

UNDERSTANDING KRAV MAGA

**Learn How To React To Any
Type Of Threat Without
Hesitation**



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By

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Introduction

Before you start reading

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When people think of self defense techniques and programs, they usually think about martial artists who know karate or taekwondo. The truth is that self defense techniques can be learned without having to be a martial artist. No matter if you are an athlete or a layman person with an average physique, you can use self defense techniques to protect yourself in almost any life threatening situation. All you have to do is choose a self defense system that can be applied to real world encounters. If you have purchased this book then you are obviously considering Krav Maga as your own self defense system. But before you consider learning Krav Maga, you need to understand what its purpose actually is.

Krav Maga is designed to neutralize your opponents in the shortest amount of time. It isn't about putting on a martial arts show where you are doing fancy high kicks and splits on the ground. Krav Maga is about ending the threat upon you as quickly as possible. This is done by understanding all

of the weak spots on the body and counterattacking those weak spots on your opponent after they try to attack you. That way the fight will end quickly without it turning into a bloody brawl. When it comes to defending yourself against their attacks, you will learn how to block their attacks first and then counterattack in these weak spots to incapacitate them. In a realistic fighting situation, a person who uses Krav Maga correctly should be able to end the fight within ten seconds.

Military organizations in every country around the world have developed their own unique systems of self defense. In Israel, the self defense system that was developed for the Israeli military is called Krav Maga. It combines a variety of fighting techniques that were taken from various self defense crafts and martial art forms, including Judo, wrestling, boxing and Akido. However, Krav Maga is different because it is not used for sport or show. It is known as a self defense technique for real world fighting situations only. This means there are no rules or precautions taken when someone uses Krav Maga against their opponent. In fact, they will often inflict brutal counterattacks against their opponent after they have blocked their initial attack. This guarantees their success in the fight and in saving their own life.

Krav Maga is a self defense system that is suitable for all kinds of professionals to use against their attackers. The most common professionals who use this training are police officers, bodyguards, and corrections officers. These kinds of jobs are most likely going to have hostile situations where the professional will have to defend themselves or someone else against a violent attacker. However, this doesn't mean you shouldn't learn Krav Maga if you

are just an officer worker or working some nonviolent job. Violence exists in every country in the world and it could be inflicted upon any person in the world. You could simply be walking down the street and an attacker could pop up out of the blue. If you don't know how to defend yourself then you are likely going to get either seriously injured or killed. But if you utilize the teachings and self defense techniques associated with Krav Maga, you could protect yourself or someone close to you from an attacker.

In this book you are going to learn about the history of Krav Maga and how it came to be so popular in Israel and around the world. Krav Maga is actually a very young self defense system that was only created less than 100 years ago. But it gained popularity rather quickly after it proved to be useful in military combat situations, and in real life fighting situations. In America, there is even a United States Krav Maga Association that certifies Krav Maga schools and instructors all throughout the country. You will find these schools in almost every major city including New York City, Jacksonville, Miami, Las Vegas, Denver and Detroit. However you don't necessarily have to live near one of these cities to learn the essentials of Krav Maga. This book will be going into great detail about how to block the most common attacks and the best counterattacks to inflict in response. By the end of the book, you should have a clear understanding about Krav Maga and a willingness to want to pursue additional training in it.



History of Krav Maga

Krav Maga comes from our natural and primitive defensive instincts. The word “Krav” is a Hebrew word that means “struggle.” The first recorded use of this word comes from the Old Testament. It was the part where Isaac battled Gabriel, who was known as the angel of death. Of course, the Old Testament wasn’t referring to Krav Maga. It was simply stating that Isaac was enduring a great struggle against Gabriel. But it was from this book story that Krav Maga got its name.

Krav Maga is mostly a series of blocking techniques that are followed by counterattacks. The original techniques of Krav Maga were derived from street fighting skills. These techniques have been used for thousands of years as a method of self defense. The only thing was they weren’t associated with one particular system. Like previously mentioned, the techniques of Krav Maga derive from a lot of different forms of self defense and martial arts. It wasn’t until World War II that these blocking techniques were fine tuned and developed into a unique system of their own. The man who is credited for having started this system was named Imrich Lichtenfeld. He was born into a Hungarian Jewish family on May 26th 2010 in Budapest. This was during the Austro-Hungarian Empire. His father was a former circus acrobat and chief inspector for the police force of Bratislava. He encouraged the young Imi to take up sports including boxing, swimming, gymnastics and wrestling. Imi also learned self defense techniques from his father at the gymnasium he owned. Imi won several awards for his wrestling performances.

