

COMMANDO KRAV MAGA

LEVEL 4



EVOLVED ON:
March 01, 2017

KNIFE DEFENSE TACTICS

Lunging Stab

- Jumping Side Kick Knee Buckle
- Shield & Turn to Side Kick Knee Buckle
- Shield to Spinning Disarm & Return to Sender
- Inside Shield to Circular Pull Disarm
- Return to Sender when Attacker Resists Underarm Control
- Shield to Outside Wiz [80/20]
- Shield to Outside Wiz [Body Assist]
- Shield to Inside Wiz [80/20]
- Shield to Inside Wiz [Body Assist]

Recoil or Retreat

- Outside Closing Control Wiz
- Inside Closing Control Wiz

45 Degree Angle Downward Stab

- Inside Block & Face Strike

Extreme Close Quarter Knife Attacks

- Control & Disarm Concept

Slashing

- Armpit Lock to Figure 4 Reversal [Over Hand Wrist Grab]

Aggressive Knife to Throat [Back to Wall]

- Palm Strike & Return to Sender
- Palm Strike & Disarm

Top Mount Ice Pick Downward Stab

- Deflect to Figure 4 Wrist Lock & Disarm

Dynamic Knife Attack Drills [Levels 1-4]

- "Disarm or Die"

HAND GUN DISARMING TACTICS



All Level 1-3 Attacks [360 Degrees]

- Starting with Hands Down
- Starting with Attacker Holding Shirt
- Starting with Attacker Pointing Gun from Distance

Attacker Retains Gun During Attempted Disarm

- Under Hand Cup to Wrist Leverage Disarm

Rear Aggressive Hold-Up Above Shoulder Blades [Defender Pinned to Wall]

- Lat Redirect to Control Disarm

Execution Style [Rear]

- Gun Pull Head Leverage Disarm to Standing

TACTICS AGAINST STRIKES

Punching While Holding Shirt

- Rhino
- Elbow Redirect to Push & Escape
- Elbow Redirect to Strike

Roundhouse Kick

- Striking Skills: **Roundhouse Kick** (Low)
- Rhino & Leg Take Down

Non-Stop Strikes [Kicks and Punches]

- Strike Defense Drills from Levels 1-4

PRE-EMPTIVE STRIKES

Multiple Attackers

- Striking Skills: **Uppercut & Hummer Strike**
- Palm/Hammer Knockout
- Face Push to Loaded Palm/Hammer Knockout
- Low Kick to Loaded Palm/Hammer Knockout
- Credit Card Improvised Weapon
- Tactical Psychology & Survival Concepts

ESCAPE FROM HOLDS [STANDING]

Side Headlock with Punches

- Rear Arm Belt Lock with Groin Attack



Garrote [Rope] Choke From Behind

- Turning Shoulder Drop Inside Strike

Double Hand Shirt Grab

- Cat Strikes
- Double Ear Cup Strike
- Elbow Scoop & Wrap Around Head Twist
- Elbow Scoop & Inside Nose Bridge Takedown

Full Nelson

- Forehead Brace to Cross Arm Slide Escape
- Forehead Brace to Valley Drop Take Down

GROUND SURVIVAL

Straight Arm Bar with Two Legs Over

- Grappling Skills: **Straight Arm Bar** (Two variations)
- Leg Pillow to Leg Throw & Escape

Straight Arm Bar with One Leg Over

- Leg Pillow Knee Push & Escape

Figure 4 from Side Mount

- Grappling Skills: **Figure 4** (Two variations)
- Cradle Escape

Figure 4 from Top Mount

- Cradle Escape

Side Mount

- Pressure & Weakness Point Escapes

Wrestler Side Mount [Arm Between Legs]

- Grappling Skills: **Wrestler Side Mount**
- Pressure Point Head Trap to Scissor Release & Kick

Sixth Position [No Hooks]

- 6 to 8 Drop & Head Pull Escape

Sixth Position [Hooks In]

- Grappling Skills: **Inserting Hooks, Back Control & Rear Naked Choke**
- 6 to 8 Drop, Head Pull & Mule Kick Release

Non Stop Takedowns and Ground Attacks [Levels 1-4]

- Escape from Holds & Ground Survival Drills



BASEBALL BAT/STICK DEFENSE

Baseball Swing

- Double Rhino/Helmet to Rowing Release

ADVANCED BREAK FALLS

- Forward Soft Roll Over Obstacles to Combat L Stance
- Soft Rolls from Levels 1-4 from Push or Throw
- All soft rolls from Levels 1-4 on Hard Surface

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIREMENTS:

The requirement to pass **LEVEL 4** 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 (see description above)
- 3]** Effectively conduct a short CKM class [Instructors only]
- 4]** Demonstrate all techniques for Levels 1-4 [right and left]
- 5]** Ability to react effectively to non-stop random surprise attacks for a minimum of 12 minutes on equal or larger size attackers

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