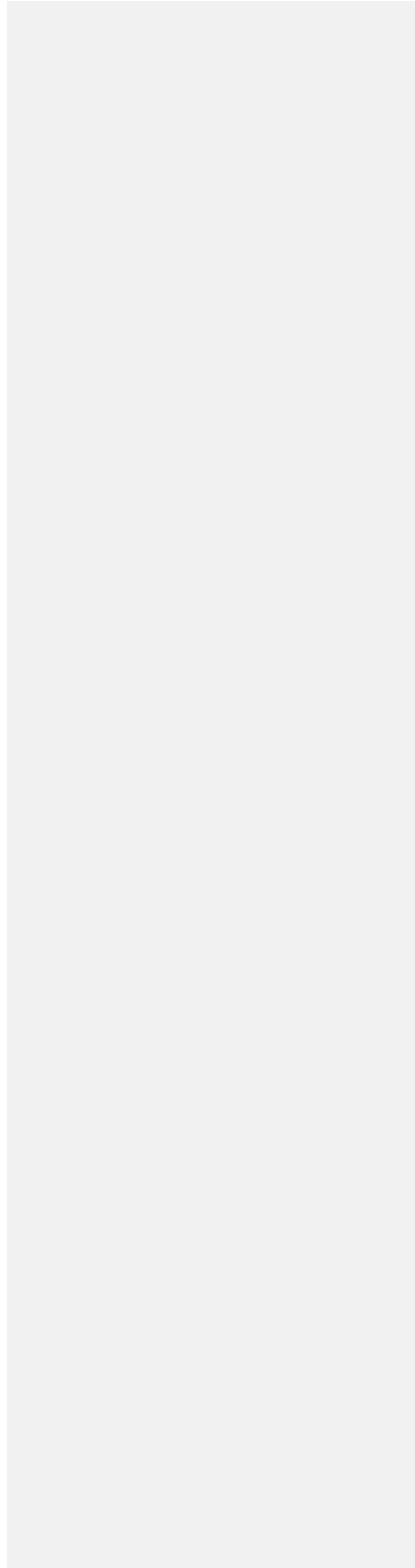


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# Advanced Krav Maga Phase B Manual

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### Psychology of Confrontation Part I: The Assumed Attack

“Psychology of confrontation” (PoC) (Chapel, 2006) is a very large subject and one that will take more than two articles to convey. However I will make a good start here. This subject covers every aspect of human conflict. I will limit this article to the interactions between two people, one of whom is intent on inflicting violence on the other.

Even this very simple start has its problems. The subject of interpersonal violence is a massive one and applying psychology to it makes it even bigger! The ways in which two people interact are also numerous. Let us consider for a moment the different ways that you may be attacked. These can be broken down into two very basic categories:

1. The surprise attack
2. The anticipated attack.

Both of these will bring with them their own specific psychological differences and the type of responses that anyone is capable of applying. Due to the nature of the description the surprise attack means exactly that! It's a surprise! This will illicit from the victim a startle reflex in some manner. Whereas the anticipated attack will not, due to the fact that a verbal or posture warning will pre-empt an attack.

Within the martial arts we have a continuing battle to justify the techniques and conflict scenarios that we teach to students. There are as many different ways to teach a technique, as there are different arts. Some arts teach principles and others teach scenario-based syllabi. We have arts whose teachings are based on traditional techniques handed down through time and arts that work more on a stimulus basis; however arts of the last type are few and far between.

In training, the self-defense moves are based around conflict scenarios, with the addition of principles and theories. At the higher levels I also introduce stimulus based trained responses. All of this helps the practitioner to analyze the techniques in some depth. The hardest area of all is that of effectiveness of your technique and the reactions that could, with reasonable efficiency, be predicted from your attacker. In the most part, you can be logical in your thought process, but the application of logic is only as good as the foundation that you base your ideas and thought processes on.

There is a saying within the field of human endeavor “practice makes perfect”. This in itself is a reasonable saying with good sound logic! The more you practice the better you internalize the moves and the greater the understanding you will have. All sounds very plausible right? So what if you are taught a move, leave the school, go and practice what you have been taught again and again, until you know it without thought and then return to the school only to discover that you remembered the moves slightly differently then you were originally taught and for the past few months you have been practicing incorrectly! Sort of blows

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holes in the old saying! It would be better to say, "Perfect practice makes perfect." The trouble is how do you know what is perfect! Teachers in the arts base their understanding on their own experiences, or that of their instructors, once these thought processes become engrained, it's almost impossible to accept that there may be knowledge and information out there that could help expand your techniques and understanding. The best you can really do is to apply a sound logical thought process to your art. The next real question should be where do we start?

It would be better to say,  
"Perfect practice makes  
perfect."

So let's start with assumptions! You have two basic choices.

1. Assume that each move that you make will have a very limited effect on your attacker and they will move in an unpredictable way; or
2. Assume that every move you make is most effective and your attacker reacts to each move within a degree of predictability. The techniques that you use are at their most effective.

Each of the above assumptions brings its own problems, and the psychology required to analyze each of these is different. We have to delve into the mind of both participants in this violent encounter.

Assumption 1 can be read as saying "Your moves are ineffective, so you need to have a lot of techniques ready." This is making an assumption that your moves fail in some degree. You therefore need back up after back up. Consider the psychology of the student at this point; you are in some way teaching them based on a premise of failure! On the other hand you are teaching them a large amount of techniques and skill to defend themselves against a huge amount of changing variables. Which one is the most efficient? Teach a student to have the mindset of a warrior? Or the ability to be overskilled? Well the answer is both. If you agree with this, then mindset and psychology should be part of your teaching. Training the mind should be more important than technique.

Assumption 2 has no variables and you believe that every move you make works and the attacker will then react in a way that can be predicted. This in itself brings its own very specific problems. Namely, if your technique hits the correct target with the right amount of force, then you need to have knowledge of the body's reactions, the psychological impact and the physiological effects that will occur. The only real problem here is that you are teaching a process that does not allow for variables.

To enable a sound-learning platform, let's take the second statement and look at this in the context of an attack. The first thing to clear up here is that I am starting from the point of the attack and not the lead up to the attack, so all of the fight foreplay has happened and you find

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yourself faced with a guy that for whatever reason has decided to attack you! This is not a surprise attack. There are a couple of important points here.

- The person who has decided to hit you, being the aggressor, has no clue, unless you have told him, that you are a trained fighter. He has made an assumption that you know nothing and feels he has the ability and the advantage to take you on!
- The likely target that has been chosen is your head.

These two points also give a clue to the psychology of the attacker.

Let's now look at the thought process of the attacker. Again I have moved on from the preamble, I am at the point where the decision has been made. What I really want to look at here is the innate non-cognitive thought process, not the conscious thought! That's already been done. He forms his fists, raises his hands and punches towards your head. If he knows nothing it may be a swing. If he knows a little it could be direct. If he is well trained then a distraction may come first. Whatever the training, the attack's on its way! Unless the attacker knows your level of training, and for this section I will assume he does not, he is already expecting consequences to his actions. The first is contact, his mind knows what is coming, and it will have already prepared his body to receive force. He will also have perceived exactly where the target is in space and time. Most of the intake for the senses will be received via the eyes. Just like a laser guided missile it is locked on target. Due to bilateral symmetry, at this point being in an autonomic process he will have two fists formed. From the initial contact a second strike may well have also been pre-programmed into his attack. As the fist makes contact with a head the somatosensory system will relay information to the brain and automatically make adjustments to muscles that are backing up his force.

In several surveys carried out among door staff it was found that the right punch was the initial choice of weapon in the majority of street encounters. It also showed a nearly perfect choice of target was the head. So why a right fist and why the head? To answer these questions we have to look at how the brain and the body are wired. Suffice to say here that the head is always the focal point, it's what we use in the majority of our communication skills – it's the mind that is the attacker, not the body. The body is just the tool used by the mind to perform its required actions. The mind is therefore the core root of the problem; it's where the



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computer is stored.

If we analyze this very small section of the attack and consider alternatives to this action we may well discover some very interesting points. What would happen if all of a sudden there were stimuli so great that it stopped the mind's work right at that point where he was swinging? Would the mind have the ability to make adjustments? Or would it have to reset itself, just like our computers need to be rebooted due to an overload? What would happen if the defender were very skilled, had already perceived that the attack was on its way and was waiting for the trap to be sprung? Yes they could make a pre-emptive strike. It has been scientifically proven that action beats reaction! But don't forget that the reaction is against an unperceived attack.

There are recorded cases of slowed time...ok it's not slowed time but actual increased perception and sensory recognition on the part of the brain. This usually happens when a critical situation is occurring and the body is in autonomic mode. This mode occurs when the heart rate is at 115 to 145 beats per minute and the situation is critical. At this point it has been documented that movement that is usually not recognized is seen with pure clarity. Bullets can be seen, muscle contractions, the smallest movements are detected. This is not some super human ability; this is the basic body function that is engaged to protect the organism. While in this state the body is also capable of movement at great speeds, faster than any conscious movement, almost as fast as a startle reflex.

