

ISRAELI KRAV MAGA

ORANGE BELT (CONDENSED)

Punches

- 1) Rear right half-roundhouse punch.
- 2) Front left half-roundhouse punch.
- 3) Rear hammer fist punch/strike against standing opponent.
- 4) The over-the-top punch left and right.
- 5) Shovel punch.

Punch Combinations (non-exclusive)

- 1) Two straight followed by two hook punches
- 2) Hook punch with forward arm and straight punch with the rear arm.
- 3) Hook punch with forward arm and uppercut with rear arm.
- 4) Straight punch with forward arm and uppercut with same arm.
- 5) Hook punch with forward arm and uppercut with rear arm.
- 6) Uppercut with forward arm and roundhouse with same arm.
- 7) Uppercut with forward arm and roundhouse with rear arm.
- 8) Low roundhouse/high hook with same arm and opposite arm combinations.
- 9) Straight punch and horizontal hook combination with the same arm.
- 10) Any combination of these.

Elbow and Forearm Strikes

- 1) #4 – Vertical right & left uppercut elbow strikes.
- 2) #5 – Vertical downward elbow strike (& hammerfist variation).
- 3) #6 – Rear short right or left elbow strike to the midsection (parallel to the floor).
- 4) #7 – Rear uppercut elbow strike (following #4).
- 5) #8 – Over-the-top elbow strike from the rear and front.
- 6) #9 – Forearm Strike.
- 7) #10 – Anti-group elbow.
- 8) Elbow combination strikes.

Upperbody Combinations

- 1) Palm-heel strike with forward arm and straight punch with the rear arm
- 2) Straight punches into horizontal elbow strikes.

Kicks

- 1) Rear retreating straight kick
- 2) Spinning sidekick.
- 3) Sidekick on the ground.
- 4) Roundhouse kick while on the ground.
- 5) Mid-section roundhouse kick follow-up tactics if opponent catches one's leg.

Kick Combinations (each into *retzev*)

- 1) Switching kicks using alternating footwork.
- 2) Rear straight kick stepping forward into second straight kick (with rear opposite leg).
- 3) Rear straight kick stepping forward into rear roundhouse kick.
- 4) Rear roundhouse kick into opposite straight kick.
- 5) Rear straight kick into opposite roundhouse kick.
- 6) Front Roundhouse kick into rear roundhouse kick.
- 7) Rear Roundhouse kick into rear roundhouse kick.
- 8) Front straight kick (with *glicha* or shuffle) into roundhouse kick (with rear opposite leg).
- 9) Successive straight kicks w/body repositioning.
- 10) *Glicha* straight kicks in all directions.

Tasai-bake Footwork

- 1) Front foot moves 180° to the rear or semi-circle (may perform figure 8 by moving left foot back and then right foot back).

Upperbody Push Defenses

- 1) Timing preemptive kick to groin, midsection or knee
- 2) L Parry w/sidestep and counterpunch.
- 3) L Parry w/sidestep and knee strike.

Inside Defenses against Straight Punches (into *retzev*)

- 1) Lead arm gunts (using same arm against attacker's left or right straight punch).
- 2) Outside sliding (over-the-top) defense against left and right punches (using same side arm to deflect and slide up attacker's extended arm while delivering punch inverted counter-punch).
- 3) Sliding defense stepping off the line against left or right punches (using same side arm to deflect and slide up attacker's extended arm while delivering inside punch with defender's opposite arm).
 - a) with standing triangle choke option
 - b) with collar choke
 - c) with combined eye rake & trip takedown
- 4) Straight parrying pin to side w/counterattack
- 5) Inside L deflection (defender uses opposite arm to parry attacker's straight punch with minimal arm movement followed by hooking attacker's punching arm and counterattacking.)
 - 1) Side-step body defense with 90° angle forearm block ([modified "L" block] squeezing hand into fist for forearm strength)
 - 2) L deflection against "1-2" straight punch combination
- 6) Against left/right ("1-2") combination → parry with right and block/slide with left L block with simultaneous right counter punch.
- 7) Against left/right ("1-2") combination → double straight parry followed by counterattack.
- 8) Parry against left or right punch & simultaneous low right roundhouse kick to O's left thigh.
- 9) Parry against left punch and simultaneous low left roundhouse kick to O's left thigh
- 10) Parry against straight punch with same side simultaneous half-roundhouse kick with the kneecap/shin into O's ribs/midsection.
- 11) **Opposite outlet stance** (attacker has left foot forward and defender has right foot forward) L arm deflection (defender uses opposite arm to parry attacker's punch with minimal arm movement)

