



Practitioner Level 1

The Goals: be proficient with basic attacks in different directions; and be able to deal successfully with frontal assaults: all at the "Operator Level"

A. History of Krav-Maga, its Founder - Imi Sde-Or (Lichtenfeld) and KMG

1. About the system and the founder - Imi Sde-Or (Lichtenfeld)
2. About the organization (KMG)
3. About KMG and Krav Maga in the country

B. Preliminaries

1. Safety in Training
2. Vulnerable Points
3. Principles of Attacks and Principles of Defenses
4. Tactical behavior
 - i. Pre-fight (prevent, avoid, de-escalate)
 - ii. Fight – technical and physical (self-defense) solutions
 - iii. Post-fight – process situation and proceed to the next task, i.e. - finishing modes
5. Finishing modes / post fight options: disengage; move away; scan the area; get equipped; assist others; check for injuries; call for assistance; / command / warn others; others

The training session must be suitable for the trainee's age, weight, physical condition and mental capability.

C. Ready Stances and Movements

1. The meaning of starting positions and the ready stance (AKA "outlet stance")
2. Passive and semi-passive stances
3. The general ready stance
4. Techniques of moving in various directions from the ready stance

D. Straight Strikes

1. Palm-heel strike (**first** straight strike to be taught with left / right hand)
2. Forming a fist
3. Straight left punch (to chin)
4. Straight right punch (to chin)

Notes: strikes are first practiced from a semi-passive stance; later from a general ready stance. Practitioner should understand principles of attacks and proper way to make a fist.

E. Elbow Strikes

1. Horizontal elbow strikes: 1) inward; 2) sideways; 3) backward

F. Hammer Strikes

1. **Vertical:** i) forward; ii) downward; iii) backward
2. **Horizontal:** i) sideways; ii) backward

G. Kicks

1. Knee strike - upward
2. Regular (front) kick with the ball of the foot / instep (to low or higher targets)
3. Stomp kick - downward
4. Stomp kick backward - at knee level (between a side and defensive back kick)

Note: Kicks should be taught first from the **passive stance**, later from other stances.

H. Combinations Using Learned Attacks

1. Short combinations (with simple 2-6 strikes / kicks)

General Note: Emphasize recoiling in all attacks (especially straight strikes and regular kicks).

I. Outside Defenses

1. 360° outside defenses - with simultaneous counter-attack from a passive stance (against slaps and later against defined hand strikes)
2. 360° defenses as above, with finishing mode - multiple counter-attacks; move away, etc'
3. Defending against knife attacks - underhand hold (upwards / oriental) or overhand hold (downwards / regular / ice-pick) holds; **simultaneous** defense and counter-attack/s, then finishing mode

J. Inside Defenses against Straight Strikes/Punches, from a Semi-Passive Stance

1. Inside defense – with sending the palm diagonally forward (heel of hand is vertical)
2. Inside defense and counterattack – counter, forcing opponent's hand down (1.5 rhythm)

K. Leg Defenses against Regular Kick

1. Inside defenses (deflection) against a regular kick - using the shin of the front leg

L. Defending Against Front Chokes

1. Timeline (Distance; as in Section R: "Simulation and Tactics")
 - **Avoidance** – *move away*
 - **De-escalating** – *verbal*
 - **Preventing I** (*don't get grabbed*) - *kick and/or punch*
 - **Preventing II** (*don't get grabbed*) - *educational block*
 - **Preventing III** (*don't get grabbed*) - *defense and counter act*
2. Release, pluck with 2 hooked palms and counterattack with knee/shin and/or strikes
 - 2.1 **Variation** – pluck with one hand, simultaneous counter with the other

M. Dealing with Falls

1. Get up from the ground -
 - 1.1 Forward, with attacks
 - 1.2 Fast disengagement
 - 1.3 Into a ready stance
2. Forward soft break-fall (towards a wall; from a standing position; if needed, from knees)
3. Forward roll - right shoulder for right-handed practitioners

N. Releases While on Ground

1. Release from a front choke; assailant kneeling by the defender's side - pluck, push and insert knee; push and kick. Starting positions sitting and lying; prevention included.