For an untrained person there is the other side of the coin to consider. Loss of gross motor skills, freezing, tunnel vision, auditory shut down and a host of other physiological reactions.

Coming back to my point, if you have trained correctly there is no reason why you should not be capable of moving fast enough to interrupt your attacker's movement as long as the attack is not a surprise, you must also have correct trained programmed responses ingrained into your mind and body. If this is the case and you meet his swinging punch, somewhere in

If you have trained correctly there is no reason why you should not be capable of moving fast enough to interrupt your attacker's movement.

between the start of the movement and contact with your face you will have managed to interrupt the innate thought process that is occurring within his mind. His arm will be stopped prior to the perceived contact point. At this precise moment in time the attacker's mind will suddenly have had a different stimulus occur, he will have to reboot, create a work around and then throw another punch with the other hand. This reboot is like an eternity in the middle of a violent encounter and will give you more than enough time to beat his action.

The biggest problem is that this state of mind is the hardest area to train and that is why the Psychology of



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Confrontation is so important. There is also the fact that if you are well versed in this type of critical event you will be able to send indicators to your attacker that will tell him that you are being submissive rather than confrontational. Again this sets his mind down a false path of perception; this is perhaps the most valuable of tools. Training via different mediums using the mind is of great importance, using mental imagery training, adrenal control breathing, and stimulus based responses will go a long way to giving you the edge.

It is obviously the case that within any violent encounter the reactions of your attacker to being hit will be highly variable, however if you constantly analyze this interaction and develop a good understanding of the psychology and physiology of the human mind and body, you will be gaining very valuable tools. These tools are not often covered within the majority of schools. I intend to start to look at a few of these interactions and responses in more detail within my next article along with looking at a surprise attack and the bodies reactions.

### References

Chapél R, (2006) Personal seminar teaching notes.

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### Psychology of Confrontation Part II: Startle Reflex and the Surprise Attack

In the previous blog I discussed some advanced thought processes with regard to some of the interactions of the mind and the body when engaged in a violent encounter. In this article I want to look at some of the physiology that occurs as well as the psychology. By physiology I mean bodily reactions that can be predicted. Firstly I want to examine our body's natural protection mechanism, the startle reflex. The startle reflex is one of the body's first physiological responses to a surprise stimulus. It "refers to bodily reflexes that occur involuntarily in response to an unanticipated external stimulus." (Chapel, 1991).

We know from research and experiments carried out that the body has in-built protection systems designed to protect it from harm. One of these is the startle reflex, also referred to as a "flinch". All humans will respond in a certain manner when a startling stimulus occurs. For example; blinking, upward movement of the shoulders, head tucking in and down, bending of the arms and their withdrawal into our core, bending of the legs and their withdrawal into our core, as well as several facial expressions and various twisting of the whole body and limbs. In the majority of Martial Arts schools there is no inclusion of this within the training of self-defense techniques. Techniques usually start from a punch, grab, or kick scenario.

So why try to understand this type of reflex? How is it produced? What happens to the body when startled?

Firstly if you teach reality-based self-defense techniques and exclude this from your curriculum, you are not giving your students all the knowledge possible to enable them to protect themselves. You must, however, remember that the startle reflex only occurs when you are startled, this may be an obvious statement, but it is very important that a clear distinction is made between being caught off guard and completely by surprise with no awareness of the impending attack and being attacked, responding in some kind of trained manner to a confrontation that has already begun, and a preamble or pre violence dance has occurred.

When you are startled it is due to stimulus being received via your eyes, ears, or touch sensory system. These can be categorized as auditory startle, visual startle, and somatosensory startle. The first thing to understand here is that this reflex cannot be trained out! The increase in our body's reaction to startles is called "sensitization" where as a decrease is called "habituation". This means that the body will habituate to a certain point when it continues to receive startle stimulus. For example in the film "We are Solders" with Mel Gibson, when the journalist first appears on the battleground, the explosions startle him. However, during the end scene when others turn up after the battle, his startle reflex had been habituated to explosions, but the new journalists all startle. After a period of time the body will return to normal reactions

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to this stimulus and the habituated response will become extinct. What this tells us is that we can habituate being caught off guard when attacked and to a degree we can train down a startle reflex. However we would have to be continually training in a method that created a startle all of the time, as soon as we suspend this type of training the reflex will re-initiate itself.

Any idea that you can train in a way that uses a flinch or startle response as part of your initial conscious thought process to respond to an attack is unrealistic. The reason is due to the physiology of the body. When the body enters a startle reflex it moves in a manner that is faster than any other type of body movement. It simply cannot be reproduced by any conscious thought process.

Another factor to be considered with regard to being startled and the severity of the startle is the situation and environment that you are in at the time. If you are in a dark alley and are alone at night, then the intensity of the startle may well be greater than if you are in the same alley during daylight hours. The key areas to consider with regard to startle reflex and martial arts are: Can we train a response that can be used? And can we move intentionally at a speed approaching startle reflex speed?

Can we train a response that can be used? And can we move intentionally at a speed approaching startle reflex speed?

There are recorded accounts of people who have trained intensively reacting to a startle stimulus in a trained response manner, while under extreme emotionally charged situations. This would indicate that although the reflex cannot be trained out, it could be substituted for movements similar to self-protection moves that you have trained for. I am not talking about full on blocks or attacks. I am talking about shielding moves of reflex hand swipes across the face. In other words, programming a response that will help protect you if surprised.

With regard to moving at the same speed, we have to understand the physiology behind the reflex. The neurons that fire during the reflex action, never reach the conscious parts of our brain. The body has to switch off all the prime mover, fixator muscles and instead use the fast twitch muscles, known as our antagonistic muscles. Typically the empirical evidence indicates that the body parts that are moving during this action first move back towards our core "The head retracts, shoulders hunch, arms bend and retract, knees bend and our legs withdraw to our core" (Chapél, 2006) briefly wanting to return to the fetal position. Knowing this and understanding the body's natural reactions will allow us, as martial artists, to prepare our students for a stimulus based trained response to a surprise attack.

What comes next is the dump of a chemical cocktail into the blood stream to enable the body to cope with the impending violence. At this stage we will also enter a state of mind that will either help or impede our survival. It's also important to remember at this point that the

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attack is a surprise! Your attacker could be lying in wait for you, or stalking you ready to attack at a moment of their choosing, when they perceive you to be at your weakest. There is unlikely to be any verbal warning that the attack is coming, therefore coping strategies for a verbal encounter should not be much of a concern with this method of attack. This is very much about prior knowledge of your body's natural protection mechanisms and the simple fact that your only chance of a response during this surprise attack, is to train a stimulus based, programmed response. There is a distinct chance that you may even be shocked into a freeze state, one in which you are incapable of any response. Now we are entering the realm of our body's physiology and the adrenal dump. What this will do is send the body into a high state of emotion, knowing what this feels like and understanding it, is the first step to coping with the effects on the body. To clarify, this is a surprise attack! First we enter a startle reflex and then the body goes into some type of fight or flight response, due to the adrenal dump. When the situation is changed to a perceived encounter first then the adrenal dump will come first.

As a martial artist, one of the first things that should be taught is awareness – awareness of your environment, the potential dangers, and how to avoid them.

Early in this article I spoke about the need to have a very limited response against a surprise attack. We need to look at this in a little more detail here. How are we going to be surprised? As a martial artist, one of the first things that should be taught is awareness – awareness of your environment, the potential dangers, and how to avoid them. Let's face it. With today's technology how many times do you see people walking down a street with ear phones in and music blasting out, or they may be totally engrossed in a phone conversation? Color coding awareness levels has

been put forward before (Cooper, 1989), with awareness levels running from white to black, white being totally un-aware and black being in the middle of combat. It's simply not possible to be totally aware at all times, we are all capable of being surprised. Even if we are expecting an assault we can still be startled. So what type of shielding moves or reflex hand swipes should we train?

As far as possible they need to mimic the movements that would be made during a startle reflex; it's no good trying to program in something that is far removed from the actual moves. We know that both hands will work in a symmetrical manner, this means that they will both retract together. This then can be used in our favor, bringing both hands in back, then up to cover the face would be one example of a shielding movement. Another could be just one hand being swiped across the face, as if trying to swat a fly away. Both have to be programmed into the responses. We must remember here that these moves are only our initial reflex responses to being surprised; we have yet to respond in a significant way.

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What I have done within this text is create a clear divide, between being surprised and going into an involuntary startle reflex. I have explained the reasons for this reflex. As our reflexes are part of our body's autonomic nervous system, there is not a great deal that we can do other than train it into an habituated state and one that will need constant re-enforcing to prevent extinction. In the coming chapters a lot of the above information will cross over into other areas, as we delve into the workings of our body and mind. The whole area of knowledge is contained within "Psychology of Confrontation" (Chapel, 2006). An area of training that I also mentioned above is stimulus training as opposed to scenario based training. This is where training a response to a stimulus takes priority over knowing what the attack will be, what's key here, is how this type of training can be started and then progressed so that true unknown attacks can be handled effectively by any student.

