



WARRIOR

KRAV MAGA ★ KICK BOXING ★ KALI

DEFENSE ★ FITNESS

KRAV!

Advanced Phase A Certification

property of...

Certification in the Warrior Program denotes a knowledge of the curriculum and completion of the program. It does not necessarily guarantee that any one individual is fully qualified to instruct or indicate the character of that person to teach. Any one instructor's ability to instruct said class is at the sole discretion of the individual school owner.



WARRIOR

KRAV MAGA ★ KICK BOXING ★ KALI

DEFENSE ★ FITNESS



MANUAL

Copyright ©2010 by Warrior Publishing. All Rights Reserved.

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, except as permitted under Section 107 or 108 of the United States Copyright Act, without the prior written permission of the Publisher. While the publisher and authors have used their best efforts in preparing this publication, they make no representations or warranties with respect to the accuracy or completeness of the contents of this publication and specifically disclaim any implied warranties of merchantability or fitness for a particular purpose.

Warrior Publishing

1400 Millco Rd., Jacksonville, FL 32225

Printed in the United States of America

Patent Pending



MANUAL



Certification Schedule

Friday 8am- 8:30pm Day One

8:00am- 9:00am	Registration, group assignments, welcome packets, coffee and donuts
9:00am-10:00am	Master Clark Opening Remarks
9:30am – 10:00am	Fitness Assesment
10:00am- 11:00am	Take Xfit Class
11:00am – 12:00pm	Presentation
12:00pm – 1:00pm	Fitness Evaluation
1:00pm – 2:00pm	Bootcamp “Squat Down For What”
3:00pm – 4:00pm	L1 Krav Maga: take Week 1 Adv Krav Maga: warrior combos 1-18, language
4:00pm – 6:00pm	L1 Kra Maga: combatives & fatigue drills Adv Krav Maga: Handgun Defenses

Continuing Education

6:30pm – 8:30pm	Kali – Blade OR Trad MA Business
-----------------	----------------------------------



MANUAL



Warrior Certification Day 2

Saturday 8am- 8:30pm

8:00am- 9:00am	Coffee and donuts
9:00am-10:00am	Master Clark opening remarks
10:00am-12:00pm	Level 1 – Defensive Tactics & Awareness Drills Adv. KM – Tactical Handgun
12:00pm- 2:00pm	Level 1 Cert – Self Defense & Stress Drills Adv. KM Cert – Control Tactics & Termination Techniques
2:00pm- 4:00pm	Level 1 – Language, Knowledge Domains & Teaching Adv. KM Cert – Knife Defense
4:00pm – 6:00pm	Level 1 Cert –Break into Groups for review – combatives group, defensive tactics group & self defense group Adv. KM Cert – Tactical Knife

Continuing Education

6:30pm – 8:30pm	Kali – Blade OR Trad MA Business
-----------------	----------------------------------



MANUAL



Warrior Certification Day 3

Sunday 8am-2:00pm

8:00am - 9:00am	Coffee, bagels and donuts
9:00am – 10:00am	Level 1 Cert – Take week 12 Adv. KM Cert – Sparring
10:00am - 11:00am	Level 1 Cert & Adv. KM Cert – Testing Procedures & Teaching
11:00am – 1:00pm	Level 1 Cert – Test L1, L2, and L3 Adv. KM Cert – Test L4, L5, and L6
1:00pm – 2:00pm	Presentation of Certificates, Pictures & Closing Remarks



MANUAL



Warrior Defense & Fitness Krav Maga Advance Phase A Certification

Advance Curriculum Outline Overview Components of class

Warrior Combinations

- 1-18

Warrior Conditioning

- Explanation
- Methods

Core Curriculum

- Handgun Survival- Handgun Defense
- Handgun Survival- Tactical Handgun
- Control Tactics
- Incapacitation and Termination Techniques
- Knife Threat Response
- Knife Attack Response
- Tactical Knife
- Sparring

Aggressiveness Drills

- Explanation
- Methods

Testing Procedures

- Requirements
- Testing Material
- Grading



MANUAL



Warrior Defense & Fitness Krav Maga Advanced Phase A Cont.

Weekly Planners

- Weeks 1-12
- Supplemental Knowledge Domains

Cost Effective Ways of Generating and Retaining Adult New Members

- Internal Marketing
- External Marketing
- Referrals
- Constant Communication



Components of Advance Krav Maga Class Dialogue

Warm up: “Let’s warm up to accelerate your heart rate and increase your breathing”

Warrior Combinations: “These are specific combatives linked together to form various combinations”

Warrior Conditioning: “To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible.”

Handgun Survival- Handgun Defense: “Principles and tactics we use to survive a confrontation with an assailant armed with a handgun.”

Handgun Survival- Tactical Handgun: “Offensive tactical use of a handgun in self defense.”

Control Tactics: “Techniques used to subdue or restrain an attacker for control or arrest.”

Incapacitation techniques: “These techniques disable the attacker by affecting the systems of the body: respiratory system, circulatory system, nervous system and skeletal system.”