The start of Krav Maga took place in the late 1930s. This was when anti-Semitic riots threatened all the Jews living in Bratislava, which was in Czechoslovakia. It was around this time that Imi came back to Bratislava after living a number of years in Palestine as a world class gymnast. Upon his return, Imi was faced with lots of anti-Semitic violence and hatred. As the Nazi hatred towards Jews got worse, Imi saw how Jews were becoming victimized by Nazi violence almost every day. This encouraged Imi to develop a self defense system that would protect the Jewish community of the area from these kinds of violent attacks. Imi formed a group with a few other young Jews and they all vowed to protect the community. It was on the streets where Imi learned the real world differences between street fighting and martial arts tournament fighting. He realized that street fights were a lot more brutal and aggressive than the sporting competitions he was used to. As Imi gained more experience with street fighting, he developed defensive reactions and counterattack moves that worked effectively against brutal attackers. Imi ended up teaching these moves to his Jewish group who were mainly comprised of Jewish boxers and wrestlers. Then they all defended their Jewish community even more successfully. This would serve as the beginning of Krav Maga.

The anti-Semitic authorities of Bratislava had become increasingly hostile towards Imi for his rebelliousness against their rule. So in 1940, Imi decided to leave his home, family and friends by getting on a refugee ship that was leaving Europe. Imi ended up in the Middle East where he joined the Haganah, which was a Jewish paramilitary organization in Israel. His job was to protect all the Jewish refugees from any threats by the

local inhabitants. He later went on to train other professionals as fighters within the organization. They not only learned how to block knife attacks and other basic self defense moves, but they were trained in physical fitness, wrestling and swimming as well. After all, Imi understood the importance of keeping a strong physique because it would help you conduct the Krav Maga techniques a lot more effectively. Soon Imi was training several military elite units of the organization including the Pal-Yam and the Palmach.

After World War II ended, the Israel Defense Forces was formed in 1948. Imi was given the job of chief instructor for both Krav Maga and physical fitness training in the organization, which would later be called IDF School of Combat Fitness. Imi taught at the school for about 20 years. Since Krav Maga was not an exact science yet, Imi would spend these 20 years perfecting the craft and developing new self defense techniques. He would incorporate both dynamic and scientific principles of the human body in order to create these techniques.

In modern times, anyone entering the Israeli military has to learn Krav Maga. Even those in Israel who are getting into the job field of governmental security have to take a general security course which includes extensive Krav Maga training. As for the rest of the world, Krav Maga has spread through the teachings of those who have studied it in Israel. It is no longer a self defense system that is taught to the military. People in the civilized world can now join Krav Maga schools the same way they would join a Karate school. The only difference is Krav Maga schools are still not as common as Karate schools, but there are still dozens of them in every major country around the world.

Five Principles of Krav Maga

There is nothing fancy about Krav Maga. It is simply a highly effective self defense system that is meant for real world fights. This doesn't mean doing lots of fancy jump kicks or flips in the air like Jackie Chan. Instead, you will be utilizing the natural tools that you already possess. These are your hands, elbows, knees and feet. The attacks you give to someone will be punches with your hands, elbows from your arms, knees from your legs or kicks from your legs and feet. As for defensive positions, you will learn how to defend yourself against all kinds of strikes against your body including weapon attacks and chokeholds.

Listed below are the five main principles of Krav Maga. If you can understand these principles then Krav Maga will be much easier for you to learn.

1. Block Against Attacks – Knowing how to block attacks will be crucial if you are ever going to advance in Krav Maga. But you have to first understand all the ways that someone can attack you. The most popular ones are punching, kicking, choking. If they are going for a weapon attack then they will likely use a knife or handgun. You will learn more about these attacks and how to block them in the next chapter. Pay close attention because knowing how to block your enemy's attacks could save your life in the future.