### References

- Chapel R, Ph.D., (1991) course book S-101 V-9.9.8
- Chapel R, Ph.D., (2006) seminar teaching notes
- Cooper J, (1989) "Principles of Personal Defence", Paladin Press

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### Advanced Curriculum Outline

The advanced curriculum is based on a 24 week cycle. The first 12 weeks are Phase A and the second 12 weeks are Phase B.

- Phase A certification allows the instructor certified to test students on camo level, green level, and purple level material.
- Phase B certification allows the instructor certified to test students on blue level, brown level, and red level material.

This completes the process of Camo-Black levels.

### Advanced Phase B Core Curriculum Outline – Weeks 13-24

Week	Focus
13	Stick defense
14	Tactical Stick
15	Self Defense Flow 1
16	Sparring 1 minute rounds
17	Long Gun Defense
18	Tactical Long Gun
19	Self Defense Flow 2
20	Sparring 1 minute rounds
21	WC 13,14 Ground Survival
22	WC 15,16 Fighting While Restrained
23	WC 17,18 Self Defense Flow 3
24	Fit test Sparring 1 minute rounds

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### Advanced Phase B Knowledge Domains

#### Week 13: Stick Defense

Techniques and tactics used to overcome an assailant armed with a stick

- Blunt force trauma is the result of being attacked with a stick or stick like object.
- The severity of injuries inflicted as a result of blunt force trauma is dependent on the location and the amount of kinetic energy transferred. Blunt force trauma may result in abrasions, contusions, lacerations, and fractures.
- Empty hand stick defense principle is to close the distance, immobilize the weapon limb, and aggressively counterattack (takedown, disarm, or terminate is optional). If you can use a weapon or improvised weapon to defend or counterattack do so.
- Even if you are hit, keep fighting.

#### Week 14: Tactical Stick

Offensive and defensive use of a stick or stick-like object in self defense

- For use of force to be justifiable it must be necessary and reasonable.
- The threat itself must be imminent and unavoidable.
- We are operating on the premise that we have no other option but to use a stick or stick like object to debilitate the attacker's physical capabilities and emotional intent. Our sole purpose is to stop the attacker by any means necessary to prevent loss of life or limb.

Stopping Methods:

- Psychological: Psychological stopping power is a "stop" that results from either the fear of the weapon itself or the fear and shock that result from a wound of any type. Basically, the attacker shuts down mentally, even though the physical damage he suffered, if any, isn't debilitating.
- Blunt force trauma to the legs or arms: Less than lethal use of force applied to structurally disable an attacker
- Blunt force trauma to the head: Lethal use of force applied to the head may cause the brain to be directly injured or shaken, bouncing against the inner wall of the skull. The trauma can potentially cause bleeding in the spaces surrounding the brain, bruise the brain tissue, or damage the nerve connections within the brain.

#### Week 15: Self Defense Flow #1

Develop our ability to respond to change in the dynamics of a physical altercation

The sequence of events of a self defense flow is as follows:

1. Any choke, bear hug, or headlock
2. Defend
3. During the counter attack attacker pushes and throws a straight punch
4. Defend
5. During counter attack attacker attempts to grab legs for takedown
6. Sprawl and counter attack then get away

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## Week 16: Sparring

Application of offensive and defensive techniques against an active opponent

- Concept: to physically strike openings (target of opportunity) on the opponent that are given or created while minimizing risk of getting hit
- Offensive Strategy: attack different levels from different angles using combinations
- Targets: head, body, legs
  - high region: shoulders to top of head
  - mid region: shoulders to hips
  - lower region: hips down
- Defensive strategy: block or evade
- Distancing: proper use of techniques and tactics relative to the space between you and your opponent
- Timing: pre-emptive attacks (just before the opponent moves) or counterattacks (immediately after the opponent moves)

## Week 17: Long Gun Defense

Techniques and tactics used to overcome an assailant armed with a long gun.

Four possible scenarios involving the use of a handgun: the gun is a form of intimidation and perceived power

- Hold up
- Hostage
- 3<sup>rd</sup> party
- Execution (can also be an active shooter)

Four possible objectives of the gunman

- Possessions: money, car, watch, etc.
- Bodily harm: abduction, rape, torture, revenge, kill, etc.
- Information: interrogation, identification, etc.
- Recognition: attention to their grief or cause

Four principles of gun defense

- Redirect the line of fire: the danger of a gun is being in the line of fire at the time of discharge
- Control the gun: so you don't get back in the line of fire
- Counter attack: to overwhelm and disable the attacker
- Disarm: leverage the barrel to strip the gun away

Tactical considerations

- The gunman has multiple points of contact with gun giving more control of the weapon
- The length of the weapon hinders the ability to reorient the muzzle
- The gun will discharge and is capable of continuing fire during the defense



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## Week 18: Tactical Long Gun

Offensive use of a long gun in self defense

The purpose is to learn how to use a long gun as a tool for self defense. Our goal is to debilitate the attacker's physical capabilities and emotional intent.

For use of force to be justifiable, it must be necessary and reasonable. The threat itself must be imminent and inevitable.

- Safety rules:
  - treat every gun as if it is loaded
  - keep your finger off the trigger until ready to shoot
  - keep muzzle pointed in a relatively safe direction
- Sight alignment: use rear sights lined up to front sights and target
- Low ready: The butt of the weapon is placed firmly in the pocket of the shoulder with the barrel pointed down at a 45-degree angle.
- 77% of shootings occur in limited or reduced light and within 10 feet with the average distance at 3-6 ft.
- Most gun fights last about 10-15 seconds with only a 20% hit rate.
- Point shooting: threat focused to acquire target (Statistics show 70% of cases reviewed by the FBI investigating LE gunfights indicated that no sight alignment was employed during a gunfight.)
- Immediate incapacitation is difficult unless the cranio-ocular cavity or the cervical spine is hit.
- Bullets incapacitate by damaging or destroying the central nervous system or by causing lethal blood loss.
- All handgun wounds will combine the components of penetration, permanent cavity, temporary cavity, and fragmentation.
- Tissue disruption caused by a handgun bullet is limited to 2 mechanisms:
  - Crush mechanism is the hole the bullet makes passing through tissue
  - Stretch mechanism is the temporary cavity formed by tissue being driven outward in a radial direction away from the path of the bullet

## Week 19: Self Defense Flow #2

Develop our ability to respond to change in the dynamics of a physical altercation

The sequence of events of a self defense flow is as follows:

1. Any choke, bear hug, or headlock
2. Defend
3. During the counter attack attacker pushes and throws a swing punch
4. Defend
5. During counter attack attacker attempts to grab legs for takedown
6. Sprawl and counterattack then get away

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### Week 20: Sparring

See week 16

### Week 21: Krav Maga Ground Survival

- The goal is to get back up and engage then evacuate or get to a dominant position engage and then evacuate.
- Statically fights end up on the ground after the first few initial strikes, either from someone being knocked down, tripping over an obstacle, slipping, or being taken down.
- This is ground survival not ground fighting.
- We must be able to attack or disengage at any time.
- We must be able to utilize carried weapons or weapons of opportunity.
- Asphalt is hard, it scrapes the skin, and is unforgiving.
- You can receive double impact from a strike, the strike itself and the floor.

### Week 22: Surviving an Abduction or Hostage Situation

- Any abduction can turn deadly, and whether the victim survives depends largely on decisions he or she makes while in captivity.
- If you can escape the initial abduction attempt, your ordeal ends right there.
- Be observant. Observe and remember as much as possible in order to help you plan an escape, predict your abductor's next moves, or give information to the police to aid in a rescue or to help apprehend and convict the kidnapper. You may not be able to use your eyes – you may be blindfolded – but you can still gather information with your senses of hearing, touch, and smell.
- There are a variety of motivations for abduction, from sexual assault to ransom demands to political leverage.
- It is generally psychologically harder for a person to kill, rape, or otherwise harm a captive if the captive remains "human" in the captor's eyes. Attempt to establish rapport with your abductor.
- Keep track of time, and try to discern patterns. It can also help you plan and execute an escape.
- If the perfect situation presents itself – you have a solid plan and are almost certain that you can successfully escape – you should take advantage of the opportunity. You should also attempt to escape, even if your chances are not good, if you are reasonably certain that your captors are going to kill you.
- Stay out of the way if a rescue attempt is made. Keep in mind that aside from the first few minutes of an abduction, the rescue attempt is the next most dangerous time in a hostage situation. Your captors may become desperate and attempt to use you as a shield, or they may simply decide to kill any hostages. Even if your captors are taken by surprise, you could be killed by the actions of police or soldiers, who may use explosives and heavy firepower to enter a building.
- When a rescue attempt occurs, try to hide from your captors, if possible. Stay low, and protect your head with your hands, or try to get behind some kind of protective barrier (under a desk or table, for example, or in a bathtub).
- Follow the rescuers' instructions carefully. Your rescuers will be on edge, and they will most likely shoot first and ask questions later. Obey all commands they give. If they tell everybody to lie down on the floor or put their hands on their heads, for example, do it.