Termination Techniques: “These techniques are used to cause internal decapitation or cervical dislocation by rotating the neck at an angle beyond its normal range of movement. This action disrupts the medulla oblongata by separating the brain stem from the spinal cord. As a result the respiratory and circulatory systems of the body will cease.



MANUAL



Components of Advance Krav Maga Class Dialogue

Knife Survival (Knife threat and Knife attack): “Principles and tactics we use to survive confrontation with an assailant armed with a knife.”

Tactical Knife: “Offensive tactical use of a knife in self defense.”

Sparring: “Sparring is the application of offensive and defensive techniques against an active opponent.”

Aggressiveness Drill: “Instills a Survival Mindset and develops our Killer Instincts”



MANUAL



Advance Curriculum Outline

The Advance 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.

Advance Krav Maga Phase A Weeks 1-12

Wk1 WC 1,2 3min AMRAP Hand gun defense pt 1 Aggressiveness Drill	Wk2 WC 3,4 3min AMRAP Hand gun defense pt 2 Aggressiveness Drill	Wk3 WC 5,6 3min AMRAP Tactical hand gun pt1 Aggressiveness Drill	Wk4 Fit test Sparring 1min rounds Stress drill with all self defense from Beginner
Wk5 WC 7,8 3min AMRAP Tactical hand gun pt2 Aggressiveness Drill	Wk6 WC 9,10 3min AMRAP Control tactics Aggressiveness Drill	Wk7 WC 11,12 3min AMRAP Incapacitation and Termination techniques Aggressiveness Drill	Wk8 Fit test Sparring 1min rounds Stress drill with all self defense from Beginner
Wk9 WC 13, 14 3min AMRAP Knife threat response Aggressiveness Drill	Wk10 WC 15, 16 3min AMRAP Knife attack response Aggressiveness Drill	Wk11 WC 17,18 3min AMRAP Tactical knife Aggressiveness Drill	Wk12 Fit test Sparring 1min rounds Stress drill with all self defense from Beginner



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 3 elbows 3 knees
- #16- hook 2 elbows spin 2 elbows 3 knees
- #17- front kick round kick spin back kick
- #18- front kick switch round kick spin back kick

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) 1min



Warrior Conditioning

“To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible.”

Wk1: 7 burpees, 7 dive bombers, 7 sit ups- AMRAP (as many rounds as possible) 3min

Wk2: 20 bicep curls, 20 shoulder presses, and 20 squats- AMRAP (as many rounds as possible) 3min

Wk3: 15 diamond push ups and 15 supine toe touches- AMRAP (as many rounds as possible) 3min

Wk4: Fit test

1min push ups / 1min sit ups / 1min front kicks and round kicks on pad / 1min punches and round kicks pad / 1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.

Have students partner up and one side completes the test and then other side goes.

Wk5: 15 thrusters and 15 squat upright rows- AMRAP (as many rounds as possible) 3min

Wk6: 10 push ups with band and 10 jump squats- AMRAP (as many rounds as possible) 3min

Wk7: 30 sit ups and 20 jump knee tucks- AMRAP (as many rounds as possible) 3min

Wk8: Fit test

1min push ups / 1min sit ups / 1min front kicks and round kicks on pad / 1min punches and round kicks pad / 1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.

Have students partner up and one side completes test and then other side goes.

Wk9: Burpees and V Ups- Plus 1, add one rep every time starting at 1 (3min)



MANUAL



Wk10: squat and press / sit ups- Plus 1, add one rep every time starting at 1 (3min)

Wk11: jump lunges, shoulder flies, bicep curls- Plus 1, add one rep every time starting at 1 (3min)

Wk12: Fit test

1min push ups / 1min sit ups / 1min front kicks and round kicks on pad / 1min punches and round kicks pad / 1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.

Have students partner up and one side completes test and then other side goes.

▪



MANUAL



Advance Testing Procedures

Requirements

- Phase A Certification permits the instructor to promote students up to the Blue Level
- Students need 40hours (40 classes) for Levels 4,5,6
- Students need to pre-register before their written exam and physical test
- Advance level test (4-8) are taken during a scheduled advance testing date. Tester will be required to pass a fit test first (1min each: push ups, sit ups, kicks, combos, punches) 400 total reps or more to pass
- Black Level test are held at an Formal Black Belt Testing
- Written test should be taken and passed with a 90 or above before physical test
- Physical test is judged on speed, aggression, and technique with a grading scale of 1-poor 2-acceptable 3- excelled. Numbers are accumulated and must be higher than the minimum score to pass
- Upon successfully passing both the written and physical test, students will be awarded a rank band and certificate of rank

Camo 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 (108 points to pass)

Testing Material	Speed	Aggression	Technique	Total
Warrior Combo 1- 30sec				
Warrior Combo 2- 30sec				
Warrior Combo 3- 30sec				
Warrior Combo 4- 30sec				
Take down #1- 1min				
Take down #2- 1min				
Take down #3- 1min				
Take down #4- 1min				
KTR blade at trachea- 1min				
KTR blade at carotid- 1min				
KTR blade rear touching-1min				
KTR blade rear hostage- 1min				
KTR 3 rd party hostage- 1min				
All Chokes 30sec				
All Bear hugs 30sec				
All Head locks 30sec				
Random 30sec				
Sparring 1min				
Total				

