COMMANDO KRAV MAGA
LEVEL 3

EFFECTIVE:
Oct 5th 2026

KNIFE DEFENSE TACTICS

LUNGING STAB

Shield Redirect to Rear Disarm

Shield Redirect to Underarm Takedown

UPWARD STAB

Wrist Snap Redirect & Disengage

Redirect to Passing Cat Strikes

Forward Looping Disarm

Forward Looping Takedown

DOWNWARD STAB [ICE PICK GRIP]

Redirect & Hook Trap to Takedown

UPWARD STAB BESIDE WALL [KNIFE HAND TO WALL SIDE]

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

KNIFE HOLD-UP

AGGRESSIVE KNIFE TO THROAT [FRONT, LEFT OR RIGHT]

Circular Redirect to Wiz Disarm

Redirect & Return to Sender

Redirect to Armpit Disarm

AGGRESSIVE KNIFE TO STOMACH

Shield Redirect to Wiz

Redirect & Wrist Takedown

Redirect to Palm Strike Knuckle Disarm

Redirect & Return to Sender

REAR HOSTAGE / HOLD-UP WITH KNIFE TO THROAT

Two-Hand Peel Shoulder Lift Disarm

Two-Hand Peel Shoulder Lift Return to Sender

DYNAMIC STRIKING DEFENSE CONCEPTS

STRAIGHT PUNCH TO FACE

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 Takedown [Exercise Precautions]

FRONT KICK

Shield Hook to Heel Lift Takedown

CHOKING CONCEPTS AGAINST STRIKES

Anaconda Choke

Circular Redirect to Shirt Riding Choke

Circular Redirect to Spinning Riding Choke

HANDGUN DISARMING TACTICS

GANGSTER GRIP [FRONT, SIDE & BACK OF HEAD]

Two-Point Leverage Disarm

CONCEALED HANDGUN

Shovel Grip to Elbow Leverage Takedown & Disarm

ATTACKER DRAWS CONCEALED HANDGUN

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]

Groin Attack to Head Trap & Eye Gouge

Groin Attack to Head Trap & Circular Throw

PULLING REAR HOOK CHOKE

Pants Grab to Straight-Leg Hurdle Takedown

GROUND SURVIVAL [5-SECOND RULE]

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 & One Leg Up]

SKILLS DEMONSTRATION

BREAK FALLS

Forward Soft Roll to Combat L-Stance [L&R]

Front Break Fall

GRAPPLING SKILLS

Guillotine

Double / Single-Leg Takedown

Anaconda

Calf Slicer

STRIKING SKILLS

Baseball Bat

Knees

STICK DEFENSE (Performed both left and right)

All of Levels 1 and 2 plus

- Earth (Combo all patterns top to bottom with walking)
- Simbrada, Double and Single Stick
- Long Range and midrange Defense against knife Angles 1 to 5 with and against the force

TESTING REQUIREMENTS:

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.Demonstrate all techniques for Levels 1-3 [right and left]

4.Ability to react effectively to non-stop random surprise attacks by multiple attackers for a minimum of 10 minutes, on equal or larger-size attackers