followed by

- a) back fist to face followed by additional combatives
 - b) chop (using outside of lower fleshy part of hand) followed by additional combatives
- 12) Shirt grab and punch defense options.
 - 13) Lead arm gunts (using same arm against attacker's left or right straight punch) against a shirt grab and punch variation.
 - 14) Against a straight punch and simultaneous shirt grab → gunt and counterattack

Hook Punch Defenses

- 1) Against a right hook → left gunt block by stepping right and straight punch counterattack
- 2) Against a left hook → right gunt block by stepping left and straight punch counterattack
- 3) Against a hook and simultaneous shirt grab → gunt and counterattack

Outside Defenses against Straight Punches Delivered from the Side ("Sucker Punch")

*Defender and Attacker are facing **opposite** directions*

- 1) Preemptive sidekick without stepping off the line
- 2) Outside defense using similar 360° deflection defense with farside leg step off the line into simultaneous sidekick to attacker's knee
- 3) Outside defense using similar 360° deflection defense, pivoting to opponent's deadside, and employing immediate counterstrikes:
 - a) low punches (thumb up) to kidneys with additional combatives
 - b) knee to kidneys or thigh with additional combatives
 - c) roundhouse kick to the head with additional combatives
- 4) Sliding-stabbing deflection (modified stick defense) with counterattacks
- 5) Pre-occupied with texting/talking variations

*Defender and Attacker are facing the **same** direction*

- 6) Outside 360° defense with far-side leg step off

the line with simultaneous palm heel strike or knuckles strike

- 7) Outside defense using similar 360° deflection defense with farside leg step into simultaneous sidekick to attacker's knee
- 8) Sliding over-the-top counterpunch
- 9) Sliding parry with half-roundhouse counterpunch (similar to straight sliding parry against a nose-to-nose straight punch)
- 10) Pre-occupied with texting/talking variations

Defenses against Knee Strikes

- 1) Defender uses foreleg (standing "Z" guard) with accompanying counter-attacks.
- 2) Defender deflects Attacker's knee to the side using either of Defender's knees and counterattacks
- 3) From passive stance -- instinctive deflection with palm heel/forearm inside to redirect kick (a) moving away and on the 45° or (b) direct burst
- 4) Defender closes distance with bear hug/throw

Defender and Attacker may face in either direction.

Defenses against Roundhouse Kicks

- 11) Step off the line with 360 outside rotational block and sidekick to attacker's forward knee (rear knee can also be targeted.)

Shovel & Uppercut Defenses

- 1) L parry variation
- 2) Gunt variation

Elbow Strike Defenses

- 1) Defenses against elbow strikes #1-10

Straight Kick Defenses

- 1) From passive stance -- instinctive deflection with palm heel/forearm inside to redirect kick (a) moving away and on the 45° or (b) direct burst
- 2) Sliding/stabbing while stepping off the line against both left and right straight kicks with counterpunch.
- 3) Scoops from a fighting stance -- scooping against straight kicks using forward arm only moving backwards on the 45° with counterpunch or kick.

- 1) Timing straight kick (usually with defender's front leg) to attacker's kicking leg thigh, knee or the groin against rear roundhouse kick.
- 2) Against low roundhouse defender opens up forward leg to the outside, uses shin, meets attacker's kick at foot (not shin to shin)
- 3) Against mid-level roundhouse kick defender takes a side step and back 30° to catch attacker's leg to midsection by moving same side arm down into catch while exhaling
- 4) High round house timing defense -- (usually with defender's front leg) to attacker's kicking leg thigh, knee or the groin against rear roundhouse kick.
- 5) High round house kick arm defense:
 - i) Option of bursting inside with gunt keeping head tucked and well into inside or above the knee
 - ii) Option of bursting inside [original Imi defense] with sliding/stabbing defense keeping head tucked and well into inside or above the knee
- 6) Late low defense against low kick by pivoting on the ball of the foot and strengthening quadriceps.

