

**ENHANCE
YOUR
GROUND
SKILLS**

**GROUND
FIGHTING
COURSE**



KMG
KRAV MAGA GLOBAL
by Eyal Yanilov



INTRODUCTION

The Krav Maga Global Ground Fighting Course (KMG GFC) has been designed to meet the ever growing popularity of how to move and fight on the ground, due to the popularity of grappling/wrestling related sports (GWRS), from Brazilian Jiu Jitsu to Mixed Martial Arts (MMA) and of course wrestling. All of which have extensive skills in takedowns, and some also in the concept of 'cage work' or 'fighting off the cage'

Due to the impact of tournaments and competitions like the UFA, Bellator and M1, MMA is currently the biggest growing sport in the world. In conjunction with this, both the classic arts of Judo and Wrestling have been producing exceptional fighters for many years.

If the average person thinks of Martial arts in today's society, they will often think MMA due to its popularity, therefore the knowledge base on armbands, takedowns, guillotines and other GWRS related techniques are becoming widely known, and therefore used in situations of violence, even if they have

not been formally trained. If we think back 20 years, rarely were these skills something that had to be considered.

KMG is a horizontal system that works to solve emerging threats. The shift towards GWRS skills is something that must be addressed if KMG is to continue to be a complete system of self defence and fighting skills.

KMG Instructors and Students must undergo training to recognise these types of specific skills, how to apply them and then how to defend against them. It is not something that can be learnt in 1 hour, it requires an investment in time. Being pinned to the ground or to a wall by someone with a relative level of skills presents a variety of issues, that we must learn to overcome.

People who are training regularly in can often be relatively strong due to the fighting nature of GWRS. The training regimens are physical hard, including preparation for 'full contact' fights and tournaments.

The focus of a KMG Instructor or Practitioner should not be to excel in the skills of GWRS for competitive purposes, however we must train and consider the skills for a number of vital reasons.

- » The confidence of knowing how a competitive fighter fights on the ground will enhance your skills on the ground.
- » Not knowing how to operate on the ground can be mentally devastating if one happens to end up there with a strong or more technical fighter.
- » The different drills and levels of sparring will provide the both instructors and students with multiple opportunities to "fight" in training, and become comfortable with someone working against you with resistance, or with 'aliveness' as it is known.

Kida

A handwritten signature in black ink that reads "Rune Lind".

Rune Lind, E5

THREE DIFFERENT LEVELS

The techniques and skills that are learned during the GFC are taught from three different perspectives:

- » Training
- » Competing
- » Fighting

In most KMG classes, we operate at the training level, working on fundamental techniques with a partner who is resisting with different levels intensity. This method of training is safe, and a great way to learn techniques, but the lack of active resistance can sometimes give a false sense of security or success. Fighting can be defined as the intent to cause actual harm, something that we hope is not prevalent in KMG classes

Competing or competition sits between training and fighting, and is an effective way of experiencing the pressure and danger of fighting, yet in a controlled and safe way. Competitive fighting can be classes as anything from the initial drills taught in the first hour of the GFC, to actually entering a MMA cage or boxing ring.

BUILT ON THE KMG CURRICULUM

The Ground Fighting Course is built on the curriculum of KMG, with all of the course material taken from the practitioner, graduate and expert levels of the system. About 90% of the skills taught on the course are already in the curriculum. In addition it includes material from competitive fighting styles to understand the difference between the two categories of fighting and competition.

The course takes the approach of learning what a competitive fighter may do in a physical altercation, (better known as the understand your enemy principle) The GFC requires that all participants hold a KMG P2 grade or above, as the course does not cover striking and therefore expects all participants to have previous knowledge in this skill base.

The GFC is a practical course with the goal of all participants to leave with actual practical knowledge, having gained some physical experience. The material will be taught at the appropriate pace, to allow participants to gain a reasonable level of proficiency.





COURSE PROGRAM:

DAY 1

The first day of the course is all about positions.

We explore the main positions of the guard, side mount and full mount. Focusing on the details in the position using 2 main components: pressure and balance.

After understanding the static positions we are working on all transitions between positions, understanding the chess game of grappling. We also work on take-downs and getting to the ground.

This day will be technical and very physical. We are introducing and isolating single movements and incorporate them into drills and aliveness.

DAY 3

The last day of the course starts with bringing different attacks into the ground game. All striking (hand, elbows, knees, kicks) are covered, which is what makes MMA different from submission wrestling. Later during day 3 we start working on everything that makes KM different from competitive fighting.

We allow biting, eye gouging, breaking fingers and much more.

By the end of day 3 the practitioners will be well versed in competitive fighting and ready to add KM into the mix, thus giving them the edge in a violent confrontation on the street.

DAY 2

The second day of the course will continue the training from day 1, but after positions have been established we start looking at submissions by chokes and locks.

We also look at some reversals from the most common submissions.

We start doing some shorter rounds of competition to allow us to evolve through practice. During the second day of the course everything on the ground is without striking to allow the practitioner the opportunity to safely explore ground fighting.

DAY 4*

* (OPTIONAL) - INSTRUCTORS ONLY

Day 4 is all about teaching the curriculum, understanding how to build sessions incorporating ground material into fight classes, and regular self-defence classes.

REGISTRATION NOW ON:

WWW.KRAV-MAGA.COM