



## Krav Maga Training Manual

*"It's not about Fighting...It's about controlling situations."*

**Ryan Hoover**

## UTILIZING THIS HANDBOOK

We have found that students who participate in their own progression by actively following the curriculum, progress at a faster pace and get more out of their training. This is provided at the training center and available for download on ETKM's website. If you have questions regarding any techniques feel free to ask any of our instructors.

### Training Drills

While there are many benefits to training drills, some of the most important are:

- Improved reaction time
- Improved vision and awareness of the environment
- Controlling fatigue by breathing while under stress
- Ability to make correct tactical decisions while functioning under stress
- Enhanced critical thinking and physical performance
- Overcoming fear and confusion when being hit or disturbed
- Increased student confidence
- Better understanding of techniques, principles and goals
- Improved class morale
- Improved fitness level using a combat-functional process
- Increased class energy

There are many genres of drills that can be employed to achieve these goals. For the purposes of this training guide, we'll highlight four:

**Aggressiveness Drills:** Designed to develop or enhance fighting spirit in students; such drills often require students to get through some sort of barrier or obstacle before, after or while performing combatives or self-defense.

**Fatigue Drills:** Designed to push students to and just beyond a feeling of exhaustion and motivate them to do even more;

fatigue drills typically involve a lot of aerobic and/or anaerobic movements devised to exhaust specific body parts or the entire body.

**Awareness Drills:** Designed to increase students' ability to recognize and/or track current threats or impending threats; these drills often require students to identify a target or threat and respond with the appropriate combative or tactical reaction, often while performing other tasks.

**Stress Drills:** Designed to develop or enhance the ability to perform under varying levels or types of stress; such drills typically require students to perform more than one task at a time, switch from one activity to another quickly, respond under extreme duress and/or uncomfortable circumstances, and may combine elements of other drill types .

## **KRAV MAGA LEVELS / BELT SYSTEM**

### **KRAV MAGA CLASS LEVELS AND BELT SYSTEM**

Although belts are not worn in class, there is a complete belt system in Krav Maga. The following timeline represents typical progression through the Krav Maga belt system and class levels. Timelines are only approximations and are based upon students training an average of two to three times per week. Please be aware that students progress through the system at different rates dependent upon proficiency, aggressiveness, and fitness level.

KM Level 1 (Yellow Belt Curriculum) Average 3 – 5 months

KM Level 2 (Orange Belt Curriculum) Average 6 – 9 months

KM Level 3 (Green Belt Curriculum) Average 9 – 12 months

KM Level 4 (Blue Belt Curriculum) Average 12 months

KM Level 5 (Brown Belt Curriculum) Average 18 – 24 months

KM Level 6 (Black Belt Curriculum)

*Note:* Black Belt and above is by invitation only and require a minimum of 18 months training at that level.

## **PROGRESSING THROUGH KRAV MAGA LEVELS**

While training in each level for the required amount of time (*see Class Descriptions*), students participate in Midterm Tests.

**MIDTERMS** are NOT expected to be as rigorous as the actual test. They are designed to be detailed check-ups to confirm that students understand the techniques and can perform them correctly. Don't lose sight of the purpose: midterms are check-ups, not tests. Midterm Fees are \$15 and are due upon registration.

**TESTS ARE** expected to be rigorous. They are designed to be detailed bench-marks to confirm that students are proficient in completing the techniques. As well as proper skill of these techniques the student works to perform correctly under stress. It is the purpose of the test to make certain students have proper knowledge and skill of the techniques in that level to move on to more advanced training.

### **Testing Registration**

Once you have trained for the required time needed to progress to the next belt level, you must pre-register for your test. This is to be done through the ETKM website or through the front desk. Testing Fees are \$35 and are due upon registration.

### **Test Results**

Results will be ready approximately one week after the test is conducted. Upon passing a testing, students will be presented with an Official Diploma during regular class time. At this point you will be able to commence with your new level classes. Those who do not pass will be contacted by the testing instructor to discuss results.

# Testing & Midterm Dates

Track Your Progress

## **Level 1**

Midterm A \_\_\_\_\_ Midterm B \_\_\_\_\_

Testing \_\_\_\_\_

## **Level 2**

Midterm A \_\_\_\_\_ Midterm B \_\_\_\_\_

Testing \_\_\_\_\_

## **Level 3**

Midterm A \_\_\_\_\_ Midterm B \_\_\_\_\_

Midterm C \_\_\_\_\_ Midterm D \_\_\_\_\_

Testing \_\_\_\_\_

## **Level 4**

Midterm A \_\_\_\_\_ Midterm B \_\_\_\_\_

Midterm C \_\_\_\_\_ Midterm D \_\_\_\_\_

Testing \_\_\_\_\_

## **Level 5**

Midterm A \_\_\_\_\_ Midterm B \_\_\_\_\_

Midterm C \_\_\_\_\_ Midterm D \_\_\_\_\_

Testing \_\_\_\_\_

## REQUIRED EQUIPMENT

### Krav Maga Program

#### KM Level 1:

- Groin protection (Males)
- Mouthpiece (Optional)
- Hand-wraps (Suggested)