Offensive Knee against Attacker Standing in Outlet Stance

- 1) Defender (in outlet stance) grabs and traps attacker's arms inwards and executes offensive knee
- 2) Defender (in outlet stance) splits attacker's arms outwards using V movement with both arms (similar to impact weapon defenses for future reference) and executes offensive knee
- 3) Switch knee strikes

Defenses against Sidekick

- 1) Raise front targeted leg while retreating backwards and stomp down with heel on incoming kicking leg
- 2) Raise defender's leg while retreating backward slightly to then deliver counter-sidekick
- 3) Preemptive sidekick or straight kick using timing to stop attacker's leg

- 4) Hook opponent's incoming heel while raising near leg for counter sidekick to opponent's base leg
- 5) Hook O's incoming leg with front hand misdirecting to the side → preferred
 - a. Half-nelson front
 - b. Full-nelson front
 - c. Half-nelson side (knee attacks)

- a) Hook P's incoming leg with rear hand misdirecting to the side
- 6) Sliding/stabbing defense punch against sidekick with change of feet to deliver punch
- 7) Retreat with timing elbow gun to ankle
- 8) Against high sidekick double forearm block with appropriate foot movement and counterstrikes (usually backfist)
- 9) Defense against spinning sidekick – intercepting/preemptive straight kick

Defenses against Punch/Kick Combinations

- 1) Defense against straight kick to groin and punch to the face (inside deflections and counterattacks)
- 2) Defense against roundhouse kick [varying heights] and punches

Defenses against Surprise Attack Drill and Continuous Motion

Shirt Releases

- 1) Review and expansion of immediate attack using all combinations
- 2) Cross grab defense into arm bars either one or two handed
- 3) Cross grab cavalier into standing arm bar with step through
- 4) Review defenses against shirt grabs and punches

Clinch & Clinch Defenses

- 1) Inside crown of the skull clinch position → take one hand across to push O's face away and sidestep to knee O in the head
- 2) Defense against the clinch by closing the distance, with tight clinch/bodyhug, hooking the leg for takedown
- 3) Snake elbows inside to break grip
- 4) Release clinch to cross grab and neck crank with farside arm
- 5) Release clinch to cross grab and neck crank with farside arm

Defenses against Headlocks from the Side

- 1) Ducking to preempt with simultaneous hand strike to the groin
- 2) Defender tucks chin and steps forward with outer leg and delivers strike to the groin while using inside hand to reach around to attacker's eyes, filtrum, hair, ear, etc. and executes further counterattacks
 - a. Hip throw by stepping through
- 3) Defender preempts punch attack to the face using #2 (above) and shooting arm through over the top O's punching arm before he can throw the punch
- 4) Defender uses #2 (above) but hooks legs (defender's rear leg first and then the front leg) to prevent being rammed into a wall or object
- 5) Headlock preemptive counter-attack → armbar variations against O before O can secure lock

Blood chokes

- 1) Blade of the Forearm Choke
- 2) Crook of the Elbow Choke
- 3) Sleeper Professional Choke
- 4) When on ground, hooks with legs applying the above options

Releases from Professional Blood Chokes

- 1) Preemptive rear kick
- 2) If caught, turn into the crook of the attacker's elbow with both hands on respective sides of elbow crook keeping the elbows in to enact core strength while simultaneously stepping through (*secoul*) crossover step behind defender's other leg to break hold and face attacker with counter-attacks including knee strikes.

