Elbow and knee combinations

- 1) Horizontal elbow strike into straight knee
- 2) Straight knee into horizontal elbow strike
- 3) Horizontal elbow strike into two successive straight knees followed by horizontal elbow strike
- 4) Straight knee into two successive horizontal elbow strikes into straight knee

Developing Spatial Orientation to Defend against An Attack

- 1) Developing awareness of distances an attacker must cover
- 2) Legs vs. hands (preemptive kicks against upper body attacks) reinforced

Push Defenses

- 1) Preemptive straight or side kick
- 2) Sidestep with groin strike
- 3) Push with shirt grab defenses

Straight Punch Defenses

- 1) Straight punch → Straight parry combined with counterattack (eye strike, kick, etc.)
- 2) Straight punch → Left/right straight punch parry with defensive kick (use front leg with *glicha*)
- 3) Straight punch → 360° type interception with footwork counterattack

- 4) Straight punch → Double forearm block followed immediately by simultaneous knee to the groin or simultaneous roundhouse kick.
- 5) Straight punch → Preemptive eye strike
- 6) Body shield “multi-attack defense” by stepping to the 45° and arms up (to defend against straight and hook punches – or any upperbody attack.)
- 7) Body defenses back and away (“slipping”) along with live and dead side movements
- 8) Closing the distance or “attack gap”

Hook Punch Defenses

- 1) Hook punch → 360 degree defense against outside punches with simultaneous counterattack
- 2) Preemptive body strike (timing before hook punch is fully launched)
- 3) Body “bobbing” defense against hook/roundhouse punch
 - a) Left bob with right hook body punch
 - b) Right bob with left hook body punchNote: Extreme danger of being caught with knee strike

Defenses against Straight Kicks

- 1) Front leg shin parry against incoming straight kick or knee
- 2) Side-kick to opponent’s knee as opponent attempts the kick

Educational Defense

- 1) To warn someone off
- 2) Defense against a choke

Handshake Equalizer Step

Releases from Arm Grabs

- 1) Immediate counterattacks
- 2) Hand facing hand
- 3) Hand to the back of the hand
- 4) Two hands holding one hand low
- 5) Two hands holding one high
- 6) Double hand grab, holding low
- 7) Double hand grab, holding high

Release from Shirthold

- 1) Immediate combatives (those in which the defender has the most confidence and practicality)

on crown of skull

- 2) Clinch from the side
- 3) Clinch snap-down when O's shoulders come over his knees
- 4) Clinch snap back with simultaneous knees
- 5) Dangers of clinch when opponent has a weapon hidden

Finger Manipulations (Breaks)

- 1) Move opponent's fingers against the joint (natural movement) placing weight on manipulated fingers

Clinch Defenses

Releases from Choke Hold from the Front

- 1) Chin down, pre-emptive defenses – straight and side kicks, clear arms with modified L parry, educational defense
- 2) Chin down, one handed pluck with #1 elbow rotation and pivot
- 3) Chin down, one handed pluck with body turn and thumb planted in attacker's eye
- 4) Chin down, two handed pluck with knee to the groin

- 1) Defense against the clinch by simultaneous gunting and eye gouges
- 2) Defending against knees with counter-knee brakes (modified roundhouse knee similar to Z guard when on the ground)

Body Absorption and Movements against Strikes

- 1) Exhaling to create a vacuum for body shots
- 2) Head movements (back and to side) with strikes
- 3) Leg turn on ball of foot to the outside against roundhouse kick to thigh (defender is late)

Releases from Choke Hold from the Side

- 1) Chin down, pre-emptive defenses – straight and side kicks, clear arms with modified L parry, 360 defense
- 2) Chin down, one handed pluck with #1 elbow rotation and pivot
- 3) Chin Down, one handed pluck with far hand and body turn with thumb planted in attacker's eye

Body Defenses against Punches and Kicks

- 1) Upper body retreat on the ball of the front foot
- 2) Upper body movement to the side

Break-falls

- 1) Backward
- 2) "Soft" forward

Releases from Choke Hold from the Rear

- 1) Chin down, pluck with the hands just above the thumb joint, diagonal step backward, hand blow backward to the groin and vertical elbow blow to the chin
- 2) If pushed forward and choked, step forward with left leg shooting arm straight up with outside rotational turn with hammer blow, alternate strike, and other combatives.