2. Counterattack Your Enemy's Weak Spots – A counterattack immediately follows a block. If you were just to block your enemy's initial attack, it

wouldn't be long before your enemy starts initiating another attack. The whole idea of self defense is to prevent them from attacking you. But at the same time, you don't want to spend all day blocking attacks. What you want to do is stop your enemy from initiating any more attacks. So after you block their first attack, you will immediately respond with a counterattack upon one of their weak spots. Krav Maga encourages you to attack your opponent's most vulnerable spots, which are the face, eyes, throat, neck, groin, ribs, knee, and fingers. When you go to perform a counterattack, you will likely be hitting one of these areas on your opponent's body. These attacks will incapacitate them to the point where you can either run away and get help or ensure they won't be trying to attack you again anytime soon.

3. Quickness – Whether you are blocking or counterattacking, you need to have good speed in order to carry them out effectively. If your response time is too slow then you will likely receive an attack from your enemy. As previously mentioned, it only takes a few attacks for a person to be rendered unconscious or dead. You don't want this person to be you. So you need to practice your Krav Maga skills while keeping speed in mind. It isn't so much about strength as some people may think. You could be the strongest guy in the world, but if you are too slow then an enemy who is punier and faster will still be able to win the fight. All they need to do is attack your weak spots quickly and you will become incapacitated, no matter how strong you are.

4. Situational Awareness - One of the most important things you will learn is simply to be aware of your surroundings and know where the danger is. Most people don't realize that most attackers will try and surprise you with their attacks. So even though one may understand how to block punches, kicks and

weapons, if you don't know they are coming at you then the knowledge will be useless. All it takes is one nasty blow from your opponent to render you unconscious. Therefore, you need to always keep your eyes on your opponent and follow their every movement. This means looking at their eyes at all times and not anywhere else. For example, if your opponent throws a punch and you look directly at their fist while you block it, you won't be able to see anything else they may be trying to do with their body. Perhaps they are going to kick you immediately after they punch you, but you won't see that because your eyes are only focused on their fist. But if you were to maintain eye contact, your peripheral vision will be able to see where all of your enemy's attacks are coming from. This will allow you to block quickly and avoiding getting hit.

5. Avoid Confrontations – The very best way to protect yourself from a violent attack is to prevent one from happening all together. Like previously mentioned, Krav Maga is not about showing off your fancy self defense moves. It is about ending a possible conflict as quickly as possible. So if you know that you are heading into a situation that will cause a fight, then simply refrain from getting into that situation or environment. For example, let's say you are taking a long walk and you come to a bad neighborhood. You know that if you walk down that neighborhood then you will likely have to deal with an attacker or violent person. So instead of heading into danger, you simply avoid it without because scared.

Now you know the five basic principles of Krav Maga. It is not really hard to live by this self defense system, which is why Krav Maga has gained so much popularity over the last 50 years. Of course, the hardest part

is going to be learning the blocks and counterattacks. But like with anything else in life, you simply have to practice over and over again until you get better at it. Now in the next chapter, we will discuss the various kinds of attack moves and how you can block them using Krav Maga self defense techniques.

Krav Maga Techniques

Krav Maga can be broken down into defensive and attack techniques. When it comes to attacks, you are only doing counterattacks. There is never a situation where you walk up to a person and attack them first using Krav Maga. Although you could use moves from this system in a deadly manner, the system itself was not designed for hurting innocent people. This is the philosophy that goes with any self defense training, but with Krav Maga it is even more important you understand this. The teachings of this system not only emphasize counterattacks, but brutal counterattacks. For example, let's say someone comes up and tries to punch you in the face with their right hand. You would use your left arm to block their punch and then immediately punch them in the face with your right hand. Now remember, real life is not like the movies where people can just take multiple punches to the face without being stunned or incapacitated. All it takes is one good punch to a sensitive area, like the face, and your opponent won't be attacking you again anytime soon.

Below is a complete list of all the various movements, attacks and defenses found in the Krav Maga system.

Krav Maga Stances

Passive Stance – A passive stance is also called a neutral stance. This is the regular everyday stance that someone would have if they were talking to their friend or walking down the street. Basically it is the opposite of a fighting stance because your arms are down by your side and you are not expecting to

get into a conflict. So when an attacker comes up and surprises you, then you immediately take a step forward and put your arms straight up into the air in front of your face. It takes about one second to switch positions like this.