#### KM Level 2:

- 16 oz. Boxing gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Optional)

#### KM Level 3:

- 16 oz. Boxing gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Highly Recommended)
- Headgear (optional)

#### KM Levels 4 - 6:

- Grappling gloves
- Shin guards
- Groin protection (Males)
- Mouthpiece (Highly Recommended)
- 16 oz. Boxing gloves
- Headgear (required)

#### Law Enforcement Only Classes:

- Grappling gloves
- Mouthpiece
- Groin protection (Males)
- Inert Training Pistol
- Gun belts AND handcuffs

## REQUIRED EQUIPMENT

### Fight Program

#### Intro to Fight:

- 16 oz. Boxing gloves
- Shin guards
- Mouthpiece
- Groin protector
- Headgear (Optional)

#### Fight 1:

- 16 oz. Boxing gloves
- 4 oz. MMA Gloves (Optional)
- Shin guards
- Mouthpiece
- Groin protector
- Headgear (Optional)

#### Fight 2:

- 16 oz. Boxing gloves
- 4 oz. MMA Gloves
- Shin guards
- Mouthpiece
- Groin protector
- Headgear

## **Krav Maga Level 1 Overview**

This entry level class is designed for all new Krav Maga students. The goal of the class is to teach the basics of self defense and fighting. Students will learn Krav Maga's fighting stance and movement, various punches, kicks from a standing position as well as from on the ground, elbows and knees, and how to defend against punches, chokes, headlocks and wrist grabs. Students who train an average of two to three times per week should expect to complete the curriculum in 4 months before testing into KM Level 2.

*\*Please review **Required Equipment List** for this class.*

## **Level 1 Curriculum**

### **Fundamentals**

- Fighting Stance
- Moving in Fighting Stance

### **Combatives**

- Straight punches
- Left/Right combo
- Punching & Moving (4 punches Forward, 4 Punches Backward)
- Straight punch with advance
- Straight punch with retreat
- Straight punch low
- Palm heel strike
- Eye Strike
- Hammerfists All Directions (Forward, side, back, & Down)
- Horizontal elbow strikes (elbows #1,#2,& #3)
- Vertical elbow strikes (elbows #4,#5,#6,& #7)
- Front kick (groin kick)
- Round kick
- Front kick to vertical target
- Knee strike (no Control)
- Knee strike with Center Control
- Knee strike with Side Control
- Round knee strike
- Combination: Front kick / downward hammerfist
- Combination: Front kick / straight punch



## **Defenses Against Strikes**

- Basic takedown defense (change height)
- 360° Defense
- Inside Defense vs. Straight Punches
- Inside Defense vs. Low Straight Punch
- Free work (any of the above)

## **Self Defense Techniques**

- Choke from the front (two-handed pluck)
- Choke from the front (one-handed pluck)
- Choke from behind
- Choke from side
- Choke from the front with a push
- Choke from behind with a push
- Headlock from the side
- Free work (any of the above)

## **Soft Techniques**

- Wrist Release: Same-side hand
- Wrist Release: Opposite-side Hand
- Wrist Release: Two hands held high
- Wrist Release: Two hands held down
- Wrist Release: Wrist held by Two Hands

## **Ground Fighting**

- Back Position: Movement on the Ground
- Side Position: Movement on the Ground
- Front Kick From the Ground
- Round Kick From the Ground
- Side Kick From the Ground
- Getting up

## **Krav Maga Level 2 Overview**

Upon completing KM Level 1, students will participate in a Yellow Belt workshop and test into KM Level 2. In this intermediate level class students will continue to review and hone the skills learned in KM Level 1 and will learn additional punches and kicks, punch defenses with counterattacks, kick defenses, and defenses against various chokes, headlocks, and bear-hugs as well as basic ground fighting positions and defenses. Students who train an average of two to three times per week should expect to complete the curriculum for this level in six months before testing into KM Level 3.