## **Advanced Krav Maga Phase B Manual**

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### **Week 23: Self Defense Flow #3**

Develop our ability to respond to change in the dynamics of a physical altercation

The sequence of events of a self defense flow is as follows:

1. Any choke, bear hug, or headlock
2. Defend
3. During the counter attack attacker takes down
4. Go to guard
5. Scissor sweep
6. Mount counterattack
7. Attacker turns over
8. Vascular neck restraint

### **Week 24: Sparring**

See week 16

## Advanced Krav Maga Phase B Manual

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### Warrior Combinations

These are specific combatives put together to form various combinations.

#1 – jab

#2 – jab, cross

#3 – cross, hook, cross

#4 – jab, cross, hook, cross

#5 – uppercut, hook, cross, uppercut

#6 – uppercut, cross, hook, uppercut

#7 – duck, hook, cross, hook

#8 – duck, cross, hook, cross

#9 – slip, jab, cross

#10 – slip, cross, jab

#11 – cover body, duck, hook to the body, hook to the head, cross, hook

#12 – cover body, duck, hook to body, uppercut, hook, cross

#13 – leg block, cross, hook, round kick

#14 – leg block, hook, cross, switch, round kick

#15 – 3 elbows, spin, 2 elbows, knee

#16 – hook, 2 elbows, spin, 2 elbows, knee

#17 – front kick, round kick, spin, back kick

#18 – front kick, switch, round kick, spin, back kick

21 punch combo – jab, jab, cross, hook, hook, cross, duck right, cross, hook, cross, duck left, hook, cross, hook, uppercut, hook, cross, uppercut, cross, hook, cross, cross, elbow

## Advanced Krav Maga Phase B Manual

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### Training Methods

- Technical training to the air to learn the combos
- Impact on focus mitts – move around with partner and clap pads to signal start 1 min
- Offense and defense with partner- in full safety gear students use combinations against their partners while they attempt to defend against them using defensive tactics they learned in beginner Krav Maga (take turns) 1 min

### Components of Advance Krav Maga Class Dialogue

Each Krav Maga class includes the following elements:

1. **Warm up:** Accelerate heart rate and increase breathing
2. **Warrior Combinations:** Specific combatives linked together to form various combinations
3. **Warrior Conditioning:** Timed total body workout to develop the physical attributes necessary to succeed in combat
4. **Threat Recognition Drill:** Develop our ability to discriminate between various attacks
5. **Knowledge Domain:** Lecture portion of class related to the core curriculum of the week
6. **Core Curriculum**
  - Stick Defense
  - Tactical Stick
  - Long Gun Defense
  - Tactical Long Gun
  - Ground Survival
  - Fighting While Restrained
  - Self Defense Flows
  - Sparring
7. **Stress Drill:** Acclimate us to the sudden shock of being attacked
8. **Aggressiveness Drill:** Instill a survival mindset and develop our killer instincts
9. **Awards and Announcements**

The following pages have the detailed schedule for each week.

# Advanced Krav Maga

Week  
**13**

## Weekly Focus: Stick Defense

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activities:</b> <ul style="list-style-type: none"><li>• #1 - jab</li><li>• #2 - jab, cross</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li><li>• Add round kicks - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"><li>• 10 globe twist</li><li>• 10 power squats</li><li>• 10 push-ups</li></ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all chokes and shove with a swing punch <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain stick defense on board</li></ul>

# Advanced Krav Maga

Week  
**13**

## Weekly Focus: Stick Defense

Phase	Activities and Time												
<p><b>Stick Defense</b></p> <p>Techniques and tactics used to overcome an assailant armed with a stick</p>	Specific attack identified by its trajectory												
	<table border="1"> <thead> <tr> <th style="text-decoration: underline;">Attack Direction</th> <th style="text-decoration: underline;">Types</th> <th style="text-decoration: underline;">Defense</th> </tr> </thead> <tbody> <tr> <td>Peripheral</td> <td>Overhead strike Forward hand strike Backhand strike</td> <td>Enter on the negative with combatives Enter on the positive with diving (overhead) or universal cover (forward hand or backhand)</td> </tr> <tr> <td>Straight forward</td> <td>Thrust</td> <td>Redirect, pass, control, counter</td> </tr> <tr> <td>Choke from rear</td> <td></td> <td>Pluck, strike groin, turn in to escape</td> </tr> </tbody> </table>	Attack Direction	Types	Defense	Peripheral	Overhead strike Forward hand strike Backhand strike	Enter on the negative with combatives Enter on the positive with diving (overhead) or universal cover (forward hand or backhand)	Straight forward	Thrust	Redirect, pass, control, counter	Choke from rear		Pluck, strike groin, turn in to escape
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Straight forward	Thrust	Redirect, pass, control, counter											
Choke from rear		Pluck, strike groin, turn in to escape											
<p><b>Stress Drill</b></p> <p>Acclimate us to the sudden shock of being attacked</p>	<p><b>Activity:</b> Spontaneous attacks:</p> <ul style="list-style-type: none"> <li>In full gear students square off - one armed with a stick and the other empty-handed</li> <li>The objective is to mobilize weapon limb, counter, and takedown</li> </ul>												
<p><b>Aggressiveness Drill</b></p> <p>Instill a survival mindset and develop our killer instincts</p>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>One station ground and pound and other station strikes on pad</li> <li>Switch on cue</li> </ul> <p><b>Time:</b> 1 minute</p>												

# Advanced Krav Maga

Week  
**14**

Weekly Focus: Tactical Stick

Phase	Activities and Time
<p><b>Warm Up</b></p> <p>Accelerate heart rate and increase breathing</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Rotations</li> <li>• Lunge series</li> <li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li> <li>• Jump rope</li> </ul> <p><b>Time:</b> 3 minutes</p>
<p><b>Warrior Combos</b></p> <p>Specific combinations linked together to form various combinations</p>	<p><b>Note:</b> Wear all fight gear</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• #3 - cross, hook, cross</li> <li>• #4 - jab, cross, hook, cross</li> </ul> <p><b>Time:</b></p> <ul style="list-style-type: none"> <li>• Impact on focus mitts - 1 minute</li> <li>• Offense and defense with partner - 1 minute</li> <li>• Start with covers - 1 minute</li> </ul>
<p><b>Warrior Conditioning</b></p> <p>Total body workout to develop the physical attributes necessary to succeed in combat</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• 15 burpees</li> <li>• 15 V ups</li> </ul> <p><b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes</p>
<p><b>Threat Recognition Drill</b></p> <p>Develop our ability to discriminate between various attacks</p>	<p>Defend against all headlocks and shoves with a swing punch</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Review knowledge domain tactical stick on board</li> </ul>



# Advanced Krav Maga

Week  
**14**

## Weekly Focus: Tactical Stick

Phase	Activities and Time																		
<p><b>Tactical Stick</b></p> <p>Practice offensive use of a stick or stick-like object in self defense</p>	<p>Activities:</p> <table border="1"> <thead> <tr> <th>Position</th> <th>Movement</th> </tr> </thead> <tbody> <tr> <td>Standing</td> <td>Forward hand strike to leg, arm, head</td> </tr> <tr> <td>Standing</td> <td>Back hand strikes to leg, arm, head</td> </tr> <tr> <td>Standing</td> <td>Butt strike to center line - single grip and double grip</td> </tr> <tr> <td>Standing</td> <td>Overhead strike to arm or head</td> </tr> <tr> <td>Kneeling</td> <td>Forward hand strike to leg, arm, head</td> </tr> <tr> <td>Kneeling</td> <td>Back hand strikes to leg, arm, head</td> </tr> <tr> <td>Kneeling</td> <td>Butt strike to center line- single grip and double grip</td> </tr> <tr> <td>Kneeling</td> <td>Overhead strike to arm or head</td> </tr> </tbody> </table> <p>For all: Impact on pad and image on partner</p> <p><b>Time:</b> 30 seconds each</p>	Position	Movement	Standing	Forward hand strike to leg, arm, head	Standing	Back hand strikes to leg, arm, head	Standing	Butt strike to center line - single grip and double grip	Standing	Overhead strike to arm or head	Kneeling	Forward hand strike to leg, arm, head	Kneeling	Back hand strikes to leg, arm, head	Kneeling	Butt strike to center line- single grip and double grip	Kneeling	Overhead strike to arm or head
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Kneeling	Overhead strike to arm or head																		
<p><b>Stress Drill</b></p> <p>Acclimate us to the sudden shock of being attacked</p>	<p><b>Activity:</b> Bump and strike:</p> <ul style="list-style-type: none"> <li>• Operator's eyes are closed</li> <li>• Gets bumped with pad</li> <li>• Opens eyes</li> <li>• Forward hand and overhead strike</li> </ul> <p><b>Time:</b> 1 minute</p>																		
<p><b>Aggressiveness Drill</b></p> <p>Instill a survival mindset and develop our killer instincts</p>	<p>No aggressiveness drill this week</p>																		

