

COMMANDO KRAV MAGA

LEVEL 3



EVOLVED ON:
March 01 2017

KNIFE DEFENSE TACTICS [X SHIELD]

Downward Stab [Ice Pick Grip]

- Redirect & Hook Trap to Take Down

Lunging Stab

- Underarm Hyperextension [Redirect, Leg Block, Snap]
- Shield Redirect to Underarm Take Down

Upward Stab

- Wrist Snap Redirect & Disengage
- Redirect to Passing Cat Strikes
- Forward Looping Disarm
- Forward Looping Take Down

Upward Stab Beside Wall [Knife Hand to Wall Side]

- X Shield Redirect & Disarm [Face Turn, Body Pin]

Slashing

- Dodging The Blade [Sway Tactics]
- Outside Push & Disengage
- Outside Armpit Take Down Control & Disarm

KNIFE DEFENSE TACTICS [WIZ DISARM]

Slashing

- Outside Wiz 80/20 or Body Assist [Over or Under Wrist]
- Inside Wiz 80/20 or Body Assist [Over or Under Wrist]



KNIFE HOLD UP

Aggressive Knife to Throat [Left, Right, Front]

- Circular Redirect to Wiz Disarm
- Redirect & Return to Sender
- Redirect to Armpit Disarm

Aggressive Knife to Stomach

- Shield Redirect to Wiz
- Redirect & Wrist Take Down
- Redirect to Palm Strike Knuckle Disarm
- Redirect & Return to Sender

Rear Hostage/Hold Up with Knife to Throat

- 2 Hand Peel Shoulder Lift Disarm
- 2 Hand Peel Shoulder Lift Return to Sender

Rear Hostage/Hold Up with Knife to Lower Back

- Looping Release Disarm
- Looping Release Return to Sender

DYNAMIC STRIKING DEFENSE CONCEPTS

Straight Punch to Face

- Striking Skills: **Elbow Strikes** (Front & Back)
- Deflect & Multiple Cat Strikes
- Deflect to Push & Disengage
- Deflect & Joust Strike [Under or Over Arm]
- Deflect & Groin Strike
- Deflect & Joust to Head Twist
- Deflect to Baseball Bat Strike [Head, Solar Plexus & Groin]
- Circular Redirect & Turning Elbow Strike [Head or Kidneys]
- Circular Redirect & Groin Strike [From Behind]
- Circular Redirect to Head Twist [Exercise Precautions]
- Circular Redirect to T-Shirt Take Down [Exercise Precautions]

Front Kick

- Shield Hook to Heel Lift Take Down



CHOKING CONCEPTS AGAINST STRIKES

- Anaconda Choke
- Circular Redirect to Shirt Riding Choke
- Circular Redirect to Spinning Riding Choke

HAND GUN DISARMING TACTICS

Gangster Grip [Front, Side & Back of Head]

- 2 Point Leverage Disarm

Concealed Hand Gun

- Shovel Grip to Elbow Leverage Take Down & Disarm

Attacker Draws Concealed Hand Gun

- Shovel Grip to Gun Disarm [80/20]

Aggressive Gun to Throat [Front]

- Face Lift [80/20]

Front To Head

- Overhead Lift & Twist Disarm

Execution Style [Front]

- Overhead Lift & Twist Disarm to Standing

Rear Hostage Hold-Up [Side of Head]

- Redirect with Wrist Leverage Disarm
- Redirect with Shoulder Shrug Disarm

Rear Hostage Hold-Up [Attacker Maintaining Choke]

- Private Presentation

ESCAPE FROM HOLDS [STANDING]

Pulling Choke from Behind

- Spinning To Groin Brace

Rear Bear Hug [Underarm]

- Groin Attack
- Elbow Strikes
- Knuckle Release & Strikes
- Head Grab & Eye Gouge



Rear Bear Hug [Over Arm]

- Groin Attack
- Head Butt to Butt Buck

Front Head Lock [Guillotine]

- Grappling Skills: **Guillotine**
- Groin Attack to Head Trap & Eye Gouge
- Groin Attack to Head Trap and Circular Throw

Pulling Rear Hook Choke

- Pants Grab to Straight Leg Hurdle Take Down

GROUND SURVIVAL [5 SECOND RULE]

Double/Single Leg Takedown

- Grappling Skills: **Double/Single Leg Takedown**
- Head Push & Stomp
- Greeting
- Sprawl & Stomp

Single Leg Takedown

- Head Push & Eye Gouge
- Knee Drop [Head Push, Knee Strikes & Leg Stretch Release]

GROUND SURVIVAL HELMET TACTICS

Punching in Your Guard

- Knee Wedge & Bicycle Kicks
- Legs Spread to Collar Trap & Head Twist
- Swaying Redirect to Head Twist Rollover
- Swaying Redirect to Calf Slicer & Rollover

Punching from Side Mount

- Knee Wedge & Bicycle Kicks

Punching from Top Mount

- Bridge Tactics [Attacker Reacts: Rodeo, Bracing & 1 Leg Up]

Top Mount Choke

- Grappling Skills: **Top Mount**
- Cross Arm Trap to Bridge Escape
- Wrist Trap with Crowbar Leverage Escape



Arm Trap Side Headlock

- Grappling Skills: **Shoulder Hold**
- Elbow Push to Scissor Release
- Leg Grab [Cappuccino Time] to Scissor Release

BREAK FALLS

- Forward Soft Roll to Combat L Stance

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIRMENTS:

The requirement to pass **LEVEL 3** 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 1-3 [right and left]
- 5]** Ability to react effectively to non-stop random surprise attacks for a minimum of 10 minutes on equal or larger size attackers

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