O. Using Common Objects as Self-Defense Weapons

1. Identifying and categorizing the use of common objects for self-defense, such as: shields, clubs, stones, sharp-edge and small objects. Additional rope and liquids
2. Using common objects of the **shield type** - such as a chair or bag, block and counter
 - 2.1 Dealing with a circular knife attack
 - 2.2 Dealing with a punch or a kick

P. Training - Watching, Awareness, Prevention

1. Observing attacks being initiated (from a realistic distance/starting position)
2. Same as above, but also foreseeing and imagining possible reactions

Q. Returning Attacker (defend – attack – defend)

1. Following the defender's initial defense (a choke release; 360 defenses) and counter-attack, the opponent returns and attack again, launch an attack suitable for above defenses.

R. Simulation and Tactics – P1

Timeline (Distance) – against an attacker attempting a front choke.
The guidelines are in section L above.

Additional Material (Country-Specific)

Additional P-1 Curriculum for the Country of _____ (this is an integral part of the test)

1. - _____
2. - _____
3. - _____

Notes & Extra Curriculum – For Training Only

1. Reaction Games / Fighting Games

- Snatching a coin from open palm; touching/hitting games; pushing games; "rooster fighting"; etc.

2. Attacks and Defenses

- **Starting Position** - Attacks are first done from a passive or semi-passive stance, later from a general outlet stance / ready stance; and then attacking to various directions. **Later**, practice to various heights, in retreat or while advancing, as well as from other positions, such as sitting or lying down.
- **Outside Defenses** – Against straight punches sent from the front or off-center when defender's hands are "crossed".
- **Shadow Sparring** – Footwork and positioning with basic attacks, defenses, counterattacks and combinations.

3. Four against One –

- **Push with 2 hands or grab to choke (1 attack every 2 seconds)**

Note: One can start with the "zombie" game, hands are straight and at neck level.

4. Training - Watching, Awareness, Prevention

- By lecturing, simulating and training, the students will get to know various problems that can arise in real life and which may lead to physical conflict. The student will learn ways to **de-escalate** and **avoid conflict**; e.g. move away; keep distance; ignore verbal assault, utilize correct language. (See "Simulation & Tactics - P1" herein above).

General Remarks and Recommendations

- In the earlier levels (P1-P3), students must emphasize the preparation and building of mental and physical abilities, to prepare the spirit, the mindset and the body to deal with Krav Maga training. Body strength must be emphasized, including power exercises, especially around joints that tend to get hurt and for the neck. With time, students should also exercise the ability to absorb a strike or a fall.
- Emphasize stretching muscles and limbering of joints (use principles of short version PNF).
- **One must practice the various attacks while punching pads/bag**, in order to: get used to contact; be accurate in the attack; improve technique, series and combinations of attacks.
- Level of impact must be low in the beginning and should be increased **slowly**.
- Emphasis should be put on the basic attacks; **GRADUALLY** - with time and enhanced abilities - improving the technique, power and speed to maximum, and beyond.
- Improve strength of "anatomical-chain" for moments of impact using different strikes & kicks.
- Practice short punches when the hand is 2.5-10 cm. (1-4 inches) from the target.

Practitioner Level 2

The Goals: Dealing with side and rear attacks; be proficient in performing series of attacks in all directions; familiarity with application of pre-fight, fight and post-fight concepts.

Required Achievement: Operator Level and improving the Fighter's attitude and mentality

A. Circular Strikes - Hooks (Roundhouses) & Uppercuts

1. Hook strike/punch (palm heel and fist)
2. Uppercut

Notes: for the hook strikes, while in ready stance the front-hand strike has two variations.

B. Elbow Strikes

1. **Vertical elbow strikes:** a) upward; b) downward; c) straight backward; d) back and upward

C. Various Striking Methods

1. Straight strike with the fingers
2. Palm strike to groin
3. Back of hand (and fingers) whip strike to groin
4. Straight strike while advancing (simultaneous attack and step) - right (rear) / left (front)
5. Straight left punch in retreat

D. Kicks

1. Knee kick - roundhouse
2. Defensive front kick; **striking surfaces:** heel, ball of the foot, whole foot (in testing, demonstrate one of the above)
3. Defensive backward kick
4. Sidekick (with the heel)
5. Roundhouse kick - **two methods:** horizontal or diagonal (demonstrate one method in testing); possible **striking surfaces:** ball of the foot, instep or shin

Note: for A-D above, first train striking / kicking from a semi-passive stance; later from a ready stance (regular outlet stance) and other starting positions.