14min

Pass / Fail

Grading scale is 3-excelled 2- acceptable 1-poor



MANUAL



Green 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 (108 points to pass)

Testing Material	Speed	Aggression	Technique	Total
Warrior Combo 5- 1min				
Warrior Combo 6- 1min				
KAR 360 defense- 1min				
KAR Spontaneous Blitz-1min				
TK stab/slash sequeunce-1min				
TK Straight stab drill – 1 min				
TK Rev grip drill – 1min				
TK triple pass stab drill – 1 min				
Knife flow 1 min				
Vascular neck restraint- 30sec				
Ankle crush- 30sec				
Cervical dislocation front 30sec				
Cervical dislocation rear- 30sec				
All Chokes 30sec				
All Bear hugs 30sec				
All Head locks 30sec				
Random Self Defense 30sec				
Sparring 1min				
Sparring 1min				
Total				

15min

Pass / Fail

Grading scale is 3-excelled 2- acceptable 1-poor



MANUAL



Purple 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
Warrior Combo 7- 1min				
Warrior Combo 8- 1min				
Warrior Combo 9- 1min				
Warrior Combo 10- 1min				
Gun at front- 1min				
Gun at side- 1min				
Gun at rear- 1min				
Gun at rear hostage- 1min				
Gun 3 rd party protection- 1min				
TG Position Sequence- 1min				
TG Stress fire absorbing- 1min				
TG Move off the X- 1min				
All Chokes 30sec				
All Bear hugs 30sec				
All Head locks 30sec				
Random 30sec				
Sparring 1min				
Sparring 1min				
Sparring 1min				
Total				

17min

Pass / Fail

Grading scale is 3-excelled 2- acceptable 1-poor



MANUAL



Knowledge Domain Camo Test (90 or above to pass)

Name: _____ Date: _____

School: _____ Testing Location: _____

Define what a Knife Threat is:

The Knife is what to the attacker?

4 Possible objectives of an attacker in a Knife Threat:

- 1.
- 2.
- 3.
- 4.

2 Possible end objectives:

- 1.
- 2.



MANUAL



Knowledge Domain Green Test (90 or above to pass)

Name: _____ Date: _____

School: _____ Testing Location: _____

Define what a Knife Attack is:

What is the principle of Knife Attack Response?

"For Lethal Force to be Justifiable it must be _____ and _____. The threat itself must be _____ and _____."

5 Primary stopping methods of using a knife (list and explain)

1.

2.

3.

4.

5.

Knowledge Domain Purple Test (90 or above to pass)

Name: _____ Date: _____

School: _____ Testing Location: _____

4 possible scenarios involving the use of a handgun:

1.

2.

3.

4.

4 possible objectives of the gunman

1.

2.

3.

4.

4 principles of gun defense

1.

2.

3.

4.

List 3 Gun Safety Rules

1.

2.

3.

All handgun wounds will combine the components of

1.

2.

3.

4.

Advanced Krav Maga Wk 1

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear all fight gear

#1- jab

#2- jab and cross

Technical to review combos

Impact on focus mitts- 1 min

Offense and defense with partner

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."
7 burpees, 7 dive bombers, 7 sit ups AMRAP (as many rounds as possible) 3min

Gun Defense Pt. 1

"Principles and tactics we use to survive a confrontation with an assailant armed with a handgun."

Review Gun Defense Knowledge Domain on board

Live Demonstration

Practical Application use gun as a cold and hot weapon once the gun is disarmed

Gun from the front redirect to center

Gun to front redirect to outside

Gun to front redirect upward

Gun from the front with other hand pushing

Gun from the front with barrel pushing

Gun from front under chin

Gun from front while on knees

Gun to temple

Gun to side in front of arm

Gun to side behind arm

Training with a partner- alternating responsibility (emotion drives attack)

Training with a partner- operator starts with eyes closed to be surprised by attack

Stress drill- strikes on pad non stop, partner attacks with gun, disarm and go back to striking pad

Train in operational territory- respond to attack getting out of cars, getting into cars, walking in parking lot, walking out a door, etc.

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Break through the pads (either pinned to the corner of the wall or have 2 lines of pads) and strike pad for 10sec. operator must go through 2 times

Advanced Krav Maga Wk 2

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear all fight gear

#3- cross, hook, cross

#4- jab, cross, hook, cross

Technical to review combos

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

* add a rear leg or lead leg knee after each combo

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."
20 bicep curls, 20 shoulder presses, and 20 squats AMRAP (as many rounds as possible) 3min

Gun Defense Pt. 2

"Principles and tactics we use to survive a confrontation with an assailant armed with a handgun."

Review Gun Defense Knowledge Domain on board

Live Demonstration

Practical Application use gun as a cold and hot weapon once the gun is disarmed

Back touching

Back not touching

Back touching close

Back hostage gun is pointing at temple

Back hostage gun is pointing forward

Gun pointing at someone else while you are standing perpendicular to gunman

Gun pointing at someone else while you are standing next that person facing gunman

- Training with a partner- alternating responsibility (emotion drives attack)
- Training with a partner- operator starts with eyes closed to be surprised by attack
- Stress drill- strikes on pad non stop, partner attacks with gun, disarm and go back to striking pad
- Train in operational territory- respond to attack getting out of cars, getting into cars, walking in parking lot, walking out a door, etc.