*\*Please review **Required Equipment List** for this class.*

### **Level 2 Curriculum**

#### **Movement**

- Step Pivot
- Sprawl
- Slipping
- Bobbing & Weaving

#### **Combatives**

- Hook Punch
- Uppercut Punch
- Combos #1 thru #9 (Reference Focus Mitt Combos)
- Defensive Front kick
- Side kick (Plus Advance)
- Back Kick (Plus Advance)
- Uppercut Back Kick (short)
- Front kick With Advance

#### **Defenses against Strikes**

- Inside Punch Defense with Counterattack
- Inside Punch defense with Counterattack against Left punch using left hand
- Inside defense with Counterattack against Right Punch (Two counters)
- Defense against Hook Punch (Extended)
- Defense against Hook Punch (Covering)
- Defense against Uppercut Punch
- 360° Defense with Counterattack

- Reflexive Defense against Front Kick
- Outside Stabbing Defense against Front Kick
- Plucking Defense against Low to Medium Front Kick
- Defense against Low Round Kick (Using the Shin)
- Defense against Low Round Kick (absorbing with Thigh)
- Stop Kick Defense against Front Kick
- Defense against Front Kick (Redirecting with Shin)

### **Self Defense**

- Choke From the Front against a Wall
- Choke from behind against a Wall
- Headlock from Side
- Bearhug from the front with Arms Free
- Bearhug from the front with Arms Free (Leverage on the Neck)
- Bearhug from the front with Arms Caught (with Space)
- Bearhug from the front with Arms Caught (no Space)
- Bearhug from Behind Arms Free
- Bearhug from Behind Arms Caught (with Space)
- Bearhug from Behind Arms Caught (no Space)

### **Falls**

- Back Fall Break
- Side Fall Break

### **Ground Fighting**

- Defense Against Punches, Mounted (Bucking Hips)
- Trap and Roll against Full Mount
- Choke with Attacker in Mount
- Headlock while Mounted
- Mount-bottom Position: Elbow Escape (Shrimping)
- Mount-Top Position
- Trap Opponent's arm to Chest to Pop Up and Out
- Guard-bottom Position: Kick off From the Guard
- Foot Grab: Stripping
- Foot Grab: Spinning outward (Round Kick)
- Foot Grab: Spinning Inward (Heel Kick)

## Krav Maga Level 3 Overview

Upon completing KM Level 2, students will test into KM Level 3. In this intermediate class students will continue to train on strikes, defenses against strikes, and self defense, including more advanced techniques that involve defending against weapons such as guns, and sticks as well as more advanced ground fighting strikes and defenses. Students who train two to three times per week should expect to be ready to test for Green Belt in nine months.

*\*Please review **Required Equipment List** for this class.*

### **Level 3 Curriculum**

#### **Combatives**

- Forward Headbutt
- Upward Headbutt
- Headbutt to the Side
- Headbutt to the Back
- Defensive back kick with a Spin
- Offensive back kick
- Offensive back kick with a Spin
- Heel Kick
- Inside slap kick
- Outside slap kick
- Inward Angle knee

#### **Defenses**

- Inside Defense Against Left-Right Combination (Two inside Defenses)
- Inside Defense Against Left-Right Combination (Lean back and trap)
- Inside Defense Against Left-Right Combination (Using one hand)
- Outside Defense #1 thru #5
- Outside Defense Against Right Punch (Punching Defense)
- Inside Defense Against High Front Kick
- Defense Against High Round Kick (Reflexive Defense)

- Defense Against High Round Kick (Fighting Stance-Two Contact Points)
- Defense Against High Round Kick (Fighting Stance-Three Contact Points)
- Defense Against High Round Kick (Covering To head or Ribs)

### **Falls and Rolls**

- Back Fall Break (High)
- Forward Roll
- Forward Roll/Back Fall Break (high)
- Backward Roll

### **Defenses against Strikes**

- Pluck Defense v. Front Kick
- Ground - Defense Kicks to Head/Body

### **Self Defense**

- Standing Reverse Headlock (Guillotine)
- Hair Grab from the Front
- Hair Grab from the Front or Side (Impending knee Strike)
- Hair Grab From the Side
- Hair Grab From the Opposite Side or Back of the Head
- Bearhug from Behind (leverage on the Finger)
- Bearhug from Behind (With Lift)
- Bearhug From the Front (with Lift)

### **Ground Fighting**

- Arm Bar from the Guard
- Guard Reversal (Sit Up and Sweep)
- Ground - Trap and Roll (Foot Drag)
- Choke from the Side Defense
- Defense v. Arm Bar
- Headlock from the Side Defense (Bridge)
- Headlock from the Side Defense (Attacker's Weight Forward)
- Headlock from the Side Defense (Attacker's Weight Back)
- Escape From the Guard (Stacking)
- Hip escape from Side Control
- Bridge escape from Side Control

- Americana from Full Mount
- Def Americana from Side Control
- Def Americana from Full Mount
- Side Mount (Basic Position)
- Side Mount (Arm Lock)
- Side Mount (Strikes)
- Side Mount (Transition to full mount)
- Side Mount Disengage (Knee to Belly)

**Extras**

- Level 3 Fitness Test
- Level 3 Sparring

## **Krav Maga Level 4 Overview**

Upon completing KM Level 3, students will test into KM Level 4. This class was designed specifically for Green Belt students interested in more advanced training, emphasizing Blue Belt techniques. The curriculum includes additional punches and kicks, more defenses against punches and kicks, defenses against knives, guns, and sticks, as well as advanced ground fighting techniques. Since there are a limited number of KM 4 classes offered, Green Belt students are encouraged to continue training in KM 3 classes as well.