E. Series of Attacks – to the front, side and rear; with different targets, heights and angles

1. From long to short distances
2. From short to the long distances

F. Inside Defenses (with palm or forearm) against Straight Strikes

0. Ready stance and starting positions for inside defenses
1. Inside defense with the palm:
 - 1.1 Simultaneous counterattack (with the other hand)
 - 1,2 1.5 rhythm - defend, counterattack forcing the opponent's hand down (as in P-1)
 - 1,3 While leaning backward; kick (with the front leg)
2. Forearm defense against attacks to different targets and heights; and counterattack
3. Left against left – palm (or forearm) sweeping defense with a horizontal counter

Notes: incorporate head and body defense into these techniques. Defend with the left hand against right hand attacks and vice-versa, unless otherwise stated.

G. Outside Defenses against Strikes

0. Ready stance and passive stance (diagonal) as starting positions for outside defenses
1. Forearm defense against a hook punch - diagonal outward and back (avoiding the elbow; clenched fist; use fleshy part of the forearm; head tucked between shoulders)
2. Outside defenses #1, #2, #3 against straight strike, with simultaneous counterattack (in test to demonstrate one of the learned defenses - nos. 1, 2 or 3)
3. Outside defense, upward and forward (no. 4, forearm at a diagonal)

Note: In the above outside defenses, only the close (front) hand defends against straight strikes from either hands of the aggressor.

H. Body Defense

1. Ducking under a strike (straight or circular) – from passive or ready stance; with a counter-attack (to the groin or solar plexus).

I. Defending Against an Opponent Attacking from Different Angles

1. Inside or outside defenses against strikes (circular or straight) coming from various directions. Defender is looking forward, attacker is moving in a half-circle in the front.
2. Against a strike from behind – move away diagonally forward while turning and reacting.

J. Leg Defenses against Kicks (from passive and ready stances)

1. **Stop kicks** vs. regular kicks:
 - 1.1. With the front leg, heel directed outward.
 - 1.2. With the back leg, heel directed inward
2. Inside / outside blocking defense with the shin against a low roundhouse kick, coming from the same side (possibly using the front leg against either kicking leg)
3. General outside defense with the shin and forearm together – against a high / low roundhouse kick (the hand defense is as in section G.1 above)
4. General inside defense with the shin and forearm together – against a high or low regular kick (the hand defense is as in section F.2 above)

Notes: *Technique no.1 is first learned / applied against regular kicks, later against roundhouse and sidekicks. Techniques 3 and 4 are used against an attack delivered to an unknown height. Use the **forearm** as previously learned, bony or muscular parts for inside or outside defenses.*

K. Choke Releases (including preventions as in Distance-Timeline)

1. Vs. a choke from the **side** - pluck and counterattack
 2. Vs. a choke from the **rear** - pluck with a step diagonally backward
 3. Vs. a choke from the **rear** - one / two-hand pluck, turn & attack
- Note: when lack of force, use two hands to remove one of attacker's choking hands.

L. Defenses Against a Knife Threat (including Distance-Timeline)

1. From the front - at long range - deflect and kick, while leaning away from the knife
2. From the side or back - attacker is at long range - deflect and kick
3. From the back – knife touching - deflect and kick
4. **From the front - at close range - deflect with a C grip.**

M. Dealing With Falls

1. Backward break-fall
2. Backward roll - left shoulder (for right-handed practitioners)

N. Choke Releases while on the Ground

1. Attacker sitting on the defender - pluck and bridge - one hand remains holding
2. Attacker between the legs of the defender – pluck with one hand and insert knee

O. Using Common Objects – Small Objects to Distract

1. Throwing; using distraction to create an opening or opportunity

Note: *This is used primarily in a situation before an actual attack is made, mainly during the threat stage or in the very early stages of an attack.*

P. Fighting Games

1. 4 against 1
 - 1.1. Push with 2 hands or grab to choke (1 attack every 2 seconds)
Note: *This can start with the "zombie" game.*
 - 1.2. Defending 360 – against 2 attacks every 2 seconds
2. Slow fighting – including the process and stages of learning

Q. Returning Attacker

1. Following the defender's initial defense and counter-attack, the hit opponent is able to return, cover the distance and launches another attack (from the above subjects).