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"
belt pull drill 1min- operator attacks pad while being pulled back by partner with a belt

Advanced Krav Maga Wk 3

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear all fight gear

#5- right uppercut, hook, cross, left uppercut

#6- left uppercut, cross, hook, right uppercut

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Start from covers and strike on cue- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."

15 diamond push ups and 15 supine toe touches AMRAP (as many rounds as possible) 3min

Tactical Handgun

"Offensive tactical use of a handgun in self defense."

Review Knowledge Domain Tactical Handgun on board

As a cold weapon the handgun is used for striking:

- Diagonal strikes with bottom of muzzle
- Straight thrust with front of muzzle (from shooting position and barrel grip)
- Hammer fist to side with muzzle

Technical training to air, impact to pad, and image with partner

Practice from striking in various positions: standing, kneeling, sitting, lying down

As a hot weapon the handgun is used to shoot: use rubber guns to practice dry fire and airsoft guns to shoot

- Shooting position sequence- standing isosceles, step forward to one knee, move back to sitting, lay on back, reposition to side, reposition to other side, reposition to back sit up to one knee, move back
- Stress fire (striking)- Engage from 3ft, 6ft, and 10ft after punching pad for 30sec at each distance (5sec or less to shoot)
- Stress fire (absorbing)- hold gun in two hand retention position while being bumped by pad then on cue engage threat at specified distance
- Close contact shooting (from single arm retention)- hold gun in single hand retention position while being bumped by pad then on cue engage threat at close contact

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Circle of pads- striking non stop standing 30sec kneeling 30sec and on back 30sec

Advanced Krav Maga Wk 4

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Conditioning: "To prepare for our Adv Test we will engage all out in 5 x 1min."

Fit test

1min push ups

1min sit ups

1min front kicks and round kicks on pad

1min punches and round kicks pad

1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.

Have students partner up and one side completes test and then other side goes. .

"Sparring is the application of offensive and defensive techniques against an active opponent."

Strategy:

Attack different levels from different angles using combinations. No one can block everywhere at once, so go for openings or create openings.

Distance is Key:

You control the distance between you and your opponent by your movement, feints, and attacks. You can stay outside of attacking range, move into 3 striking ranges, clinch for vertical grappling, or takedown to ground fighting

Closing the Gap:

Enter with attacks or on a broken rhythm

Defense:

Evade- move off the line of an attack but to counter you must close the gap
Block- deflect an attack and counter immediately due to contact range, otherwise move because you maybe opening yourself up somewhere else

Spar focusing on each concept for a 1min round

Sparring

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

free for all with all chokes, head locks, and bear hugs 2min

Everyone attacks everyone non stop.

Advanced Krav Maga Wk 5

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations"

Wear all fight gear

#7- duck left, hook, cross, hook

#8- duck right, cross, hook, cross

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Start from covers and strike on cue- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."
15 thrusters and 15 squat upright rows AMRAP (as many rounds as possible) 3min

Tactical Handgun

"Offensive tactical use of a handgun in self defense."

Review Knowledge Domain Tactical Handgun on board

As a hot weapon the handgun is used to shoot: use rubber guns to practice dry fire and airsoft guns to shoot

- Sprint in single hand retention- engage threat at 10ft
- Move through a crowd (in single arm retention)- get to threat and engage at 10ft
- Multiple threats- engage multiple targets
- Threat and no threat- turn away from target, on cue turn and engage threat targets only
- Move off the X- laterally move right or left while shooting
- "Slicing the Pie"- engage a threat around a corner
- Shoot from cover- engage a threat from behind cover
- VIP Protection 2 guards- one jumps in front to engage threat while the other escorts principle away
- VIP Protection 1 guard- arm sweeps in front of principle to move him behind and engage threat

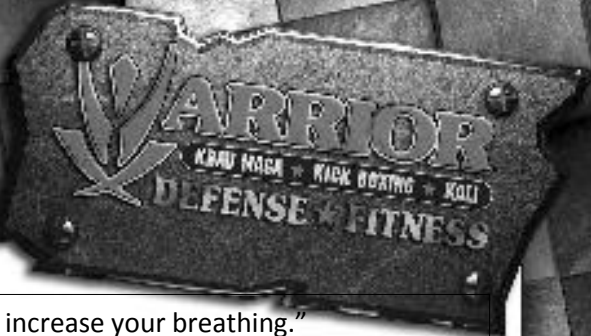
*Use double taps on all drills

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Break through the pads (either pinned to the corner of the wall or have 2 lines of pads) and strike pad for 10sec. operator must go through 2 times



MANUAL



Advanced Krav Maga Wk 6

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
 rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
 jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear full fight gear

#9- slip left, jab, cross

#10- slip right, cross, jab

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."

10 push ups with band and 10 jump squats AMRAP (as many rounds as possible) 3min

Control Techniques

"Techniques used to subdue or restrain an attacker for control or arrest."