Note: The defender may also then step through with nearside leg into takedown by hooking sameside leg as attacker's strong arm (modified *osoto gari* or *osoto makikomi*)
- 3) Preemptive turn into the crook of the choking arm using inside positioning with chin tucked, yank, and turn towards opening making a tight step ("marrying

your sameside leg to the O's) and continue to turn to break the angle to take the O down

- a. From professional strangle-type hold
- b. From mugging type hold with hand to face and arm grab, pluck and turn into your attacker
- 4) If unable to turn, revert to headlock defense
- 5) If yanked back and defender cannot recover, kneel with inside/nearside knee to break grip. As soon as defender can breath, target attacker's groin with combatives releasing whichever arm the defender is most comfortable (but not both arms from the choke counter-pressure defense)
- 6) If professional hold and caught in the preemptive turn, strip the bottom arm and pluck the arm at the attacker's bicep
- 7) If attacker pulls face and arm, pluck hand and turn into the release
- 8) From the ground, turn and bridge
- 9) Standing Triangle choke release

Collar Chokes (First 3 out of 10 emphasized)

- 1) Knuckles/thumbs in
- 2) Cross punch and pull
- 3) Shirt wrap-around

Defenses Against Front Bearhug With Arms Free

- 1) Defensive kicks and knees can be used if defender recognizes that attack early enough
- 2) High bear hug
- 3) Low bear hug

Defenses Against Front Bearhug With Arms Pinned

- 1) Defensive kicks and knees can be used if defender recognizes that attack early enough
- 2) High bear hug defense
- 3) Low bear hug defense

Defenses Against Rear Bearhug With Arms Free

- 1) Defender drops his/her weight [to prevent being thrown] and executes multiple rear elbows,
 - a) Into police hold option stepping to sameside as leg hook

Defenses Against Rear Bearhug With Arms Pinned

- 1) Defender drops his/her weight with forward or rear step (depending on attacker's momentum) while simultaneously shooting arms up [to prevent grip and being thrown] and uses a side or linear movement by shuffling to both the right and left to expose attacker's groin to multiple strikes
- 2) Defender dips body with forward or rear step (depending on attacker's momentum) while simultaneously shooting arms up to prevent grip and then moves to the deadside while pinning attacker's arms to prevent chokes while delivering counterattacks.

Throws & Takedowns

- 1) *Osoto-gari* leg hook sweep (using farside step through inside leg to hook opponent's outside leg)
 - a) Using body torque into takedown with various holds:
 - i. Kasa-katami neck bar (blade against neck) pulling neck inward while keeping chest stationary
 - ii. Other variations
- 2) *Ouchi-gari* low leg trip (against opponent's ankle or knee using the ball of the foot while pulling opponent off-balance while bracing opponent's sameside leg with instep)
- 3) Rear bucket-scoop through the crotch and (if possible) pinning opponent's arm(s)
- 4) *Morote gari* double double leg takedown
- 5) Squeeze O in small of the back driving head into O's chest for imbalance (similar to clinch defense)

Takedown Defenses

- 1) Straight offensive timing kick or knee to the face defense against *morote-gari* leg tackle takedown.
- 2) Roundhouse timing kick to the head defense against *morote-gari* leg tackle takedown.
- 3) Sidestep body defense against single or double leg takedown with combatives:
- 4) Takedown defense when the attacker clamps onto you.
- 5) Sprawl defenses against *morote-gari* leg tackle with combatives
 - a. Defender may apply front guillotine

Applying Straight Armbars

Orange Belt Ground Survival:

Getting Up when Attacked and Defending Kicks

- 1) Getting up from the ground when attacked by standing attacker with a kick
- 2) Defending kicks when on the ground
 - a) stomp
 - b) soccer style roundhouse

Preventing Opponent from Taking Your Back

- 1) Preventing an Opponent from taking your back when you are on all fours or face down

Knee on Stomach Positioning and Defenses

- 1) Knee on stomach sidemount with combatives trapping Opponent's arm
- 2) Defenses against knee on stomach plucking knee and counterattacking groin

Defenses against Kesa-Katami

- 1) Defense against *kesa-katami* (using similar defense to standing headlock, defender tucks chin, & strikes opponent's groin while reaching around to opponent's eyes, filtrum, hair etc.)
 - a) Option of taking outside leg and reaching around opponent to execute variation of triangular choke/arm bar
 - i. Be careful because O can catch the wrap-around leg to apply an ankle lock – we would do it!
 - b) Maneuver body clockwise or counterclockwise into face bar followed by inside leg step over to allow scissors arm-bar.
 - c) Use elbow with body movement to bring into arm-bar variation.
 - d) Brake to the face → turn body into seated armbar
 - e) Break angle → bridge, shrimp and through
 - f) Break angle → frame to face and triangle choke with legs
 - g) Brake to the face → inset other hand to body for turn and armbar.