# Advanced Krav Maga

Week  
**15**

## Weekly Focus: Self Defense Flow #1

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear  <b>Activities:</b> <ul style="list-style-type: none"><li>• #5 – uppercut, hook, cross, uppercut</li><li>• #6 – uppercut, cross, hook, uppercut</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li><li>• Start with slip - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"><li>• 10 thrusters</li><li>• 10 dive bombers</li></ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all bear hugs and shoves with a swing punch  <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain on board</li></ul>

# Advanced Krav Maga

Week  
**15**

## Weekly Focus: Self Defense Flow #1

Phase	Activities and Time												
<p><b>Self Defense Flow #1</b></p> <p>Practice stand up grab defense to punch defense to takedown defense</p>	<p>Activity:</p> <table border="1"> <thead> <tr> <th>Step</th> <th>An Attacker will...</th> <th>You will...</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Give any choke, bear hug, or headlock</td> <td>Defend with counterattack</td> </tr> <tr> <td>2</td> <td>Push and throw a straight punch</td> <td>Defend with counterattack</td> </tr> <tr> <td>3</td> <td>Attempt to grab legs for takedown</td> <td>Sprawl and defend with counterattack Get away</td> </tr> </tbody> </table> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Vary initial attack</li> <li>• Use multiple attackers</li> </ul>	Step	An Attacker will...	You will...	1	Give any choke, bear hug, or headlock	Defend with counterattack	2	Push and throw a straight punch	Defend with counterattack	3	Attempt to grab legs for takedown	Sprawl and defend with counterattack Get away
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<p><b>Stress Drill</b></p> <p>Acclimate us to the sudden shock of being attacked</p>	<p><b>Activity:</b> Spontaneous attack:</p> <ul style="list-style-type: none"> <li>• Operator facing three or more people</li> <li>• Attackers take turns going after operator randomly with a cross</li> </ul> <p><b>Time:</b> 1 minute</p>												
<p><b>Aggressiveness Drill</b></p> <p>Instill a survival mindset and develop our killer instincts</p>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Strike on pad from standing and on back</li> <li>• Switch on cue</li> </ul> <p><b>Time:</b> 1 minute</p>												

# Advanced Krav Maga

Week  
**16**

## Weekly Focus: Sparring

Phase	Activities and Time												
<p><b>Warm Up</b></p> <p>Accelerate heart rate and increase breathing</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Rotations</li> <li>• Lunge series</li> <li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li> <li>• Jump rope</li> </ul> <p><b>Time:</b> 3 minutes</p>												
<p><b>Warrior Combos</b></p> <p>Specific combinations linked together to form various combinations</p>	<p><b>Note:</b> Wear all fight gear</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• 21 punch combo</li> </ul> <p><b>Time:</b></p> <ul style="list-style-type: none"> <li>• Impact on focus mitts - 1 minute</li> <li>• Offense and defense with partner - 1 minute</li> </ul>												
<p><b>Warrior Conditioning</b></p> <p>Timed total body workout to develop the physical attributes necessary to succeed in combat</p>	<p><b>Activities:</b> Fit Test</p> <ul style="list-style-type: none"> <li>• Push ups</li> <li>• Sit ups</li> <li>• Kicks</li> <li>• Punches and kicks</li> <li>• Punches (400/min goal)</li> </ul> <p><b>Time:</b> 1 minute each</p>												
<p><b>Threat Recognition Drill</b></p> <p>Develop our ability to discriminate between various attacks</p>	<p>Defend against all chokes, head locks, and bear hugs</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Review knowledge domain sparring on board</li> </ul>												
<p><b>Sparring</b></p> <p>Offensive and defensive techniques and tactics used against an active opponent</p>	<p><b>Activity:</b></p> <table border="1"> <thead> <tr> <th>Round</th> <th>Activity</th> <th>***What's this?***</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>punches</td> <td>1-1, 2-2, 3-3. no count</td> </tr> <tr> <td>2</td> <td>kicks</td> <td>1-1, 2-2, 3-3. no count</td> </tr> <tr> <td>3</td> <td>punches and kicks</td> <td>1-1, 2-2, 3-3. no count</td> </tr> </tbody> </table> <p><b>Time:</b> 1 minute each round</p>	Round	Activity	***What's this?***	1	punches	1-1, 2-2, 3-3. no count	2	kicks	1-1, 2-2, 3-3. no count	3	punches and kicks	1-1, 2-2, 3-3. no count
Round	Activity	***What's this?***											
1	punches	1-1, 2-2, 3-3. no count											
2	kicks	1-1, 2-2, 3-3. no count											
3	punches and kicks	1-1, 2-2, 3-3. no count											

# Advanced Krav Maga

Week  
**16**

Weekly Focus: Sparring

Phase	Activities and Time
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> <ul style="list-style-type: none"><li>Multiple attackers- strikes on pad or all chokes</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activities:</b> <ul style="list-style-type: none"><li>12 burpees and break through the pads</li><li>10 second punches on pad</li></ul>

# Advanced Krav Maga

Week  
**17**

## Weekly Focus: Long Gun Defense

Phase	Activities and Time
<p><b>Warm Up</b></p> <p>Accelerate heart rate and increase breathing</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Rotations</li> <li>• Lunge series</li> <li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li> <li>• Jump rope</li> </ul> <p><b>Time:</b> 3 minutes</p>
<p><b>Warrior Combos</b></p> <p>Specific combinations linked together to form various combinations</p>	<p><b>Note:</b> Wear all fight gear</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• #7 - duck, hook, cross, hook</li> <li>• #8 - duck, cross, hook, cross</li> </ul> <p><b>Time:</b></p> <ul style="list-style-type: none"> <li>• Impact on focus mitts - 1 minute</li> <li>• Offense and defense with partner - 1 minute</li> <li>• Add round kicks - 1 minute</li> </ul>
<p><b>Warrior Conditioning</b></p> <p>Timed total body workout to develop the physical attributes necessary to succeed in combat</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• 7 jump squats</li> <li>• 7 dive bombers</li> <li>• 7 V-ups</li> </ul> <p><b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes</p>
<p><b>Threat Recognition Drill</b></p> <p>Develop our ability to discriminate between various attacks</p>	<p>Defend against all chokes and shoves with a straight punch</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Review knowledge domain long gun defense on board</li> </ul>
<p><b>Long Gun Defense</b></p> <p>Techniques and tactics used to overcome an assailant armed with a long gun</p>	<p>***What is this?***</p> <ul style="list-style-type: none"> <li>• to the front live side</li> <li>• to the front dead side</li> <li>• to the rear live side</li> <li>• to the rear dead side</li> <li>• to side in front of arm</li> <li>• to side behind arm</li> <li>• to temple</li> </ul>

# Advanced Krav Maga

Week  
**17**

Weekly Focus: Long Gun Defense

Phase	Activities and Time
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> Random long gun attacks: <ul style="list-style-type: none"><li>• Operator starts with eyes closed then opens them when gun is presented</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activity:</b> <ul style="list-style-type: none"><li>• Switch on cue - one station ground and pound and other station strikes on pad</li></ul> <b>Time:</b> 1 minute

# Advanced Krav Maga

Week  
**18**

## Weekly Focus: Tactical Long Gun

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activities:</b> <ul style="list-style-type: none"><li>• #9 - slip, jab, cross</li><li>• #10 - slip, cross, jab</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li><li>• Add front kicks - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"><li>• 12 plank knees to elbows</li><li>• 12 push ups</li></ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all headlocks and a shove with a straight punch <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain tactical long gun on board</li></ul>



# Advanced Krav Maga

Week  
**18**

## Weekly Focus: Tactical Long Gun

Phase	Activities and Time
<b>Tactical Long Gun</b>  Offensive use of a long gun in self defense	<b>Activities:</b> Cold weapon (blunt force trauma) sequence from shooting position <ul style="list-style-type: none"><li>• Diagonal butt strike up</li><li>• Diagonal barrel strike down</li><li>• Thrust with muzzle</li><li>• Step horizontal butt strike</li><li>• Back butt strike</li><li>• Step back to shooting position</li></ul> Shooting Drills <ol style="list-style-type: none"><li>1. Shooting position sequence- standing, kneeling, prone</li><li>2. Stress fire (striking and absorbing)</li><li>3. Multiple targets</li><li>4. Figure 8 movement</li><li>5. Sprint and shoot from cover</li></ol>
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> Random long gun attacks: <ul style="list-style-type: none"><li>• Operator starts with eyes closed then opens them when gun is presented</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activity:</b> <ul style="list-style-type: none"><li>• Break out of a circle of pads</li><li>• Attack heavy bag for 15 seconds</li></ul>