R. Simulation and Tactics – P2

Timeline (Aggression) – escalation of attacks: verbal quarrel; and a push; and two strikes; and a kick

Additional Material (Country-Specific)

Additional P-2 Curriculum for the Country of _____ (this is an integral part of the test)

1. -
2. -
3. -

Extra Curriculum – NOT for P2 Testing

1. Attacks

- **Observing Attacks - Reacting to Movements** - Watching an opponent perform one attack at a time and then a short series of attacks. The attacker should repeat the sequence of attacks several times. Partners / trainees should visualize defenses.
- Roundhouse kick – additional methods:
 - a. Diagonal
 - b. From vertical to horizontal

2. Defenses

1. Outside **stabbing** defenses (#1,2 and 3; same hand positions as described in P3)

3. Releases

1. Against different grabs, with the element of surprise

4. Ground Fighting

1. Defending against a “shoot to the legs”
2. Sticky hands game (1. mounted; 2. guard)
3. Attacking from all positions
4. Defending against a person sitting on the defender (mounted) and punching

Practitioner Level 3

The Goals: Deal with strikes and grabs from the front, side and rear; better the series of attacks in all directions; be proficient with break-falls and rolls; improve pre-fight, fight and post-fight concepts.

Required Achievement: Improving the Fighter's attitude and mentality

A. Strikes

1. Straight low punches – to the body (attacking)
2. Striking combinations – attacks to all angles, directions, heights and distances.
Hitting targets and marking on a partner; including two attacks with the same hand

B. Kicks

1. As preparation for kicks while advancing: skipping (stomping) advances, back-crossing; front-crossing;
2. All kicks from levels P1-P2, apply with the **front** and the **back** legs:
 - 2.1 In retreat
 - 2.2 In place
 - 2.3 Advancing – skipping advance; including forward and backward crossing (and proper stepping for slippery surfaces)

C. Outside "Stabbing" Defenses (from relevant stances, ready or passive)

1. Outside stabbing defenses #1, #2 and #3.

D. Hand Defenses against Regular (Front) Kicks

1. Against a kick to the groin:
 - 1.1 Inside defense - using the palm heel; from a passive stance; when performing from a ready (outlet) stance, use only the front hand.
 - 1.2 Outside scooping defense - from a passive stance (hands in an "x" position); when performing from a ready stance, use only the back hand.
2. Against a high defensive kick forward or a high regular kick - inside forearm defense

Notes: Advanced training includes defending against a front kick and a follow-on straight strike; Techniques #1.1 and #2 combined together are effectively against a kick of unknown height.

E. Escaping Headlocks (Distance Timeline)

1. Side headlock
 - 1.1. Distance Timeline – de-escalation, prevention, preemptive attack, avoid and escape
 - 1.2. Attack to the groin; pull/push a sensitive point on the opponent's head.
2. Headlock from the rear:
 - 2.1. Arm-bar to the front of throat (air-choke)
 - 2.2. Forearms and upper-arm strangulation, carotid artery restrains (blood-choke)
3. Low headlock from the **front** (guillotine)

F. Defending against a Tackle, 'Shoot to the Legs' (or to the lower Body)

1. Long distance – kick
2. Middle distance - stop with hands or strikes; punch or a knee strike
3. Short distance – forearm defense
4. Move backward and slam with both forearms (sprawl)
5. Defender is caught – stabilize; counterattack (neck; head; eyes; groin, ribs, back's vulnerable points)

G. Dealing with Falls

1. Sideways break-fall
2. Forward roll - using the left shoulder (for right-handed students)
3. Backward roll - using the right shoulder (for right-handed students)
4. Fall backward, turn and soft break-fall forward
5. Forward high rolls - for **distance** and/or **height**

Note: For adults, this subject may be tested in full at higher levels (until G1).

H. Escaping Side Headlocks on the Ground

1. When both hands are under - pull sensitive points with both hands; roll sideways
2. When one hand is free - pull back sensitive point and wrap one leg around neck
3. When low attacker - counter-attack while climbing onto attacker back;

I. Common Knife Holds and Uses (recognition and basic practice)

1. Overhand stab - regular / ice pick grip
2. Underhand - upward / Oriental grip
3. Straight stab
4. Slashing attack

J. General Kick Defenses - against all 4 Knife Attacks / Holds, from Long Range

1. Regular kick to solar plexus or chin
2. Sidekick to lower ribs or solar plexus
3. Bailing out and side-kick or roundhouse kick to solar plexus (or groin)

Note: Attacker starts from a long-range position (over 2 meters).