*\*Please review **Required Equipment List** for this class.*

### **Level 4 Curriculum**

#### **Combatives**

- Inside Chop
- Outside Chop
- Mouth Of Hand
- Axe Kick
- Spinning Outside Slap Kick
- Spinning Heel Kick
- Sweep With Forward Kick
- Sweep With Heel Kick

#### **Defenses**

- General Defense Against Medium to High Kicks
- Sliding Defense Against High Round Kick
- Plucking Defense Against Low to Medium Side Kick
- Sliding Defense Against Spinning Heel Kick
- Defense Against Spinning Heel Kick

#### **Stick Defense**

- Stick Defense Against Overhead Swing
- Stick Defense Against Overhead Swing Off Angle/Dead-Side (One Step)
- Stick Defense Against Baseball Bat Swing (horizontal Swing)

#### **Knife Defense**

- Kick Defense Against Knife Attack From a Distance
- Kick Against Straight Stab (Bailing Out)

## **Gun Defense**

- Gun From the Front
- Gun to the Side of the Head
- Gun from the Side, Behind the Arm
- Gun from the Side, In front of the Arm (Touching)
- Gun From the Front, Pushing into the Stomach
- Gun from Behind (Touching)

## **Ground Fighting**

- Straddled, with Wrists Pinned (slide Hands on Ground)
- Straddled, with Wrists Pinned (Wrist Lock)
- Choke while Attacker is in Guard
- Choke on Ground on Stomach
- Kimura from Guard
- Defense v. Kimura from Guard
- Kimura from Side Control
- Defense Kimura from Side Control
- Defense v Arm Triangle
- Leg Triangle Choke
- Defense Leg Triangle
- Guard-Bottom Position: Guillotine
- Guard-Bottom Position: Defense Against Guillotine
- Headlock from Behind on the Ground
- Defense against Headlock from Behind

## **Takedowns**

- Takedown #1: Simple Takedown
- Takedown #2: Single-Leg Takedown
- Takedown #3: Double-leg Takedown
- Takedown #4: Single-Leg to Double-leg Takedown

## **Extras**

- Level 4 Fitness Test
- Level 4 Sparring



## **Krav Maga Level 5 Overview**

This class is for advanced students only and covers all the advanced curriculum including fighting, ground fighting, advanced self defense, all weapons defenses, as well as third party protection.

*\*Please review **Required Equipment List** for this class.*

### **Level 5 Curriculum**

#### **Combatives**

- Left Jab/Overhand Right Combination
- Front Kick/Round Kick with Switch
- Two Front Kicks with Switch
- Outside Slap Kick and Front Kick with a Switch
- Two Straight Knees with a Switch
- Two Back Kicks with a Switch

#### **Throw**

- Machine Gun Takedown
- One-Arm Shoulder Throw
- Hip Throw
- Face-to-Face Flip (“Sacrifice” Throw)

#### **Self-Defense**

- Headlock from Behind
- Defense Against Headlock from the side: Being Spun Inward
- Defense Against Headlock from the side: Neck Break
- Defense Against Full Nelson: Leverage on the Fingers
- Defense Against Full Nelson: Forward Throw
- Defense Against Full Nelson: Sweep

#### **Knife Defenses**

- Knife Defense Against Downward Stab (Ice Pick Stab)
- Knife Defense Against Upward Stab
- Knife Defense Against Straight Stab
- Knife Defense Against Straight Stab (Live Side)
- Knife Defense Against Forward Slash
- Knife Defense Against Backward Slash

### **Shotgun / Assault Rifle / Submachine Gun Defenses**

- Long Gun from the Front-Live Side
- Long Gun from the Front-Live Side
- Long Gun from the Front-Dead Side (Disarming Under Gunman's Arm)
- Long Gun from the Side, Behind the Arm
- Defense Against Rifle/Bayonet Stab-Live Side
- Defense Against Rifle/Bayonet Stab-Dead Side

### **Gun Defense**

- Defense Against Threat with a Handgun: From Behind at a Distance
- Defense Against Threat with a Handgun: "Cupping" Technique (Two Hands)

### **Extras**

- Level 5 Fitness Test
- Level 5 Sparring

