COMMANDO KRAV MAGA
LEVEL 4

EFFECTIVE:
Oct 5th 2026

KNIFE DEFENSE TACTICS

COMBAT L-STANCE BALANCE DRILLS

LUNGING STAB

Jumping Side Kick Knee Buckle

Shield & Turn to Side Kick Knee Buckle

Shield to Spinning Disarm & Return to Sender

Inside Shield to Circular Pull Disarm

Return to Sender when Attacker Resists Underarm Control

Shield to Outside Wiz [80/20]

Shield to Outside Wiz [Body Assist]

Shield to Inside Wiz [80/20]

Shield to Inside Wiz [Body Assist]

RECOIL OR RETREAT

Outside Closing Control Wiz

Inside Closing Control Wiz

LUNGING STAB

Inside Block & Face Strike

EXTREME CLOSE QUARTER KNIFE ATTACKS

Control & Disarm Concept

SLASHING

Armpit Lock to Figure 4 Reversal [Over Hand Wrist Grab]

AGGRESSIVE KNIFE TO THROAT [BACK TO WALL]

Palm Strike & Return to Sender

Palm Strike & Disarm

TOP MOUNT ICE PICK DOWNWARD STAB

Deflect to Figure 4 Wrist Lock & Disarm

DYNAMIC KNIFE ATTACK DRILLS [LEVELS 1-4]

“Disarm or Die“

HAND GUN DISARMING TACTICS

ALL LEVEL 1-3 ATTACKS [360 DEGREES]

Starting with Hands Down

Starting with Attacker Holding Shirt

Starting with Attacker Pointing Gun from Distance

ATTACKER RETAINS GUN DURING ATTEMPTED DISARM

Under Hand Cup to Wrist Leverage Disarm

REAR AGGRESSIVE HOLD-UP ABOVE SHOULDER BLADES [DEFENDER PINNED TO WALL]

Lat Redirect to Control Disarm

EXECUTION STYLE [REAR]

Gun Pull Head Leverage Disarm to Standing

TACTICS AGAINST STRIKES

PUNCHING WHILE HOLDING SHIRT

Rhino

Elbow Redirect to Push & Escape

Elbow Redirect to Strike

ROUNDHOUSE KICK

Rhino & Leg Take Down

NON-STOP STRIKES [KICKS AND PUNCHES]

Strike Defense Drills from Levels 1-4

PRE-EMPTIVE STRIKES

MULTIPLE ATTACKERS

Palm/Hammer Knockout

Face Push to Loaded Palm/Hammer Knockout

Low Kick to Loaded Palm/Hammer Knockout

Credit Card Improvised Weapon

Tactical Psychology & Survival Concepts

ESCAPE FROM HOLDS [STANDING]

SIDE HEADLOCK WITH PUNCHES

Rear Arm Belt Lock with Groin Attack

GARROTE [ROPE] CHOKE FROM BEHIND

Turning Shoulder Drop Inside Strike

DOUBLE HAND SHIRT GRAB

Cat Strikes

Double Ear Cup Strike

Elbow Scoop & Wrap Around Head Twist

Elbow Scoop & Inside Nose Bridge Takedown

FULL NELSON

Forehead Brace to Cross Arm Slide Escape

Forehead Brace to Valley Drop Take Down

GROUND SURVIVAL

STRAIGHT ARM BAR [SINGLE AND DOUBLE]

Leg Pillow to Leg Throw & Escape

FIGURE 4 [SIDE MOUNT AND TOP MOUNT]

Cradle Escape

SIDE MOUNT

Pressure & Weakness Point Escapes

WRESTLER SIDE MOUNT [ARM BETWEEN LEGS]

Pressure Point Head Trap to Scissor Release & Kick

SIXTH POSITION [NO HOOKS]

6 to 8 Drop & Head Pull Escape

SIXTH POSITION [HOOKS IN]

6 to 8 Drop, Head Pull & Mule Kick Release

NON STOP TAKEDOWNS AND GROUND ATTACKS [LEVELS 1-4]

Escape from Holds & Ground Survival Drills

BASEBALL BAT/STICK DEFENSE

BASEBALL SWING

Double Rhino/Helmet to Rowing Release

SKILLS DEMONSTRATION

BREAK FALLS

Forward Soft Roll Over Obstacles to Combat L Stance

Soft Rolls from Levels 1-4 from Push or Throw

All soft rolls from Levels 1-4 on Hard Surface

GRAPPLING SKILLS

Straight Arm Bar

Figure 4

Wrestler Side Mount

Inserting Hooks, Back Control & Rear Naked Choke

STRIKING SKILLS

Roundhouse Kick

STICK DEFENSE (Performed both left and right)

All of Levels 1-3 plus

- Abanico (left & right)
- Figure 8 (upward and downward)
- Lastico (left & right)
- Florita (left & right)
- Ridundo (left & right)
- Long-range, Midrange & Shortrange Defense against knife, Angles 1 to 5 with and against the force (Single & Double Stick)
- Single stick kata

TESTING REQUIREMENTS:

The requirement to pass LEVEL 4 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 1-4 [right and left]

4.Ability to react effectively to non-stop random surprise attacks by multiple attackers for a minimum of 12 minutes, on equal or larger-size attackers