Rolls

- 1) Forward roll
- 2) Backward roll

Throws/Takedowns

- 1) Outside sweep (*osoto-gari*) through (from combatives)
- 2) Outside leg hook (*kosoto-gake*) (same side leg to sameside leg) takedown

Clinching

- 1) Crown of the head clinch (inside hand position around opponent's neck) by grabbing & exerting pressure on top of the head. Positioning hands

360° Defense Using Legs and Hands Together

Using Common Objects as Weapons

- 1) Developing awareness of objects that may be used for defensive and offensive purposes and how to use them (shield type, club type, rock, blade type and small objects such as coins that may be thrown as a distraction including one's own spittle/feigned spittle if mouth dry in a bad situation). Review using a distraction and simultaneously kicking or using a pen for educational defense or other offensive purposes.
- 6) One handed pluck with other hand pinning attacker's arm to defender's same side shoulder while striking to the eyes, throat, or solar plexus, striking to attacker's midsection and apply pincer arm bar by catching attacker's arm tightly before Defending the mount
- 7) Defending the guard
- 8) *Kesa-katami* side headlock on the ground
- 9) Sidecontrol
- 10) Sidecontrol offenses

Continuous Motion (Hebrew: "retzev")

Ground Survival

- 1) Break-fall into foreleg brace essential position ("the brakes")
- 2) Bridging
- 3) Shrimping
- 4) Release against chokes on the ground with attacker straddling
 - a) One handed pluck with fingers or thumb into attacker's eye simultaneous with hip buck
 - b) Two handed pluck with simultaneous hip buck and additional attacks
 - c) Two handed strike at the back of attacker's elbows with simultaneous with hip buck
- 5) Release against chokes with attacker kneeling or crouching at the side
 - a) One handed pluck pinning attacker's arm to defender's same side shoulder while striking the eyes, throat, or solar plexus, striking to attacker's midsection with inside knee and inserting inside knee and kick attacker in the face or neck
 - ❖ If flexibility is a problem, student should do the best he can
- 11) If O has arms between legs, pincer and extend making sure to control O's arm into headlock armbar variation(s)
- 12) Sidemount → two 90° bent arm-bar/shoulder locks ("key locks")
- 13) Sidecontrol Escapes
 - a) If O is loose, flip by using your underneath arm and turning him
 - b) Knife knee through to create foreleg brace and separation combined with kicks
 - c) Bridge and roll by securing his nearside arm tightly and executing full roll to reverse position into sidecontrol of your own.
 - d) Arm bar with push head push away/bridge and leg insertion in front of face to catch O's far side arm under your armpit for straight arm-bar.
 - e) If O tries to pull guard (more advanced than intended for this level, but let students know), move your hips towards O's head leading with nearside leg to maintain position
 - f) Drill: Move from side control into *kesa katami*

- In pressing an ambush, the attacker avails himself of the victim's shock and temporary paralysis to gain the advantage. The attacker chooses the time and place or the conditions most opportune for the attacker to put you in the "-5."
- Five Elements of an Ambush:
 - 1) When an ambush is executed, the victim is usually distracted, complacent, outnumbered, or caught in a state of maximum unpreparedness ("-5").
 - 2) The chances of escape for the victim are minimized or nonexistent as the attacker has chosen the site and circumstances.
 - 3) The attacker often acts from concealment or closes on the unwitting victim.
 - 4) The attacker affords himself the chance and avenue for escape.
 - 5) The attacker possesses the intent—and usually the capability—to physically dominate the victim.
- Keep in mind that the average person can *unleash four or more blows per second*.
- An attacker knows that if injures you first, he is far less likely to be counter-assaulted, thus, he can impose his will on a compromised victim.
- Many attackers rely on violence of action rather than a honed skill set.
- Always consider the possibility of another attacker aiding or intervening as you contend with an initial aggressor.