



COMMANDO KRAV MAGA

LEVEL 2

EVOLVED ON:
March 01, 2017

HAND GUN DISARMING TACTICS

Rear [Below Shoulder Blades]

- Looping Disarm

Side of Hip [Behind the Arm]

- Looping Disarm

Side of Hip [Front of Arm]

- Under Grip Quick Disarm

Retreat [Front/Side/Back] Arm Stretched

- 3 Point Control Technique with Shelf & Disarm

Retreat [Front/Side/Back] Arm Retracted

- Control Technique Pin & Rip Disarm

Retreat [Back Below Shoulder Blade]

- Looping Control Technique

Gun Between Head & Shoulder Blades

- Lat Redirect to Control Technique

KNIFE DEFENSE TACTICS

X SHIELD DRILLS

Downward Stab [Ice Pick Grip]

- Outside Redirect & Disengage
- Outside Redirect & Hook Trap Disarm
- Outside Maneuver to Hammer Reset

IMPROVISED WEAPONS TACTICS

- Cell Phones, Pens, Keys...
- Outside Maneuver to Hammer Reset



Confined Spaces & Beside Walls

FULCRUM CONCEPTS

- Palm Redirect

Ambush Knife Attack

- Survival Tactics

TACTICS AGAINST STRIKES

Strikes to Head

- Striking Skills: **The Hook** (open hands)
- Striking Drills
- Rhino to Cat Strikes
- Double Rhino to Cat Strikes
- Helmet to Cat Strikes
- Double Rhino/Helmet to Shirt Riding Choke
- Double Rhino/Helmet to Spinning Riding Choke

Front Kick

- Striking Skills: **Front Kick & Side Kick** (Low Kicks)
- 45 Degree Jump Retreat
- Leg Scoop & Kick to Knee or Groin
- Leg Scoop to Foot Pin & Palm Strike Take Down

ESCAPE FROM HOLDS [STANDING]

Side Headlock

- Fighting Balance [90 Degrees, Chin Tucked Away, Knee Braced]
- Groin & Eye Attack
- Reverse Blade Nose Bridge Take Down ["Elvis Pelvis"]
- Rear Groin Strike & Hand Bite to Shoulder Rip [Around Attacker]
- Rear Groin Strike & Hand Bite to Shoulder Rip [Turn Attacker]

Rear Hook Choke Pull

- Pants Grab to 90 Degrees & Side Headlock Escapes

GROUND SURVIVAL [5 SECOND RULE]

Side Headlock

- Grappling skills : **Scarf Hold**
- Reverse Blade Nose Bridge to Scissor Release

Side Headlock with Face Turned Away

- Nose Hook to Compass Release



BREAK FALLS

- Rear Soft Roll to Combat L Stance
- Side Soft Roll to Combat L Stance

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIRMENTS:

The requirement to pass **LEVEL 2** of Commando Krav Maga is a minimum of 75% on the following criteria:

- 1]** Understanding of CKM History, Theory [Tactics, Concepts & Principles] and Philosophy
- 2]** Dynamic break falls
- 3]** Effectively conduct a short CKM class [Instructors only]
- 4]** Demonstrate all techniques for Levels 1 & 2 [right and left]
- 5]** Ability to react effectively to non-stop Random surprise attacks for a minimum of 7 minutes on equal or larger size attackers

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