# Advanced Krav Maga

Week  
19

## Weekly Focus: Self Defense Flow #2

Phase	Activities and Time
<p><b>Warm Up</b></p> <p>Accelerate heart rate and increase breathing</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• Rotations</li> <li>• Lunge series</li> <li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li> <li>• Jump rope</li> </ul> <p><b>Time:</b> 3 minutes</p>
<p><b>Warrior Combos</b></p> <p>Specific combinations linked together to form various combinations</p>	<p><b>Note:</b> Wear all fight gear</p> <p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• #11 – cover body, duck, hook to the body, hook to the head, cross, hook</li> <li>• #12 – cover body, duck, hook to body, uppercut, hook, cross</li> </ul> <p><b>Time:</b></p> <ul style="list-style-type: none"> <li>• Impact on focus mitts - 1 minute</li> <li>• Offense and defense with partner - 1 minute</li> <li>• Start with #1 and #2 - 1 minute</li> </ul>
<p><b>Warrior Conditioning</b></p> <p>Timed total body workout to develop the physical attributes necessary to succeed in combat</p>	<p><b>Activities:</b></p> <ul style="list-style-type: none"> <li>• 10 globe twist</li> <li>• 10 power squats</li> <li>• 10 push ups</li> </ul> <p><b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes</p>
<p><b>Threat Recognition Drill</b></p> <p>Develop our ability to discriminate between various attacks</p>	<p>Defend against bear hugs and a shove with a straight punch</p> <p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Review knowledge domain on board</li> </ul>

# Advanced Krav Maga

Week  
**19**

## Weekly Focus: Self Defense Flow #2

Phase	Activities and Time												
<p><b>Self Defense Flow #2</b></p> <p>Practice stand up grab defense to punch defense to takedown defense</p>	<p>Activity:</p> <table border="1"> <thead> <tr> <th>Step</th> <th>An Attacker will...</th> <th>You will...</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Give any choke, bear hug, or headlock</td> <td>Defend with counterattack</td> </tr> <tr> <td>2</td> <td>Push and throw a swing punch</td> <td>Defend with counterattack</td> </tr> <tr> <td>3</td> <td>Attempt to grab legs for takedown</td> <td>Sprawl and defend with counterattack Get away</td> </tr> </tbody> </table> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Vary initial attack</li> <li>• Use multiple attackers</li> </ul>	Step	An Attacker will...	You will...	1	Give any choke, bear hug, or headlock	Defend with counterattack	2	Push and throw a swing punch	Defend with counterattack	3	Attempt to grab legs for takedown	Sprawl and defend with counterattack Get away
Step	An Attacker will...	You will...											
1	Give any choke, bear hug, or headlock	Defend with counterattack											
2	Push and throw a swing punch	Defend with counterattack											
3	Attempt to grab legs for takedown	Sprawl and defend with counterattack Get away											
<p><b>Stress Drill</b></p> <p>Acclimate us to the sudden shock of being attacked</p>	<p><b>Activity:</b> Spontaneous attack:</p> <ul style="list-style-type: none"> <li>• Operator facing three or more people</li> <li>• Attackers take turns going after operator randomly with random attacks</li> </ul> <p><b>Time:</b> 1 minute</p>												
<p><b>Aggressiveness Drill</b></p> <p>Instill a survival mindset and develop our killer instincts</p>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Strike on pad from standing and on back</li> <li>• Switch on cue</li> </ul> <p><b>Time:</b> 1 minute</p>												

# Advanced Krav Maga

Week  
20

## Weekly Focus: Sparring

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activity:</b> <ul style="list-style-type: none"><li>• 21 punch combo</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> Fit Test <ul style="list-style-type: none"><li>• Push ups</li><li>• Sit ups</li><li>• Kicks</li><li>• Punches and kicks</li><li>• Punches (400/min goal)</li></ul> <b>Time:</b> 1 minute each
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all chokes, head locks, and bear hugs <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain sparring on board</li></ul>
<b>Sparring</b>  Offensive and defensive techniques and tactics used against an active opponent	<b>Activity:</b> <ul style="list-style-type: none"><li>• All strikes: 1-1, 2-2, 3-3, no count</li></ul> <b>Time:</b> 1 minute each round

# Advanced Krav Maga

Week  
**20**

Weekly Focus: Sparring

Phase	Activities and Time
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> <ul style="list-style-type: none"><li>Multiple attackers- strikes on pad or all head locks</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activities:</b> <ul style="list-style-type: none"><li>12 burpees and break through the pads</li><li>10 second punches on pad</li></ul>

# Advanced Krav Maga

Week  
**21**

## Weekly Focus: Krav Maga Ground Survival

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing-	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activities:</b> <ul style="list-style-type: none"><li>• #13 - leg block, cross, hook, round kick</li><li>• #14 - leg block, hook, cross, switch, round kick</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li><li>• Start with #4 – jab, cross, hook, cross</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"><li>• 8 push-ups with knees to elbow</li><li>• 8 thrusters</li></ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all chokes and takedown with a swing punch <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain ground survival on board</li></ul>

# Advanced Krav Maga

Week  
21

## Weekly Focus: Krav Maga Ground Survival

Phase	Activities and Time
<b>Ground Survival</b>  Techniques and tactics used to survive an altercation on the ground	<b>Activities:</b>  Ground flow <ul style="list-style-type: none"><li>• Mount</li><li>• Trap and roll</li><li>• Guard</li><li>• Step out</li><li>• Crosssmount</li><li>• Switch base mount</li><li>• Repeat</li></ul> <p>***Is this part of the ground flow or something else?***</p> <ul style="list-style-type: none"><li>• bottom guard attacks: reverse rotational shoulder lock, arm bar, guillotine choke, triangle, scissor sweep</li><li>• top mount attacks: straight arm bar, rotational shoulder lock, head/arm choke, turn over and vascular neck restraint</li><li>• Knife attack response from mount and guard</li><li>• Knife threat response from mount and guard</li><li>• Gun defense from mount and guard</li></ul>
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> Get up: <ul style="list-style-type: none"><li>• Partner pins operator down with a pad</li><li>• Operator must get up from back and stomach then attack pad</li></ul>
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activity:</b> <ul style="list-style-type: none"><li>• Switch on cue - one station ground and pound and other station strikes on pad</li></ul> <b>Time:</b> 1 minute

# Advanced Krav Maga

Week  
**22**

Weekly Focus: Surviving an Abduction or Hostage Situation

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing-	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activities:</b> <ul style="list-style-type: none"><li>• #15 - right elbow, left elbow, right elbow, step, spin left back elbow, right elbow, 3 knees</li><li>• #16 - left hook, right elbow, left elbow, spin right back elbow, left elbow, 3 knees</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Start with covers - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"><li>• 5 dive bombers</li><li>• 5 jump knee tucks</li></ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all headlocks and takedown <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain on board</li></ul>



# Advanced Krav Maga

Week  
**22**

Weekly Focus: Surviving an Abduction or Hostage Situation

Phase	Activities and Time
<b>Fighting With Restraints</b>  Desensitize to being restrained while fighting	<b>Activities:</b> With hands tied to front or back: <ul style="list-style-type: none"><li>• Combatives on pads 30 seconds each (standing, kneeling, lying on back)<ul style="list-style-type: none"><li>○ kicks and knees</li><li>○ hands, elbows, head butts</li><li>○ Impact on pads and image on partner</li></ul></li><li>• Drive opposition to wall<ul style="list-style-type: none"><li>○ drive forward with shoulder</li><li>○ head butt upwards</li><li>○ elbows and knees</li></ul></li></ul> Being transported <ul style="list-style-type: none"><li>• pull away</li><li>• elbows and knees</li></ul>
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> Circle of pads: <ul style="list-style-type: none"><li>• Strike all pads nonstop while hands are tied</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activity:</b> <ul style="list-style-type: none"><li>• Covers from varying positions and counter punch on cue</li></ul> <b>Time:</b> 1 minute

# Advanced Krav Maga

Week  
**23**

## Weekly Focus: Self Defense Flow #3

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"> <li>• Rotations</li> <li>• Lunge series</li> <li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li> <li>• Jump rope</li> </ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear  <b>Activities:</b> <ul style="list-style-type: none"> <li>• #17 – left front kick, right round kick, reverse side kick</li> <li>• #18 – right front kick, switch round kick, reverse side kick</li> </ul> <b>Time:</b> <ul style="list-style-type: none"> <li>• Impact on body shield - 1 minute</li> <li>• Offense and defense with partner - 1 minute</li> </ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> <ul style="list-style-type: none"> <li>• 5 burpee long jumps</li> <li>• 15 air jacks</li> </ul> <b>Time:</b> AMRAP (as many rounds as possible) in 3 minutes
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against bear hugs and a tackle  <b>Activity:</b> <ul style="list-style-type: none"> <li>• Review knowledge domain on board</li> </ul>