- 1) Arm-bar between defender's legs
 - a) Basic
 - b) Shortarmbar variation (above O's triceps with his arm trapped in your armpit)
 - c) Scissors (when opponent is trying to pull through)
 - Note: defense is to roll-in
 - d) Using the "brakes" when opponent is trying to release or roll away
 - e) Isolating the shoulder
 - f) Breaking the angle and taking off balance when opponent attempts to stand
 - g) Neck pressure with scissors
 - h) Scissors in front of the head
 - i) Arm bar using feint to opposite arm (if O performs defense by grabbing O's other arm, switch arms immediately and move in opposite direction)
 - j) When opponent attempts to defend the armbar by holding his own arm and turning in, kick outside leg to jugular
 - i. Kick inside leg to biceps
 - ii. Hammer fist to the groin with inside arm
 - iii. Wrist lock
 - iv. Outside trap and "V" rip by leaning toward O's head to disengage O's defensive grip
 - v. If O sits up, use headside leg to forcefully kick him down to the ground again.
 - vi. If O is defending tightly, Figure 4 with outside leg while keeping blade of wrist deep into crook of O's elbow.
 - vii. If O uses the other arm to push against D, switch to that arm by crossing the nearside leg in front of O's face to assert opposite arm-bar.

Triangle Leg Chokes

- 1) Triangle leg chokes
 - a) Long-form (away from O's trapped arm)
 - b) Short-form (direction of O's trapped arm)
 - c) Triangle choke to arm-bar transitions & arm-bar transitions to triangle chokes.

Tactical Mounting and Offenses

- 1) Tactical mounting and offensive options
 - a) All strikes including punches, horizontal forearms, vertical elbows and traps
 - b) Trap opponent's arm(s) with *retzev* counterattacks
 - c) Arm-bars from the mount reviewed
 - i) Combatives into straight armbar by trapping one arm
 - ii) Scissors
 - iii) Using the "brakes" when opponent is trying to release or roll away
 - iv) If opponent is on the bottom and turns to the side, create the arm bar by taking opposite leg and placing in front of opponent's head keeping elbow close to create arm bar
 - v) Armbar into feint
 - vi) Wristlock into armbar
 - vii) Arm bars from top mount as opponent pushes with both arms → slip nearside leg simultaneously to target arm
If O hooks D's arm, place palm on the ground and as O bridges roll with him and catch/maintain arm to execute facedown armbar against trapped are
 - viii) If O rolls, roll with him allowing three lock variations (straight and other shoulder)
 - ix) Splay (grapevine) legs to hinder O's movement from bottom (also teach defenses to the splay)
- 2) Mount to armbars when defender is clasping targeted arm to defend (O has back down and you are seated perpendicular attempting straight armbar.)
 - a) Peel hands
 - b) Leg push
 - c) Leg squeeze
 - d) Re-direct back and away
- 3) Topmount position with splay (grapevines) into
 - a) Head locks
 - b) Neck bars by extending splayed legs to elongate O's body
 - i. With arms around O's neck
 - ii. With arms trapping O's arm and neck
 - iii. Guillotine
- 4) Squat straddle by placing one leg forward onto O's shoulder into neck crank (one at a time) around O into front seated squat position
- 5) Maintaining the mount → move to imbalance in the direction of the strike or shifting weight
 - a) Sliding drills against mount with a push
 - b) Swimming
 - c) Elbow pluck against knee push
 - d) Lure O into role on his stomach by lifting leg when O bucks or turns
- 6) Police hold #6 "chicken wing" into front head lock
- 7) Armbar when opponent in foreleg brace ("Z" guard position → From the foreleg brace ("Z" guard) position, slide the same side leg up to the opponent's caught shoulder to pincer the feet, extending the hips out to apply pressure to the inside caught arm.
- 8) Defenses against arm-bars (defender reaches through and grabs held arm's hand while not allowing attacker to pincer or close legs followed by wrist release and additional combatives:
 - a) Turning into O
 - b) Turning into O but if O's leg does slip across, compress the leg and keep turning
 - c) Stand keep turning while pressuring down
 - d) Turn into attacker and compress his body
 - e) Bridge and roll to turn elbow into defender (last resort and dangerous because of shoulder injury and *omoplata*)
 - f) When opponent is on his back attempting arm-bar, turn in defense breaking the angle with knee on attacker's head
- Counters to arm-bar defenses (beating the O's defenses against your attempt)
 - a) Switch to the other arm
 - b) Move into triangular arm bar or triangular choke
 - c) If O pushes D's leg in, allow leg to move in to triangle with shin pushing against O's throat.