K. Use of Common Objects - Stick Type

1. Basic attacks – swings and stabs; five major directions
2. Basic defenses - 360° with the stick held in two hands; counter with leg or stick

L. Fighting Games, 4 Against 1

1. Attacking 1 Vs. 4 - moving targets held by opponents who try to close distance. Rhythm of one approach every 2 seconds.
2. 360° vs circular attacks, attackers have 2-3 knives (two attacks every 2 seconds).
3. Same as no. 2, unarmed attackers can strike straight.

M. Returning Attacker

Following the defender's technique, the attacker returns with a relevant attack, with/out a weapon

N. Slow Fighting - Emphasis on Continuous Motion and Self-Control

O. Simulation and Tactics – P3 (Timeline from/on the Ground)

1. Picnic simulation: timeline from a sitting position - against a choke; against a strike

Additional Material (Country-Specific)

Additional P-3 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Training Notes and Extra Training Curriculum

I. Punches

1. Straight low punches in defense - left or right - bending sideways

II. Defenses

1. Against a kick to groin - inside defense with the **heel of the hand; three variations / rhythms** of counter-attacks - one with the front hand, two with the back hand

III. Observing and Changing Behavior According to the Opponent's Actions

1. Observe attacker delivering (marking) a series of attacks (relevant to this and previous levels), repeating several times. The observer visualizes defenses and counters.

IV. Series of Attacks and Combinations

1. Hitting targets at various distances, heights, directions and angles. Use previous and new learnt strikes/kicks.

V. Against an Attacker that Grabs/Pulls Hair or Shirt

1. Prevention
2. Counter-attacking as necessary, depending on the situation and position

VI. Basics of Concentration and self-control exercises.

1. Relaxation and focusing - controlled breathing; standing with no movement – Recommended minimum of 10 minutes

VII. Ground Fighting

Attention: Address safety in training.

1. Changing position – from cross-mount (low) to mount (high)
2. Applying an arm-bar from different positions
3. Applying a carotid artery restraint (headlock strangulation), from different positions

Practitioner Level 4

The Goals: Improving trainees abilities to prevent and release from different grabs, at the medium height; dealing with stick attacks; progressing with fighting skills

Required Achievement: Fighter Level. Emphasizing on finishing modes and continuation when a problem occurred or mistake is made.

A. Rolls and Break-Falls

1. Break-fall backward and sideways - from height.
2. Forward roll and remain on the ground.

Note: For adults, this subject may be considered to be tested in full at higher levels (until G1).

B. Kicks

1. Regular (vertical) kick backward - to three main distances
2. Regular scissors kick

C. Defenses against Low Straight Punches

1. Inside defense - with forearm (emphasis is on the elbow movement)
2. Outside scooping defense

Note: Use either the forward or rear hand and counterattack as soon as possible.

D. Inside Forearm Defenses against Punches – Raised Elbow, Low Palm

Attacker approaches diagonally from the side

1. Medium height - defense (from passive stance) against a straight punch to the ribs
2. High - against a straight punch towards the head or chest, elbow circles inward

Note: The first counterattack is a horizontal hammer strike sideways with the defending hand.

E. Defenses against Straight Punch Combination - Left/Right

1. Two inside defenses with the palms and counterattack
2. Hand defenses while leaning back, kicking with the front leg (regular or side kick)

F. Defenses against Punch Combinations (Outside and Inside Defenses)

1. Defending against any combination of two punches - one straight and one circular
 - 1.1. Two defenses with one hand
 - 1.2. Two defenses with two hands
2. Defending against any combination of two circular punches

Note: Counterattack as early as possible.

G. Releases from Chokes

1. Choke from the **front** - body turn and upper arm release (“wiping face”)
2. Choke from **behind** - body turn and upper arm release (brought to temple)
3. Choke from **behind** – turn and execute a wrist lock (relevant to P-level-2, section K3).
4. Against a Hand Covering Mouth (snatch) - defender's is caught from behind

Note: Techniques #1 & 2 above are done especially when assailant is pushing; #3 when pulling.

