COMMANDO KRAV MAGA
LEVEL 2

EFFECTIVE:
Oct 5th 2026

HAND GUN DISARMING TACTICS

REAR [BELOW SHOULDER BLADES]

Looping Disarm

SIDE OF HIP [BEHIND OF ARM]

Looping Disarm

SIDE OF HIP [INFRONT OF ARM]

Under Grip Quick Disarm [John Wayne]

Under Grip Quick Disarm [Friend Beside You]

RETREAT ARM STRETCHED [FRONT/SIDE/BACK]

3 Point Control Technique with Shelf & Disarm

RETREAT ARM RETRACTED [FRONT/SIDE/BACK]

Control Technique Pin & Rip Disarm [Phonebook]

RETREAT [BACK BELOW SHOULDER BLADE]

Looping Control Technique

GUN BETWEEN HEAD & SHOULDER BLADES

Lat Redirect to Control Technique

KNIFE DEFENSE TACTICS

DOWNWARD STAB [ICE PICK GRIP]

Outside Redirect & Disengage

Outside Redirect & Hook Trap Disarm

Outside Maneuver to Hammer Reset

Outside Maneuver to Hammer Reset [Improvised Weapon]

CONFINED SPACES & BESIDE WALLS [ICE PICK GRIP]

Palm Redirect

SLASHING

Dodging The Blade [Sway Tactics]

Outside Push & Disengage

Outside Armpit Take Down Control & Disarm

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

REAR HOSTAGE / HOLD-UP WITH KNIFE TO LOWER BACK

Looping Disarm

Looping Release Return to Sender

TACTICS AGAINST STRIKES

STRIKES TO HEAD

Rhino to Cat Strikes

Double Rhino/Helmet to Cat Strikes

Double Rhino/Helmet to Shirt Riding Choke

Double Rhino/Helmet to Spinning Riding Choke

FRONT KICK

45 Degree Jump Retreat

Leg Scoop & Kick to Knee or Groin

Leg Scoop to Foot Pin & Palm Strike Take Down

ESCAPE FROM HOLDS

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 the Mountain]

Rear Groin Strike & Hand Bite to Shoulder Rip [Bring the Mountain to You]

REAR HOOK CHOKE PULL

Pants Grab to 90 Degrees & Side Headlock Escapes

GROUND SURVIVAL

5 SECOND RULE

TOP MOUNT CHOKE

Cross Arm Trap to Bridge Escape [Double Arm]

Wrist Trap with Crowbar Leverage Escape [Single Arm]

SIDE HEADLOCK

Reverse Blade Nose Bridge to Scissor Release

Nose Hook to Compass Release [Face Turned Away]

ARM TRAP SIDE HEADLOCK

Elbow Push to Scissor Release

Leg Grab to Scissor Release [Cappuccino Time]

SKILLS DEMONSTRATION

BREAK FALLS

Rear Soft Roll to Combat L Stance [L&R]

Side Soft Roll to Combat L Stance [L&R]

GRAPPLING SKILLS

Scarf Hold

Shoulder Hold

Top Mount

STRIKING SKILLS

Lead and Rear Elbow

Front Kick & Side Kick

STICK DEFENSE (Performed both left and right)

All Level 1 Techniques plus

- Heaven and Earth
- Angle 1 to Roof midrange defense
- Angle 2 midrange defense
- Angle 3 midrange defense
- Angle 4 to Wing midrange defense
- Angle 5 midrange defense
- Long Range Defense against knife Angles 1 to 5 with and against the force

TESTING REQUIREMENTS:

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.Demonstrate all techniques for Level 1 & 2 [right and left]

4.Ability to react effectively to non-stop random surprise attacks by multiple attackers for a minimum of 7 minutes, on equal or larger-size attackers