Tactical Takedowns:

1. Front rotation head push to put assailant in seated position
2. Leg sweep
3. Rear neck flexion to put assailant in seated position
4. Front tackle

From seated position to take to belly down pull arm around leg and guide head

* Apply takedowns during all self defense 30sec each: chokes, headlocks, bear hugs

Tactical Locks:

Rotational locks- rotating a joint beyond normal range of motion

Twisting wrist lock

Figure 4 shoulder lock

Hammer lock

Hyperflexion Locks – decreasing the angle between two parts

Downward wrist lock

Reverse downward wrist lock

Goose neck wrist lock

Chicken wing wrist lock

Hyperextension Locks- bending a joint against its normal range of motion using a fulcrum

Arm bar

Knee bar

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Belt pull drill 1min- operator attacks pad while being pulled back by partner with a belt

Advanced Krav Maga Wk 7

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear all fight gear

#11- left cover body, left duck, left hook to body, left hook to head, cross, hook

#12- right cover body, right duck, right hook to body, right uppercut, left hook, right cross

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."
30 sit ups and 20 jump knee tucks AMRAP (as many rounds as possible) 3min

Lethal Force Techniques

Lethal force objectives are only employed if the defender is under reasonable apprehension of imminent death or grievous bodily harm with no other means of escaping or surviving the violent encounter.

Incapacitation techniques- disabling the attacker by affecting the systems of the body: respiratory system, circulatory system, nervous system and skeletal system

- Vascular neck restraint
- Ankle crush
- Attacks to the spine

Termination techniques- used to cause internal decapitation or cervical dislocation by rotating the neck at an angle beyond its normal range of movement. This action disrupts the medulla, at the junction of brain and skull, by separating them. It will relax the veins of the body, blood will not return to the heart, and the person is thus dead -- zero cardiac output -- before the body falls to the ground.

- From side head control
- From rear standing
- From rear seated
- From rear standing back to back

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"
Circle of pads- striking non stop standing 30sec kneeling 30sec and on back 30sec

Advanced Krav Maga Wk 8

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Conditioning: "To prepare for our Adv Test we will engage all out in 5x 1min rounds."

Fit test

1min push ups

1min sit ups

1min front kicks and round kicks on pad

1min punches and round kicks pad

1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.
Have students partner up and one side completes test and then other side goes.

Sparring

"Sparring is the application of offensive and defensive techniques against
an active opponent."
(light contact)

Round 1- Punches only (body and head)

Round 2- Punches with takedowns (body and head)

Round 3- Kicks only (legs, body, and head)

Round 4- Kicks and takedowns (legs, body, and head)

Round 5- Punches and kicks with takedowns (legs, body, and head)

Sparring 1min x 5 rounds- rotate partners several times, but do all 5 rounds
with that person (wear all sparring gear)

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"
free for all with all chokes, head locks, and bear hugs 2min
Everyone attacks everyone non stop.

Advanced Krav Maga Wk 9

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear full fight gear

#13- left leg block, cross, hook, round kick

#14- right leg block, hook, cross, switch round kick

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."

Burpees and V Ups Plus 1- add one rep every time starting at 1 (3min)

Knife Threat Response

"Principles and tactics we use to survive a confrontation with an assailant armed with a knife.:

A **Knife Threat** means an aggressor is using the knife as a form of intimidation to reach one of 4 possible objectives.

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

- A. Blade at trachea- redirect to direction blade is pointing, circle pass to under hook side control, chose from there
- B. Blade at carotid-pass with opposite hand to direction blade is pointing, ending up in under hook side control, chose from there
- C. Blade at back touching- turn to identify threat, redirect with arm, step in with elbow, knee groin, takedown #1
- D. Blade at trachea from rear hostage- trap, rotate in, head pops out, stab
- E. 3rd Party blade from rear hostage- push elbow, pull wrist, arm bar to ground
- F. 3rd Party blade from rear hostage- push elbow, pull wrist, arm bar, figure 4 shoulder lock to ground

Possible end objectives:

"Get away"- defend attack, violently counter, escape

"End it"- defend attack, violently counter, cervical dislocation or disarm and use the blade offensively

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Break through the pads (either pinned to the corner of the wall or have 2 lines of pads) and strike pad for 10sec. operator must go through 3 times

Advanced Krav Maga Wk 10

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push), jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations. Wear full fight gear
#15- right elbow, left elbow, right elbow, step spin left back elbow, right elbow, right knee
#16- left hook, right elbow, left elbow, spin right back elbow, left elbow, left knee
Impact on focus mitts- 1 min
Start from covers and go on cue- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."
squat and press / sit ups: Plus 1- add one rep every time starting at 1 (3min)

Knife Attack Response

"Principles and tactics we use to survive a confrontation with an assailant armed with a knife."