Your hands will be straight with your palms flat out into the air.

Fighting Stance – A fighting stance is the opposite of a passive stance. It is when you know that your opponent wants to fight and so you set up your stance to prepare for an attack. People in a fight often forget that having the right stance is crucial for blocking your opponent's attacks and then counterattacking them back. The proper fighting position is to have both your arms raised in front of your face. Your forearms will act as a shield to protect your face and body regions in case of an attack. You will also want to make two fists with your hands. This is a little different than what you do in a passive stance attack situation because you are making a fist with your hands instead of keeping them straight.

Strikes & Punches

Reverse Punch - The reverse punch is the most popular punching attack you can perform on your opponent. But even though this attack may seem simple, it is amazing how many beginners fail to perform their punches correctly. The mistake people often make is they pull their arm way back with their fist locked and then throw it forward. While this may land a powerful blow to your opponent, it is also very easy for your opponent to dodge the punch because it is slow and telegraphed. To throw a good reverse punch, you just get in a defensive stance and then move your body forward while you punch. You are only moving your hips when you perform this punch. This will put

more speed and force into it. Not only that, but it will be harder for your opponent to see it coming beforehand.

Elbow Strike – An elbow strike is a very powerful attack if performed correctly. There are seven types of elbow strikes; horizontal high elbow strike, side elbow strike, horizontal backwards elbow strike, vertical backward low elbow strike, vertical backward elbow strike, vertical forward down elbow strike and vertical forward upper elbow strike. Basically, the horizontal elbow strikes will be more effective towards the upper half of the attacker's body. Then if you get them kneeling or lower than your waist, you can use the vertical elbow strikes to conduct further damage to them.



Eye Strike - The eye gouge is a very effective move that can blind your opponent and give you the upper hand in a fight. It is definitely effective for women to use against an opponent who is stronger than they are. To perform the eye gouge, just use your thumb or fingers to penetrate your opponent's eye sockets. Not only will this be extremely painful for them, but they won't be able to see either. Then you can attack them further or simply run away and get help.



Hammer Fist – The hammer fist is basically like a fist stomp. If you are in a situation where you can't bring your arm back to throw a hard punch, you can use the hammer fist to throw a quick punch instead. Just keep your arm vertical and then stomp downward with your fist. Try not to repeat the stomps too quickly with your fists. Do one hard hammer fist at a time. Wait a few seconds and then do it with the other fist.

Headbutt – The headbutt is a classic attack you are probably familiar with. It is when you thrust your forehead forward to strike someone in the face. Be careful not to strike someone with your own face because you could end up hurting yourself. You want the upper part of your head to make contact with their face because it is the hardest part of the body. That way it will only hurt them instead of you. These are good to do if your opponent is close to you and you can't move your arms. Perhaps they have you in a bear hug or something similar. If they grab you from behind, you can also headbutt them with the back of your head as well.

Hook Punch – The hook punch is also called the Muay Thai punch. Muay Thai is basically Thailand's version of kickboxing, and this punch originated from it. To throw a hook punch, you first have to get into a fighting position

with your fists and arms up in the air. Now instead of moving your arm back to throw the punch, you immediately punch forward while keeping your arm at a 90 degree angle. It won't be as strong, but it will be very fast. So if you are able to hit your opponent's face with a hook punch then it will still be damaging to them.

Knife Hand Strike – The knife hand strike is basically the same as a karate chop, which you are probably familiar with. It is when you extend your fingers as far out as they can go while tightening the palm of your hand. You will be attacking your opponent with the outer ridge of your hand. The best place to use this attack is on your opponent's neck. With the palm of your hand facing up, swing your hand at the side of your opponent's neck as hard as you can.

Outside Chop – This is similar to the knife hand strike, but only this time you will have your palms facing down. So if you were to chop with your right hand, you would first position it near your left ear and then swing your hand outward towards your opponent's neck. You can also move your hips with each chop in order to add more strength into it.