**Comment [d1]:** These don't match the descriptions on page 18. Which are correct?

# Advanced Krav Maga

Week  
**23**

## Weekly Focus: Self Defense Flow #3

Phase	Activities and Time												
<p><b>Self Defense Flow #3</b></p> <p>Practice stand up grab defense to punch defense to takedown, ground survival</p>	<p>Activity:</p> <table border="1"> <thead> <tr> <th>Step</th> <th>An Attacker will...</th> <th>You will...</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Give any choke, bear hug, or headlock</td> <td>Defend with counterattack</td> </tr> <tr> <td>2</td> <td>Take down</td> <td>Go to guard, scissor sweep, mount, counterattack</td> </tr> <tr> <td>3</td> <td>Turn over</td> <td>Vascular neck restraint</td> </tr> </tbody> </table> <p><b>Notes:</b></p> <ul style="list-style-type: none"> <li>• Vary initial attack</li> <li>• Use multiple attackers</li> </ul>	Step	An Attacker will...	You will...	1	Give any choke, bear hug, or headlock	Defend with counterattack	2	Take down	Go to guard, scissor sweep, mount, counterattack	3	Turn over	Vascular neck restraint
Step	An Attacker will...	You will...											
1	Give any choke, bear hug, or headlock	Defend with counterattack											
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3	Turn over	Vascular neck restraint											
<p><b>Stress Drill</b></p> <p>Acclimate us to the sudden shock of being attacked</p>	<p><b>Activity:</b> Spontaneous attack:</p> <ul style="list-style-type: none"> <li>• Operator facing three or more people</li> <li>• Attackers take turns going after operator randomly with random attacks</li> </ul> <p><b>Time:</b> 1 minute</p>												
<p><b>Aggressiveness Drill</b></p> <p>Instill a survival mindset and develop our killer instincts</p>	<p><b>Activity:</b></p> <ul style="list-style-type: none"> <li>• Strike on pad from standing and on back</li> <li>• Switch on cue</li> </ul> <p><b>Time:</b> 1 minute</p>												

# Advanced Krav Maga

Week  
**24**

## Weekly Focus: Sparring

Phase	Activities and Time
<b>Warm Up</b>  Accelerate heart rate and increase breathing	<b>Activities:</b> <ul style="list-style-type: none"><li>• Rotations</li><li>• Lunge series</li><li>• Dynamic stretches (hamstrings, quads, knee hug, ankle pull with knee push)</li><li>• Jump rope</li></ul> <b>Time:</b> 3 minutes
<b>Warrior Combos</b>  Specific combinations linked together to form various combinations	<b>Note:</b> Wear all fight gear <b>Activity:</b> <ul style="list-style-type: none"><li>• 21 punch combo</li></ul> <b>Time:</b> <ul style="list-style-type: none"><li>• Impact on focus mitts - 1 minute</li><li>• Offense and defense with partner - 1 minute</li></ul>
<b>Warrior Conditioning</b>  Timed total body workout to develop the physical attributes necessary to succeed in combat	<b>Activities:</b> Fit Test <ul style="list-style-type: none"><li>• Push ups</li><li>• Sit ups</li><li>• Kicks</li><li>• Punches and kicks</li><li>• Punches (400/min goal)</li></ul> <b>Time:</b> 1 minute each
<b>Threat Recognition Drill</b>  Develop our ability to discriminate between various attacks	Defend against all chokes, head locks, and bear hugs <b>Activity:</b> <ul style="list-style-type: none"><li>• Review knowledge domain sparring on board</li></ul>
<b>Sparring</b>  Offensive and defensive techniques and tactics used against an active opponent	<b>Activity:</b> <ul style="list-style-type: none"><li>• All strikes: 1-1, 2-2, 3-3. no count</li><li>• Add takedowns</li></ul> <b>Time:</b> 1 minute each round

# Advanced Krav Maga

Week  
**24**

Weekly Focus: Sparring

Phase	Activities and Time
<b>Stress Drill</b>  Acclimate us to the sudden shock of being attacked	<b>Activity:</b> <ul style="list-style-type: none"><li>Multiple attackers- strikes on pad or bear hugs</li></ul> <b>Time:</b> 1 minute
<b>Aggressiveness Drill</b>  Instill a survival mindset and develop our killer instincts	<b>Activities:</b> <ul style="list-style-type: none"><li>12 burpees and break through the pads</li><li>10 second punches on pad</li></ul>

# **Advanced Krav Maga Phase B Manual**

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## **Krav Maga Testing Procedures**

Students are required to take both a written exam and a physical test.

### **Requirements to Test**

Students need to pre-register before both the written exam and physical test.

Students need 30 hours (30 classes) for Levels 1,2,3; 40 hours (40 classes) for Levels 4,5,6; and 50 hours (50 classes) 7,8,9 to qualify to test.

### **Test Procedures**

Written test should be taken and passed with a 90% or above before taking physical test.

Physical test is judged on speed, aggression, and technique with a grading scale of 1: poor, 2: acceptable, and 3: excelled. Scores are accumulated and the sum must be greater than the minimum to pass.

Beginner level tests (Levels 1-3) may be taken at the end of any regularly scheduled class. Everyone is involved with the test as pad holders, attackers, or motivators. Each segment of the beginner test is done for a specified time with no rest in between each segment.

Advanced level tests (Levels 4-8) are taken during a scheduled advanced testing date. Tester will be required to pass a fit test first (1 minute each: push-ups, sit ups, kicks, combos, punches) 400 total reps or more to pass.

### **Results**

Upon successfully passing both the written and physical test, students will be awarded a rank band or belt and certificate.

If student does not pass either written or physical test, then a retest should be taken as soon as possible. (Review what they did wrong and help them improve.)

# Knowledge Domain Blue Test

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Test location: \_\_\_\_\_

1. \_\_\_\_\_ is the result of being attacked with a stick or stick like object
2. The severity of injuries inflicted as a result of blunt force trauma is dependent on the \_\_\_\_\_ and the \_\_\_\_\_ transferred.
3. Blunt force trauma may result in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
4. The empty hand stick defense principle is to close the \_\_\_\_\_, \_\_\_\_\_ the weapon limb, and aggressively counterattack.
5. List the stopping methods used in tactical stick and explain.
6. List five keys to surviving an abduction or hostage situation.

# Knowledge Domain Brown Test

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Test location: \_\_\_\_\_

## Ground Survival

1. The goal is to \_\_\_\_\_ and engage then evacuate or get to a \_\_\_\_\_ engage and then evacuate.
2. Statically fights end up on the ground after the \_\_\_\_\_, either from someone being knocked down, tripping over an obstacle, slipping, or being taken down.
3. We must be able to \_\_\_\_\_ or \_\_\_\_\_ at any time.

## Sparring

4. What is the concept of sparring?
5. Describe sparring's offensive strategy.
6. Describe distancing in sparring.

## Tactical Long Gun

7. Immediate incapacitation is difficult unless the \_\_\_\_\_ or the \_\_\_\_\_ is hit.
8. Bullets incapacitate by damaging or destroying the \_\_\_\_\_ or by causing \_\_\_\_\_.



# Knowledge Domain Red Test

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Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Test location: \_\_\_\_\_

## Principles of Krav Maga

1. Use \_\_\_\_\_. We operate on the premise that there are no limiting \_\_\_\_\_ of engagement when it comes to protecting yourself.
2. Three-part process- \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
3. Our goal is to \_\_\_\_\_ and \_\_\_\_\_ the threat as quickly as possible. We do not want to get into a fight and exchange blow for blow with someone we don't know anything about (i.e., their capabilities, strength, speed, etc.).
4. Retzef: continuous and aggressive combat \_\_\_\_\_ to overwhelm the opposition.
5. Reset attacker's thought process by \_\_\_\_\_ and \_\_\_\_\_.
6. You don't beat someone physically by painning them into submission on the street, you defeat someone \_\_\_\_\_ and \_\_\_\_\_.
7. All attacks are targeted to \_\_\_\_\_ parts of the body such as the eyes, nose, ears, throat, groin, knees, and spine.
8. Maintain situational awareness while dealing with a threat in order to look for \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
9. List and explain the assault timeline.

\_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_ - \_\_\_\_\_

# Knowledge Domain Red Test

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10. Most criminals usually don't have an alternate \_\_\_\_\_ but rather an alternate \_\_\_\_\_.

11. Prevent Vulnerability and Accessibility with Barriers (list and explain)

\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_

12. Levels of Awareness (list and explain)

\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_

13. Perceptual Reactions to a Violent Attack (list and explain)

\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_  
\_\_\_\_\_ - \_\_\_\_\_

## Psychological Reactions to a Violent Attack

14. The \_\_\_\_\_ is your cognitive thinking process. It's when you are confronted with a situation in which you have \_\_\_\_\_ to assess the situation thoroughly and respond decisively.

15. You will go through a 4 step process: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.

16. When there is no time for the conscious mind to rationally think through the problem, the \_\_\_\_\_ will automatically reference an instinctive response or a general course of action from a previous experience.