A Knife Attack means the blade is in motion and the attacker is trying to seriously injure or kill. The principle is to defend as much as possible (you will get cut), burst in, control weapon limb, violently counter attack, and evacuate, disarm, or terminate

Tactical considerations:

- If you are able to detect that the attacker has a knife, deploy a weapon immediately or burst in to control the weapon limb and counter attack aggressively.
- However, statistics show that knife attack victims seldom realize a knife was deployed until the confrontation was over, either by the nature of their wounds or a knife left at the crime scene. This is because a knife can easily be concealed and people tend to get immediately fixated on what they perceive as the most threatening which in most cases is the attacker's intimidating stare or yelling mouth.
- In the best possible situation you will get cut and the worst you'll die. With adrenalin pumping you won't feel the blade stab into you, only the pummel as it hits. It takes time to die from knife wounds, you will more likely pass out.
- It's difficult to be surgical in such an extreme and unpredictable attack. Specific attacks can be identified but understand the knife can change direction from moment to moment.
- Keep in mind the aggressor may be under the influence or have a strong desire to harm you. Your response must be immediate, decisive and aggressive.

Practical Applications:

- A. slashing- universal cover, burst in, control position, knee, rotation takedown, strike, disarm or leave
- B. thrust- redirect, counter attack, control weapon limb, disarm
- C. ice pick and upward stab- block, counter attack, control weapon limb, objective
- D. Random- in universal shield get cut then burst in with universal cover, attack, takedown #1
- E. Random from rear- get cut then burst in with universal cover, attack, takedown #1

Possible objectives to end the confrontation:

"Get away"-defend attack, violently counter, escape

"End it"- defend attack, violently counter, cervical dislocation or disarm and use the blade offensively

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Belt pull drill 1min- operator attacks pad while being pulled back by partner with a belt



MANUAL



Advanced Krav Maga Wk 11

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push), jump rope 3min

Warrior Combination

"These are specific combatives linked together to form various combinations."

Wear full fight gear

#17- left front kick, right round kick, land back, spin back kick

Impact on heavy bag- 1 min

Impact on pads moving around- 1min

Offense and defense with partner- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."

jump lunges, shoulder flies, bicep curls: Plus 1- add one rep every time starting at 1 (3min)

Tactical Knife

"Offensive tactical use of a knife in self defense."

Cover Knowledge Domain Tactical Knife on board

Grips with knuckle alignment

Forward grip: blade is thumb side

Reverse grip: blade is pinky side

Attacking methods

Stabs: use the tip of blade to puncture – practice stabbing different angles

Slashes: use the sharp edge of blade to slice – practice cutting different angles

Blunt Trauma: use the pommel end to strike – practice striking different angles

Technical training to air and image to partner.

Stab/Slash Sequence

Upward stab, slash out, stab armpit, slash throat, pull head down, stab spin, slash carotid artery

Triple pass stab drill

Redirect, pass, grab elbow, stab, repeat

Reverse Grip Drill

1) Outside parry the downward stab

2) Inside catch, clear, trap

3) Slash as you outside parry, clear, trap

Straight stab drill

Slash bicep, pass, grab elbow, stab, grab shoulder, twist blade and cut to back, stab brain stem

Flow:

Forward grip- straight stab, block stab, pass, slash neck, slash other side of neck, circle pass

Reverse grip- redirect, slash, stab neck, block, cut up, pass, block, pass, ice pick stab

Reverse grip flow:

A) Downward stab, turn slash up and parry down, downward stab

B) Outside parry and slash, stab kidneys, catch slash out

*switch roles

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Circle of pads- striking non stop standing 30sec kneeling 30sec and on back 30sec

Advanced Krav Maga Wk 12

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Conditioning: "To prepare for our Adv Test we will engage all out in 5 x 1min rounds."

Fit test

1min push ups

1min sit ups

1min front kicks and round kicks on pad

1min punches and round kicks pad

1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.

Have students partner up and one side completes test and then other side goes.

Sparring

"Sparring is the application of offensive and defensive techniques against
an active opponent."
(light contact)

Round 1- straight punches and hooks (body and head)

Round 2- round kicks and front kicks (body and head)

Round 3- straight punches and front kicks (legs, body, and head)

Round 4- hooks and round kicks (legs, body, and head)

Round 5- all strikes (legs, body, and head)

Sparring 1min x 5 rounds- rotate partners several times, but do all 5 rounds
with that person (wear all sparring gear)

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"

Free for all with all chokes, head locks, and bear hugs 2min

Everyone attacks everyone non stop.



Supplemental Knowledge Domain Hand Gun Defense

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

1. Hold up
2. Hostage
3. 3rd Party
4. Execution (can also be an active shooter)

4 possible objectives of the gunman

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

4 principles of gun defense

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

Tactical considerations:

- At a great range run away laterally and find cover or concealment
- At a range beyond reach you can comply with demands if you feel that will be the end of the confrontation or do nothing to make the attacker close the distance to appear more threatening and intimidating
- At a range within arm's reach a gun defense can be made immediately
- The race is not against the trigger pull, but rather the time it takes for the gunman to make a cognitive recognition of your defense
- With the gunman's finger on the trigger, any sudden grab of the gun will cause a sympathetic reflex (clenching fist and retracting arms) and this will cause an accidental discharge
- The gunman will experience sensory overload: the loud bang from the gun will cause ringing in his ears and a startle flinch, pain from being hit and finger being broken, and visual confusion from seeing you with the gun
- Statically only about 10% of gunshot victims actually die so you have a 90% survival rate, even if you are shot a strong determination to survive can keep you fighting
- Dealing with a semi automatic, grabbing the barrel will interfere with the normal firing operation. The slide will not be able to eject the empty cartridge and a jam may occur. To resolve this malfunction, simply tap the magazine and rack the slide. This will eject the cartridge and load a new round for firing.
The gun may also be used as a blunt striking weapon



MANUAL



Supplemental Knowledge Domain Tactical Hand Gun

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

Purpose is to learn how to use a handgun as a tool for self defense. Our goal is to debilitate the attacker’s physical capabilities and emotional intent.

