

COMMANDO KRAV MAGA

LEVEL 1



EVOLVED ON:
March 01 2017

FIGHTING BALANCE

Combat L-Stance Balance Drills

INNER LINE CHOKE ESCAPES [GAP/NO GAP]

Front, Side & Rear Choke

- Striking skills: **The Jab** (open hands)
- Wave Strike to Nose from All Directions
- Multiple Cat Strikes [Between and Around Arms]
- Upward Hand Cup Groin Strike

OUTER LINE CHOKE ESCAPES [GAP/NO GAP]

Front & Side Chokes

- Forward Blade Lat Release
- Reverse Blade Lat Release [Side]

Rear Chokes

- Double Arm Reverse Blade Lat Release

Pushing Chokes from Front

- 360 Degrees Windmill

HAND GUN DISARMING

PSYCHOLOGY OF GUN DISARMING

Front [Stomach, Chest and Head]

- Redirect/Circular Redirect Quick Disarm [80/20]
- Redirect/Circular Redirect QuickDisarm [Body Assist]

Side of Head

- Reverse Blade Redirect & Quick Disarm [80/20]
- Reverse Blade Redirect & Quick Disarm [Body Assist]

Back of Head

- Finger Push Spin Redirect & Quick Disarm [80/20]
- Finger Push Spin Redirect & Quick Disarm [Body Assist]



HAND GUN DISARMING

Drills:

- Gun Falling Tactics/Separate & Secure
- Post Disarm Psychology Drill/Retreat to Command

KNIFE DEFENSE TACTICS

Improvised Weapons

- Chair Shield Twist & Joust

X SHIELD DRILLS

Knife Attacks [Ice Pick & Lunging Stab]

- Single/Double Wrist Snap
- Shield Redirect
- Outside Redirect

Lunging Stab

- Shield Redirect and Push Escape
- Shield Redirect and Strike [Groin or Eyes]
- Shield Redirect to Rear Disarm

BREAK FALLS

- Rear Hard Break Fall to Combat L Stance
- Side Hard Break Fall to Combat L Stance

TACTICS AGAINST STRIKES

CONFRONTATION SCENARIOS & PSYCHOLOGY TACTICS

Strikes to Head

- Striking skills: **The Jab** (open hands)
- Striking Skills: **The Cross** (open hands)
- Double Rhino/Helmet Defense
- Double Rhino/Helmet & Disengage
- Double Rhino/Helmet Push & Disengage
- Double Rhino/Helmet to Groin Strike
- Double Rhino/Helmet to Head Twist Take Down [Exercise Precautions]
- Double Rhino/Helmet to T Shirt Take Down [Exercise Precautions]

FUNDAMENTAL PRESSURE & WEAKNESS POINTS

- Eyes [Gouge, Cat Strikes, Scratch, Strike]
- Behind Ears [Finger Spikes]
- Adam's Apple [Strike, Squeeze & Snatch]
- Larynx [Pierce]
- Groin [Cup Strike/Grab & Snatch]



GROUND SURVIVAL

5 SECOND RULE TACTICS & COMBAT L STANCE

Attacker Choking You in Your Guard

- Swaying Cat Strikes & Kicks
- Head Buried Pressure Points to Swaying Cat Strikes & Kicks
- Legs Spread to Head Twist
- Head Buried Pressure Points to Legs Spread and Head Twist

Attacker Choking You in Your Guard While Sitting on His Heels

- 4 Point Pull to Swaying Cat Strikes & Kicks
- 4 Point Pull to Legs Spread and Head Twist

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIRMENTS:

The requirement to pass **LEVEL 1** 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 CKM class
- 4]** Demonstrate all techniques for Level 1 [right and left]
- 5]** Ability to react effectively to random surprise attacks for 4 minutes on equal or larger size attackers

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