H. Releases from Bear Hugs - Arms Free

1. Release from bear hug from the front – Push to nose or eyes.
2. Release from bear hug from behind:
 - 2.1 Elbow strikes to head
 - 2.2 With lock on finger

I. Releases from Bear Hugs - Arms Caught

1. Release from bear hug from the front – counterattack and take hand out
2. Release from bear hug from behind - counterattack and take hand out
 - 2.1 When bear hug is high, counter, lift elbows and escape under the arms

Note: Train on the use of a shout and a bite against a bear hug from the front.

J. Releases from Bear Hugs from the Side - Variations on the Above Sections H & I

Release from bear hugs whether arm/s caught or free – attacker grabs from the side. Use learnt techniques and principles.

K. Dealing with Attempts to Grab and with Dangerous Arm / Wrist Grabs

1. Prevention: removing the target; defending the target
2. Attacker grabs and pulls/drag – advance and apply relevant counter attacks
3. Attacker grabs and strikes with other hand (or applies other attacks) – relevant defenses and counterattacks

L. Releases from Various Hand / Wrist Grabs

1. One hand grabbing one hand (low), **diagonally** or **across** - **Low** hold (underhand)
2. One hand grabbing one hand (high), **diagonally** or **across** - **High** hold (overhand)
3. Two hands grabbing one hand, **low** or **high** holds - two kinds of assistance:
 - 3.1. Assist by strengthening – grabbing fist of caught hand
 - 3.2. Assist by separation - removing one grabbing hand
4. Two hands grabbing two hands, **low** or **high** hold
5. Two hands grabbing two hands, from behind
6. Release from a strong handshake

Note: Be familiar with the application of the principles: axis and leverage (not pulling); escaping by way of the opening between the fingers and thumb, or towards the thumb; circular movements; and using the other hand in two manners of assistance.

M. Defending against Stick Attacks - Defending Overhead and Side Swings

1. Against one hand overhead attack – “stabbing” defense to the in side
2. Against two hands overhead attack (or attacker is off center) - defense to the out side
3. Horizontal (baseball) Swings –
 - 3.1 From passive stance – Burst forward, front hand down and the back hand up.
 - 3.2 From ready stance – Defend with two high forearms.

N. Fighting Games - 4 Against 1

1. Against straight and circular strikes; against a combination of a regular kick and a strike, circular or straight. Two attacks every two seconds.

O. Striking Targets - With Combinations, Using All Attacks and Variations, including the new learnt strikes/kicks.

P. Returning Attacker

Following the defender's technique, the attacker returns with a relevant attack, with/without a weapon

Q. Fighting Skills

1. Emphasizing on changes of distance
2. Using the principles of
 - 2.1 Bursting forward and circling after
 - 2.2 Circling around and bursting forward
3. Determination drills
 - 3.1 Attacker – Disturber – Target
 - 3.2 Attacker – Target – Holder (from behind)
4. Slow fighting
5. Light fighting with minimal protective gear (light contact)

R. Simulation and Tactics – P4 – Two Attackers Approaching from Different Directions

1. Two assailants approach from the front; One from the front the other from the side
2. Against one that bear hugs from behind and other attacks from the front

Description: This is a trap made by two attackers. Later first attacks with a headlock.

Additional Material (Country-Specific)

Additional P4 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

I. Releases from Upper Arm Grab

1. Assailant grabs the upper-arm - circle the arm in the direction of the thumb.

II. Reaction to Opponent's Response

1. Trainee attacks with front kick to the groin and opponent retreats in various directions. Trainee continues with a sliding kick or another step and kick.
2. As in no. 1 above, but the opponent can move diagonally or straight forward. Trainee may use short-range kicks and/or attacks with the hands.

III. Against Straight Two Strike Combinations (Left/Right)

1. Lean back to avoid first attack, hook downwards on the wrist against the second attack, counter with a straight punch
2. Inside defense and outside defense with the same hand - outside defense can be stabbing (long) no. 1 or no. 3, or no. 4; counterattack simultaneously with the second defense

IV. Defenses Against Low Straight Punches

1. Outside defense – chopping downwards

Practitioner Level 5

The Goals: Upgrading self defense skills; Familiarity with defending 3rd party.

Required Achievement: Fighter Level

A. Rolls and Break-Falls

1. Combination of rolls (forward/backward) and break-falls (all types)

Note: For adults, this subject may be considered to be tested in full at higher level (G1).

