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

STICK DEFENSE (Performed both left and right)

Five angle Strikes

Single Siniwalli

Heaven

Angle 1 to Angle one midrange defense

Angle 4 to Angle 4 midrange defense

Long Range Defense against knife Angles 1 to 5