Palm Heel Strike – This strike is actually used quite a lot in self defense. It is when you clench your fingers tight while keeping the palm of your hand flat. Then you strike your opponent in the face with the heel of your palm, which is the bottom part that connects to your wrist. This part of your hand is very hard and can do substantial damage to your opponent's eyes and nose.



Uppercut Punch – If you have ever watched a boxing match then you are probably familiar with uppercut punches. These are basically vertical punches where your clenched fist is positioned vertically below your chest and then you bring it straight up underneath your opponent's face. This could easily break their jaw or nose, but more importantly it will stun them for awhile if done correctly.

Punch & Elbow Defense

The way you block a punch depends on the position of the punch as it is coming towards you. Most attackers will try and punch towards your face, while others may punch at your chest or stomach areas. You have already learned about all the punches of Krav Maga. Now we will discuss all of the ways to block the most common punches thrown by attackers.

Hook Punch Defense – The hook punch will come quickly at your face. What you will want to do is use your elbow to block it. If you are in a fighting stance then this will be easy. Just move your arm upwards so that your elbow is facing the direction of the punch. Allow your opponent's punch to hit your elbow. Since they will likely be barehanded, your elbow will break the fingers in their hand.

Straight Punch Defense – The most common punch someone will throw at you is a straight punch. There are two ways you can block it. The first is side stepping away from the punch and then grabbing their arm with your hand. Then you can apply a hook punch counterattack with your other hand. The second way is to move your forearm from a horizontal angle to a vertical angle as the punch is coming towards you. Let your forearm collide with your opponent's punching arm. If you are fast enough then your arm will block the punch.

Uppercut Punch Defense – The defense technique for the uppercut is similar to that of the hook punch. You are going to get into a fighting stance and simply swipe your opponent's uppercut with your elbow. Do not use your forearm to block their arm because their fist will still make contact with your face. By using your elbow, it will hurt your opponent's hand and prevent them from hurting you in the process. Then you can counterattack with a straight punch or hook punch.

Mounted Punch Defense – If you are on the ground and an attacker gets on top of you and starts punching, this is called a mounted punch attack. The first thing you will want to do is protect your face with your forearms. Put your hands as far up behind your head as you can. This will allow your forearms to block your face from a punch attack. The next step is to move the heels of your feet as close to your buttocks as possible. In other words, you want to bend your legs instead of keeping them straight. This will allow you to push the attacker off of you by using your legs to push your hips up. Then while the attacker is no longer mounted tightly onto your body, you will grab hold of him and turn him over. You should now be mounted on top of him.

At this point, you will quickly start punching him repeatedly in the face. Then get off of him and kick him in the crotch. All of this should be done as quickly as possible.

Elbow Strike Defense – Elbow strikes are actually very easy to block because there isn't much range in the attack. If a person comes at you with a front elbow strike, just perform a palm heel strike on their forearm. In other words, you are just blocking their arm with the palm of your hand. That way the elbow can't reach your face. Then immediately after you block their elbow strike, you will counterattack with your own elbow strike by using your other arm. You will be hitting them right in the face with your elbow. All of this will be done very quickly. So just block and then quickly counterattack with your own elbow. You will have to be close to your opponent for this to work.



Kick Techniques

Axe Kick – This is a very difficult kick that should be done by people who are very flexible. You are basically kicking straight up into the air to the point where your foot is higher than your head. This is useful if you are counterattacking taller enemies than yourself. You would just kick them underneath their jaw or head.

Back Kick – A back kick will require great flexibility and speed. You will first get into a fighting stance while putting one leg forward. Then you will spin your body around 180 degrees and use your other leg to kick behind you. This is also known as a backwards spin kick. The back kick can be very powerful if done correctly. It just takes a lot of practice to perfect.

Front Kick - Front kicks are the most popular form of kick attacks. If a front kick is executed properly, it can end a fight very quickly. To execute a front kick, you just take a step forward and then kick in front of you with the other leg. Try to get your foot or shin to make contact with your desired target. A front kick will usually follow a punch attack from your opponent. So if your opponent throws a punch, you block it and then counterattack with a front kick. The idea is to put a lot of force into the kick and aim for a sensitive spot on your opponent, such as their abdomen, knee or groin.