B. Defenses against Regular (Front) Kicks

1. Stabbing defense with rear forearm (from a general ready stance)
2. Low inside forearm defenses, high elbow / low palm (from a diagonal passive stance)

C. Defenses against a High Roundhouse Kick

1. Outside forearm defense (outside fleshy part), simultaneous kick
2. Outside forearm defense, step diagonally forward with rear leg, kick with the other leg
3. Using **both forearms** (inside fleshy part) - body turn, advance diagonally forward
4. In all the above – use **both hands**, outside with forearm, inside with palm

Note: Techniques to be taught from a general ready (outlet) stance. Later practice from any passive or ready stances; attacker can kick with either leg.

D. Escaping Bear Hugs

1. Low bear hug from the front, arms are free - get good base and counterattack (elbow strikes, hooks, and / or kick to the groin) – see P-level-3, section F5
2. Lifted in a bear hug from the **front**, arms **free / trapped** - wrap one leg and counter
3. Lifted in a bear hug from the **rear**, arms **free / trapped** - wrap one leg and counter

E. Releases from Hair Grabs or Pulls

1. Prevention – according to the regular timeline of distance and readiness
2. One-handed hair grab from the front - apply leverage on wrist
3. Pulled forward and down - burst forward, block knee or punch; first counter to the groin
4. Pulled from the side - burst in the direction of the pull, defend and counterattack
5. Pulled from behind – spin back, burst in the direction of the pull, defend and counterattack

F. Escaping Chokes on the Ground

1. Attacker **sitting** on the defender - applying a very close, low choke
2. Attacker **sitting** on the defender - choking with straight elbows

G. Ground - Opponent Standing or Sitting on Top and Punching

1. A standing opponent tries to strike – hand and body defense, counter with kicks (counter strike if assailant is at close range).
2. Attacker punching from a mount position - defend, counterattack, trap, bridge.

H. Defending against an Impending Knife threat

1. From the front at mid-range – with a C grip on opponents wrist:
With variations on position of the knife and attitude of attacker (based on P-level-2, L4)

I. Defending Against Unexpected/Unfamiliar Attacks

1. Escaping all types of grabs, chokes, bear hugs, headlocks, etc., from all angles and in multiple variations
2. Same as no. 1 above - with the elements of surprise and stress
3. Defending against varieties of punches and kicks, coming from different angles and aimed at various targets; starting from **different stances**.

J. Returning Attacker

1. Following defender's technique, the attacker returns and attacks, with or without a weapon



K. Protecting a Third Party

1. Principles and techniques of:
 - a) Screening
 - b) Warning verbally
 - c) Removing 3rd party from area, approach from the front and turn and lead: with pull and push with two hands; with grab of upper arm (by one hand).
2. Attack the attacker - rescuer may approach the attacker from any direction
3. Take down with a Knee-stomp from behind – to separate attacker from victim

L. Fighting Games, 4 Against 1

1. Two hand strikes every two seconds
2. Two strikes or kicks every two seconds

M. Fighting Skills

1. Slow fighting
2. Light fighting with protective gear (groin protection, boxing gloves, shin pads, mouthpiece; headgear is recommended)

N. Simulation and Tactics – P5 - Two Attackers against an Accompanied Defender

Description: Two strolling people are approached by two attackers. First, the attackers approach from the front, at the next stage, they may take a divided approach.

Additional Material (Country-Specific)

Additional P-5 Curriculum for the Country of _____ (this is an integral part of the test)

1. _____
2. _____
3. _____

Extra Training Curriculum (NOT for the Test)

I. Breathing and Focusing

1. The 3 levels of breathing, separately and in full breathing
2. Standing with mind control
3. Very slow motion technique. Use a basic technique, recommended with defense and counter, moving the center of gravity (shifting of body weight)

II. Escaping Two-Person Wrist Grabs

1. When possible, use leverage by circling and lowering elbows
2. Kick one attacker then the other - with one or both legs
3. When a third, dangerous attacker approaches - kick this attacker first

III. Escaping Chokes on the Ground

1. Attacker at your side – technique as in P1 but apply arm bar (elbow lock).
 - a) Variation - attacker shifts weight forward; use leverage to force attacker to your side (assailant will end on own stomach or side)

IV. Escaping Front Bear Hugs

1. Arms free – grab hair or head; apply leverage on the neck and separate attacker
2. Against low grabs – strike attacker's face; pull hair or head; apply leverage on the neck.

Notes: *Do not put leverage on the training partner's spine. Take care to avoid injuries; perform slowly and with care.*