As a cold weapon the handgun is used for striking: point of impact is the muzzle

As a hot weapon the handgun is used to shoot:

- 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 safe direction
- Sight alignment- using rear sights lined up to front sights lined up to target
- Low ready- is accomplished by lowering the *gun* and arms to an area below the target without bending the arms
- Retention position- gun is held close to body to prevent anyone from grabbing the weapon
- Isosceles shooting stance- legs just beyond shoulder width, knees slightly bent, body forward to the threat and arms in an isosceles triangle
- Shoot from kneeling, sitting, lying on back, lying on side, and prone

Tactical considerations

- Most shootings 77% occur in limited or reduced light and only within the distance of 10ft with the average distance at 3ft-6ft
- 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 and stretch mechanism is the temporary cavity formed by tissue being driven outward in a radial direction away from the path of the bullet



Warrior Krav Maga Tactical Shooting Drills

1. Shooting position sequence- standing isosceles, step forward to one knee, move back to sitting, lay on back, reposition to side, reposition to other side, reposition to back sit up to one knee, move back
2. Stress fire (striking)- Engage from 3ft, 6ft, and 10ft after punching pad for 30sec at each distance (5sec or less to shoot)
3. Stress fire (absorbing)- hold gun in two hand retention position while being bumped by pad then on cue engage threat at specified distance
4. Close contact shooting (from single arm retention)- hold gun in single hand retention position while being bumped by pad then on cue engage threat at close contact
5. Sprint in single hand retention- engage threat at 10ft
6. Move through a crowd (in single arm retention)- get to threat and engage at 10ft
7. Multiple threats- engage multiple targets
8. Threat and no threat- turn away from target, on cue turn and engage threat targets only
9. Move off the X- laterally move right or left while shooting
10. "Slicing the Pie"- engage a threat around a corner
11. Shoot from cover- engage a threat from behind cover
12. VIP Protection 2 guards- one jumps in front to engage threat while the other escorts principle away
13. VIP Protection 1 guard- arm sweeps in front of principle to move him behind and engage threat



Supplemental Knowledge Domain for Tactical Knife

“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 knife or blade 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.

Primary Stopping Methods

1. Psychological

Psychological stopping power is a “stop” that results from either the fear of the knife 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.

2. Hypovolemic shock

An emergency condition in which severe blood and fluid loss make the heart unable to pump enough blood to the body. This type of shock can cause many organs to stop working. (ex. Cutting the Carotid artery, jugular vein, subclavian artery, axillary artery, descending aorta, femoral artery)

3. Damage to major life-supporting organs

Targeting your attacker’s heart or lungs

4. Damage to the central nervous system

Targeting the central nervous system—the brain stem and spinal cord—with a knife is an effective and virtually instantaneous method of incapacitating an attacker.

5. Structural stops

- Cutting muscles and tendons to hinder or impair motor functions:
- Cutting the inside forearm and flexor tendons on wrist and hands to destroy grip.
- Cutting the bicep and triceps to impede coordination motion of the weapon arm.
- Cutting the quadriceps above the knee and the sides of the knee to disrupt the attacker’s mobility and allow you to create distance and seek escape
- Cutting the Achilles tendon to affect the attackers ability to walk



Cost Effective Ways of Generating and Retaining Adult New Members

“New Members and Retention are the heart of our business.”

Internal Marketing: Have events every month at your location that is open to the public to raise awareness about your facility. Big events drive emotion and enrolling is an emotional decision.

- Fitness Bootcamps- Dirty 30's, Filthy 50's, Sinful 60's, Abzilla, Arm-ageddon, Butts and Guts, etc.
- Self Defense Seminars- Gun defense, Knife Survival, Surviving an Active Shooter Event, Ground Survival, etc.
- Open House and Potlucks
- Social media- Facebook is a great way reach a multitude of people that know each other. Check in and have all your members check in, take pics and post them with tags so their friends will see them, create events and invite your members and tell them to invite their friends, etc.

External Marketing: Everyday go out in your community and invite people to train at your center.

- VIP's- you can go through your daily routine but invite everyone you come in contact with and give them a card or you can block off a time to VIP at a specific location
- Business to Business Networking- Go door to door of every shopping center around you and give the manager a gift certificate for 4 weeks free or a Free Team Building Workshop for all the employees
- Street Signs- put out street signs around your location
- Booth at the movies, health fair, business expo, etc.