17. If there is nothing in memory that relates to the current situation than cognitive \_\_\_\_\_ will occur.

# Knowledge Domain Red Test

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## Physical Reactions to a Violent Attack

18. List physical reactions to a violent attack

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## Possibility of Injury

19. \_\_\_\_\_ of injury should not deter you from fighting back.
20. Even if you are hurt it's essential to keep \_\_\_\_\_.
21. Keep in mind the \_\_\_\_\_ wounds may not be \_\_\_\_\_.
22. The sooner you \_\_\_\_\_ the attacker the \_\_\_\_\_ injuries you'll receive and the faster medical attention can be obtained.
23. A crucial factor in surviving combat is the determination to \_\_\_\_\_ and \_\_\_\_\_.

## Survival Mindset

24. The will to engage the opposition without stopping even if \_\_\_\_\_, until the attacker is no longer a threat.
25. Only with a \_\_\_\_\_ will an individual have a fighting chance at escaping and surviving a violent encounter.
26. If an individual doesn't possess the proper mindset for combat, then the sudden shock of being attacked will mitigate any skills and he/she will \_\_\_\_\_.
27. To harness this instinct, turn fear into \_\_\_\_\_ and \_\_\_\_\_. Focus this emotion against the attacker until the threat is neutralized.

# Knowledge Domain Red Test

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## Use of Force

28. Avoid any confrontation whenever possible: the fight you always win is the one you were never in. Almost all attacks are avoidable if you do not become \_\_\_\_\_ to your surroundings.
29. For use of force to be justifiable it must be \_\_\_\_\_ and \_\_\_\_\_, the threat itself must be \_\_\_\_\_ and \_\_\_\_\_.
30. Justified force must stop once the threat \_\_\_\_\_.

## Facing Multiple Attackers

31. \_\_\_\_\_ is key to keeping attackers off balance.
32. Hit and \_\_\_\_\_, engage the \_\_\_\_\_ threat then move on to the next.
33. Your goal is to eliminate the threats \_\_\_\_\_ at a time and not everyone at once.
34. Use your \_\_\_\_\_ and the \_\_\_\_\_ as physical barriers.
35. Briefly look at their \_\_\_\_\_ and assume hands out of sight may contain a \_\_\_\_\_.

## Improvised Weapons

36. When you are in a physical struggle to defend yourself, you must be able to identify and use anything in your \_\_\_\_\_ to your advantage.
37. List the four general types of improvised weapons. Give an explanation and example of each.

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

\_\_\_\_\_ : \_\_\_\_\_

# Knowledge Domain Red Test

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38. Remember that your goal is to create an \_\_\_\_\_ and \_\_\_\_\_.

39. You should never engage in conflict \_\_\_\_\_ than necessary because doing so will only increase your risk.

## Knife Threat Response

40. Define what a knife threat is.

41. What is the knife to the attacker?

42. List four possible objectives of an attacker in a knife threat.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

43. List two possible end objectives.

1. \_\_\_\_\_

2. \_\_\_\_\_

# Knowledge Domain Red Test

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## Knife Attack Response

44. Define what a knife attack is.

45. What is the principle of knife attack response?

46. For lethal force to be justifiable, it must be \_\_\_\_\_ and \_\_\_\_\_. The threat itself must be \_\_\_\_\_ and \_\_\_\_\_.

47. List and explain five primary stopping methods of using a knife.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

# Knowledge Domain Red Test

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## Gun Survival

48. List four possible scenarios involving the use of a handgun or long gun.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

49. List four possible objectives of the gunman.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

50. List four principles of gun defense.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

51. List three gun safety rules.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

52. All gun wounds will combine the components of

# Knowledge Domain Red Test

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## Stick Defense

53. \_\_\_\_\_ is the result of being attacked with a stick or stick like object
54. The severity of injuries inflicted as a result of blunt force trauma is dependent on the \_\_\_\_\_ and the \_\_\_\_\_ transferred.
55. Blunt force trauma may result in \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_.
56. The empty hand stick defense principle is to close the \_\_\_\_\_, \_\_\_\_\_ the weapon limb and aggressively counter attack.

## Tactical Stick

57. List the stopping methods used in tactical stick and explain.

## Abduction or Hostage Situations

58. List five keys to surviving an abduction or hostage situation.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



# Knowledge Domain Red Test

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## Ground Survival

59. The goal is to \_\_\_\_\_ and engage then evacuate or get to a \_\_\_\_\_ engage and then evacuate.
60. Statically fights end up on the ground after the \_\_\_\_\_, either from someone being knocked down, tripping over an obstacle, slipping, or being taken down.
61. We must be able to \_\_\_\_\_ or \_\_\_\_\_ at any time.

## Sparring

62. What is the concept of sparring?
63. Describe sparring's offensive strategy.
64. Describe distancing in sparring.

## Tactical Long Gun

65. Immediate incapacitation is difficult unless the \_\_\_\_\_ or the \_\_\_\_\_ is hit.
66. Bullets incapacitate by damaging or destroying the \_\_\_\_\_ or by causing \_\_\_\_\_.

# Blue Level Grading Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Testing Location: \_\_\_\_\_

### Fit Test (400 reps to pass)

Push ups	Sit ups	Kicks	Combos	Punches	Total

### Krav Maga Test (114 points to pass)

Testing Material	Speed	Aggression	Technique	Total
WC combine 9 and 12 1 min				
WC combine 4,8 and 13 1 min				
WC combine 10, 7, and 5 1 min				
Strike pad-hands tied-standing 30 sec				
Strike pad-hands tied-kneeling 30 sec				
Strike pad-hands tied-lying 30 sec				
Self defense flow #1 1 min				
Self defense flow #2 1 min				
Stick def OH 1 min				
Stick def forward hand 1 min				
Stick def back hand 1 min				
Stick def spontaneous attacks 1 min				
Stick def choke from rear 1 min				
TS strikes on pad standing 1 min				
TS strikes on pad kneeling 1 min				
Sparring 1 min				
Sparring 1 min				
Sparring 2v1 1 min				
Sparring 2v1 1 min				
<b>Total</b>				

Total Time: 17.5 min

Pass / Fail

Grading scale  
3: Excelled, 2: Acceptable, 1: Poor

# Brown Level Grading Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Testing Location: \_\_\_\_\_

### Fit Test (400 reps to pass)

Push ups	Sit ups	Kicks	Combos	Punches	Total

### Krav Maga Test (114 points to pass)

Testing Material	Speed	Aggression	Technique	Total
21 Punch combo 1 min				
Self defense flow #2 1 min				
Ground flow 1 min				
KAR from mount 1 min				
KAR from guard 1 min				
KTR from mount 1 min				
KTR from guard 1 min				
LGD to front 1 min				
LGD to rear 1 min				
LGD to side 1 min				
TLG striking sequence 1 min				
TLG shooting sequence 1 min				
TLG Stress fire absorbing 1 min				
TLG figure 8 movement 1 min				
Sparring 1 min				
Sparring 1 min				
Sparring 2v1 1 min				
Grappling 1 min				
Grappling 1 min				
<b>Total</b>				

Total Time: 19 min

Pass / Fail

Grading scale  
3: Excelled, 2: Acceptable, 1: Poor

# Red Level Grading Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

School: \_\_\_\_\_ Testing Location: \_\_\_\_\_

## Fit Test (400 reps to pass)

Push ups	Sit ups	Kicks	Combos	Punches	Total

## Krav Maga Test (210 points to pass)

Testing Material	Speed	Aggression	Technique	Total
WC 1-6 1 min				
WC 7-14 1 min				
WC 15-18 1 min				
21 punch combo 1 min				
Self defense flow #1 1 min				
Self defense flow #2 1 min				
Self defense flow #3 1 min				
KTR all around 1 min				
KAR spontaneous 1 min				
TK Rapid engagement 1 min				
TK Uni cover w/rev grip 1 min				
Knife flow 1 min				
Gun at front 1 min				
Gun at side 1 min				
Gun at rear 1 min				
TG Position Sequence 1 min				
TG Stress fire absorbing 1 min				
Stick def spontaneous attacks 1 min				
TS strikes on pad Standing 1 min				
Ground flow 1 min				
KAR from mount & guard 1 min				
KTR from mount & guard 1 min				
LGD to front 1 min				
LGD to rear 1 min				
LGD to side 1 min				
TLG striking sequence 1 min				
TLG shooting sequence 1 min				
TLG figure 8 movement 1 min				
Sparring 1 min				
Sparring 1 min				
Sparring 2v1 1 min				
Grappling 1 min				
Grappling 1 min				
Circle of pads standing 1 min				
Circle of pads on ground 1 min				
<b>Total</b>				

Total Time: 35 min

Pass / Fail

Grading scale:

3: Excelled, 2: Acceptable, 1: Poor

## **Advanced Krav Maga Phase B Manual**

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Things I Will Do Immediately When I Get Home

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

## Advanced Krav Maga Phase B Manual

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Thank you for attending the Warrior Krav Maga training. We hope that you have learned something new that will assist you with your adult program or start a new program. We ask that you take a minute and answer a few survey questions for us on the last page and leave it with Miss Harrison prior to leaving. Thank you again for attending and congratulations on surviving.