Achilles and Leg Locks

- 1) Achilles lock between defender's legs
- 2) Achilles lock seated outside defender's leg
- 3) Achilles lock with opposite foot to O's thigh for brakes
- 4) Achilles lock by turning to side and locking → keep turning with leg of O to execute bent leg variation
- 5) Heel lock

- 6) Double Achilles lock (both opponents seated) and O Rear Naked Choke Releases when Opponent has attempts to release with a kick → release leg and trap Opportunity to Take Your Back with both legs with the option of folding over 2nd leg and trapping with your opposite leg for pretzel type lock
 - 1) Preventing rear mount
 - 2) Preventing legs (hooks)
- 7) Achilles lock using Figure 4 against O's leg crossed across D's torso. Note: keep triangle lock tight.
 - 3) Defending when hooks are in variations
 - 4) Defending figure 4 legs with choke
- 8) Turn O onto his stomach with Achilles lock → may then turn into O for knee lock
 - 5) Defender is face down
 - 6) Defender is face up
- 9) Kneebar
 - 7) Facebar defense variation

Defenses against Achilles and Heel/Toe locks

- 1) Achilles leg-bar defense (prevent attacker from securing leg by kicking hard to loosen attacker's grip, preventing attacker from pinching legs followed by additional combatives, to standing position
 - a) Step up and attack O with straight arm-bar
 - b) Step up and attack O with straight knee-bar
- 2) Defense against standing falling lock (grab opponent's near leg and execute lock immediately by tightening around opponent's Achilles and leaning back to preempt lock)
 - i. Defender stands up with counterattacks
 Note: Achilles leg bar can be executed while opponent is standing,
- 3) Heel/toe lock defense by continuous leg movement and kicking targeted leg

Defenses when Mounted by Opponent

- 1) Defending forearm strikes
- 2) Defending drop elbow strikes
- 3) If caught in high-mount, thrust O forward at his armpits while bridging and bringing legs over the top to his armpits to complete release – note leg lock readily available
- 4) If in grapevines, release by splaying legs wide or turning on side release leg.
- 5) Pinning one arm and squeezing bodies together and roll to opponent's pinned armed side followed by additional combatives
- 6) Pull O into D with arms on top of O's head to exert extreme pressure on the vertebrae and spine (may apply additional pressure using your head) and then face bar to turn over.

Facebar Defenses

Guillotine choke & defenses

- 1) Defender's arm is pinned
- 2) Defender's arm is free

Kata-gatame (triangle) Chokes & Defenses

Triangle Leg Choke Defenses

Kata Gatame "baby" Pressure Hold Chokes

Release against arms pinned on the ground with attacker straddling

- 1) Defender immediately slides arms downward toward defender's hips while bucking (hip thrust) attacker off and continuing counterattacks
- 2) Defender positions hands to allow one hand to grab the attacker's opposite hand (pinning the opposite arm) and apply leverage or elbow kiss to lock attacker's arm or simply release to continue with counterattacks – old defense

Ground Positional Hierarchy

O is on your back
O has mounted you
O has side control
O is on top in your half-guard
O is in your guard
You are in O's guard
You have top position in his half-guard
You have side control
You are mounted on O
You have taken O's back