Vertical Front Kick – This kick works similar to the traditional front kick because you are kicking forward. The only difference is you are not hitting the target with your shin or toes. Instead you want to have the ball of your foot become the part that hits your target. Therefore you will be aiming for your target's stomach because this will really be the only place it will work. After it is executed, it will give a significant blow to their gut and cause them great pain.

Side Kick – A side kick is a front spin kick. You first get into a fighting stance with one leg forward. Then you pivot your body forward and kick with the other leg. You want the ball of your foot to make contact with the target. Try not to let your shin make contact because you could hurt yourself. The

side kick is similar to a front kick, but here you are pivoting and then kicking with your foot turned.

Slap Kick – This is a kick that is commonly found in kickboxing. It is sometimes called a crescent kick because you are kicking in a semicircle motion in midair. This is also similar to an axe kick. The only difference is you are spinning your foot around as you kick high in the air.

Leg Sweep – The leg sweep, or the kick sweep, is a low kick to your opponent's knee. You first get into a fighting stance with one leg forward. Then you pivot your body and use your other leg to initiate a low kick to your opponent's knee. It won't take much pressure for their knee to break. But even if it doesn't break, it will still trip your opponent.

Uppercut Back Kick – This will be the hardest kick you will ever have to learn. It is similar to the axe kick, but only this time you will be kicking straight up into the air behind your head instead of in front of it. You first have to get into a fighting stance with one leg forward. Then you will pivot your body 180 degrees while bending down with your upper body. The leg that stays on the ground is the leg that you had forward. You will use your other leg to kick straight up into the air as your body is turning around. Again, this kick will require extreme flexibility. But if you are able to successfully do it then it could literally knock your opponent unconscious.

Kick Defenses

Kicks can get tricky to block because there is so much strength and force behind them. On the other hand, they are also much slower than a punch or weapon attack. There are basically three regions you can be kicked on your

body; the head, the torso and below the waist. Your average street opponent won't have the flexibility to perform a high kick to your face, so you will likely have to worry about kicks to your stomach and groin areas.

Front Kick Defense – There are a few ways to block a front kick. The first way is simply to side step out of the way and then counterattack with a hook punch. You could also side step and then grab underneath their calf muscle with your hand. This leaves you open to punch them with your other hand or kick them in the groin. Another way to defend yourself is to spin your hand down counterclockwise to swipe their kick away quickly. This is probably the easier option for those just starting out.

High Kick Defense – High kicks are very powerful, but the problem is they usually go too far over people's heads. You have to be at least a few inches taller than your opponent for their high kick to be effective. Otherwise you can just duck or squat to avoid the high kick moves. If you are tall then you should learn to sidestep out of the way. While sidestepping, you should grab their leg and then kick them in the stomach or groin.

Side Kick Defense – A side kick will be one of the hardest kicks to block. It doesn't matter how tall you are because the kick will land somewhere on your torso. The defense process will involve sidestepping behind the person's leg while swiping it with your hand at the same time. This goes back to the swipe technique learned in front kick defense. You spin your hand counterclockwise, but only this time you are doing it while sidestepping. You can then grab behind their calf muscle and kick them in the groin as a counterattack.

Low Kick Defense – Low kicks are usually sweep kicks to your knee or leg areas. There is no real way to block these kicks, so you have to learn to escape them. If you are in a fighting stance then the angle of your body will be sideways to your opponent. This means you can just lift your leg up quickly to avoid a sweep kick. Another way is to sidestep out of the way and then counterattack by sweep kicking your opponent's leg.

Knee Techniques

Your knees can be used for both attack and defensive positions. A knee attack is basically when you grab behind your opponent's neck and push their head downward as you raise your knee upward. You are trying to smash their head on your knee in order to injure them. This knee attack requires you to be stronger than your opponent because it requires you to force their head down in the process. It is usually done if you are already close to your opponent. You can also knee them in the groin if you are that close. Now if your opponent were trying to knee you in the head, you can block it by crossing your forearms in front of your chest as they force your head down. This will block your opponent's upper thigh as their knee goes upward, which will prevent it from hitting your face. As for the groin attack, you should try to avoid getting that close to your opponent to begin with. But if they are forcing you close to them, try stomping on their foot or at least standing on it. That way they won't be able to move their knee upwards to hit you in the groin.