Referrals: Create a community with all your members. Everyone wants to belong, feel acknowledged, and appreciated. This is one of the most powerful and cost effective ways to grow. People like to go where they know people.

- Every appointment, enrollment, and class should be informed to bring a guest
- Monthly events that members can bring guest to participate (have an enrollment special that day)
- At different days of the week pass out cards to students in class to invite guest
- Use social media- take pics of members with their guest and post it on facebook, tag them in the pic, find them and friend them, get them to like your business page, etc



MANUAL



Referrals Cont.

- Tell all groupings that don't enroll on the first day that they can bring a guest to train for free for the duration of their grouping.
- Every time a member sponsors someone new give them a free month or free classes on the end of their membership.

Constant Communication: Customer engagement is vital to the success of our business. With the rise in social media and personal mobile devices customers are increasingly demanding more interactive dialogue with the world around them.

- Every Monday email all members weekly announcements (ie. Curriculum highlights, events, reminders, student highlights)
- Every Wednesday email a tip of the week
- Follow up with all leads via emails, text, and calls inviting them to class or a special event
- Text to confirm all appointments
- Use social media: post motivating pics with quotes, take pics of new members with the class welcoming them, randomly take pics of class, testings, presentation of awards and post them with tags, be friends with all your members and have them like your business page,
- Hand write and mail good job and miss you cards



MANUAL



Bootcamp Explanation

Why do it?

The purpose is a monthly activity used to generate new members, build retention, and collect revenue.

New Members:

- Referrals-this gives your current members a special reason to invite their friends and family
- New prospects-because fitness has such a large market segment, Bootcamp events can generate a larger interest and participation at your facility that can segway to Krav Maga or Kickboxing
- Reactivation- this gives a reason to invite back all of the previous members that expired and did not renew, drop outs, and old leads

Retention:

- Bootcamps give existing members something different to participate in and look forward to
- Camaraderie is built through friendly competition
- A culture of striving and motivating others to succeed is developed

Revenue:

- Enrollment special that day only
- Special offer on membership extensions
- Cash out discount
- Merchandise
- Prepaid testings



Bootcamp Explanation Continued

How To:

- Decide a date- usually Saturdays work best
- Pick a format to use: specified reps or time, how many exercises to use and a time limit (should be challenging and push members to their limits)
- Choose exercises from Warrior Xfit
- Add running in between sets or as a check in/out
- Come up with a name such as Dirty 30's, Abzilla, Butts and Guts, Turkey Day Massacre, Beg for Mercy, Cannibalize the Weak
- Use Facebook to create an event and invite your students email and or text everyone an invite
- Create a list of names of people to approach to offer cashouts, gear packages, prepaid testings, membership extensions, etc.
- At the event write the exercises on a dry erase board and have everyone write their names on the board
- Explain exercises and structure of Bootcamp then get them started
- Take close up pictures to post on facebook and tag them
- At the end write everyone's times on the board
- Offer a "Today Only" enrollment special to all guests
- Take group pictures
- Have water, coffee and bagels from everyone to celebrate after the workout
- Present the people on your list



MANUAL



"Squat Down For What" Bootcamp

30 sumo squats
30 jump squat turn
50 walking lunges
30 long jumps
30 squat front kicks
50 mountain climbers
30 jump knee tucks
30 power squats
30 touch and jump
Run Lot

3 Sets

Check in/out 20 Burpees



Friday Homework

Name: _____ Date: _____

List the 4 possible scenarios involving the use of a handgun:

List the 4 objectives of a gunman:

Name the 4 principles of gun defense:

Most shootings 77% occur in _____ and within a distance of _____.

Most gunfights last seconds with a hit ratio of _____.

List the 4 components of handgun wounds:

What are some of the main purposes of using the Fitness Assessment with a potential member?

What are some key points when engaging in dialogue during the Fitness Assessment?

Explain nonverbal communication used during the Fitness Assessment.



MANUAL



Saturday Homework

Name: _____ Date: _____

What is the purpose of having Special Bootcamp events?

Write the verbal dialogue for each component of the Advance Class.

Warm up:

Warrior Combinations:

Warrior Conditioning:

Handgun Survival- Handgun Defense:

Handgun Survival- Tactical Handgun:

Control Tactics:

Incapacitation techniques:

Termination Techniques:

Knife Survival (Knife threat and Knife attack):

Tactical Knife:

Sparring:

Aggressiveness Drill:

In the Presentation during the enrollment process, what are the 5 components in order?



MANUAL



Things I Will Do Immediately When I Get Home

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



MANUAL



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 page in the back of your manual and
leave it with Miss Harrison prior to leaving . Thank you
again for Attending and Congratulations on
Surviving





WARRIOR

KRAV MAGA ★ KICK BOXING ★ KALI

DEFENSE ★ FITNESS

www.WarriorDefenseFitness.com



MANUAL



Sunday Survey

Name _____ Date _____

Email: _____ Phone: _____

Did this certification meet or exceed your expectations?

Can you foresee how this training will help your business grow?

What did you like the most about the training?

What would you like to see more of?

What would you like to see us improve?

Will you recommend our training to others?

Are you interested in our next Adv Level Training?