Falling Properly on the Ground

Proper falling is something that many self defense systems don't talk about

much. It is important that you know how to guard your body during a fall or else you will sustain big injuries. Firstly, there are two ways you will usually end up falling down. The first way is simply by accident. Let's say you are jogging on a trail in the woods and you accidentally trip on a rock. Within a second, you will have to position your body to fall properly on either the front or back of it. If you fall down on your front then you can just put your arms up in front of your chest to block the fall. If you fall down on your back then stick your elbows behind your back as far as they can go. When you land on the ground your elbows will prevent your back and head from hitting the ground first. This means the biggest impact from the fall will be on the triceps and elbow region of your arms. Although these areas will hurt, you will sustain less damage than you would from hurting your spine or head.

Weapon Defenses

There are two types of weapons that you will need to watch out for in a typical threatening encounter, which are knives and handguns. If you can learn to defend yourself against these then you will be pretty safe out on the streets.

Forward Knife Attack Defense – A forward knife attack is when the attacker just holds the handle of their knife and strikes forward with the blade. It is almost as if they are punching with the knife in their hands. Now obviously, this is a much more dangerous situation. You could try to block this the same way you would block a forward punch, but the problem is the danger. If you make a mistake and miss the block then the knife is going to stab you. So to defend yourself, you want to move out of the line of attack while keeping

your arm vertically in front of you. At this point, your vertical arm should be touching their horizontal stabbing arm. Now you can just grab their wrist and twist their arm around. Then kick them in the stomach or face because they will be bent over at this point.



Knife Stabbing Defense

A knife stab attack is when the attacker holds their knife upside down with the blade sticking out below their hand. Then they will raise the knife into the air and strike downward in a stabbing motion. To defend yourself against this, you can raise your forearm horizontally above your head and make it connect with the bottom of the attacker's forearm as they attempt to stab downward. For example, let's say an attacker was going to stab you a knife in their right hand. What you would do is raise your right forearm into the air to block the attack. Then place your left hand on top of their forearm and pull it down to turn their arm around. Keep twisting their arm as hard as you can until they drop the knife. You can also do a front kick while twisting their arm as well.

Handgun Defense

Handgun attacks are actually just as common as knives. The hard part about

defending yourself against handguns is the range. Knives are easier because the attacker has to be close to you in order to use it. But with a handgun, you can be far away and they can still injure you. So if you are far away, then your only option is to either run or comply with their instructions. For those who are not fast runners, it would actually be better to comply with their instructions and get closer to your opponent. Getting close will give you the opportunity to get the gun away from them. What you actually want is for that gun barrel to be staring at you directly in the face. Now take your hand and swipe the gun barrel to the side quickly while still holding onto it. As you keep the barrel pointed away, punch the attacker in the face with your other hand. Then pull the gun away from them with both of your hands.



Bear Hug Defenses

Attackers sometimes like to come up behind their targets by bear hugging them. This is where the attacker will wrap their arms around the person's upper torso area, which locks the victim's arms inside their grip. This is what is known as a bear hug. This attack may also be done while facing the victim, but it is much easier for the victim to defend themselves from a frontal bear

hug. All they would have to do is knee or kick their attacker in the groin. But when a bear hug is conducted from behind, it creates a bigger challenge for the victim to defend themselves. What you can do in this situation is stomp hard on their toes with the heel of your foot. Then inflict a backwards head butt onto their face. If they are still holding on then keep repeating this process until they let go.



Chokehold Defenses

A chokehold is when a person wraps their hands around your neck and squeezes in order to prevent you from breathing. Sometimes this move can be done with one hand as well, depending on the strength of your opponent. If a chokehold is inflicted upon the victim long enough, it could either render them unconscious or kill them. These are two things you definitely don't want to happen in a fight. To defend yourself against a front chokehold, you simply raise your arms in the air and then pivot 90 degrees to the side. This will break the grip they have around your neck. Now if you have a lot of strength, you can just pull their wrists downward to break the chokehold. If they come from behind to choke you, pull down on their wrists while stepping backwards. Then spin around quickly and hit them in the face with a

hand palm strike.



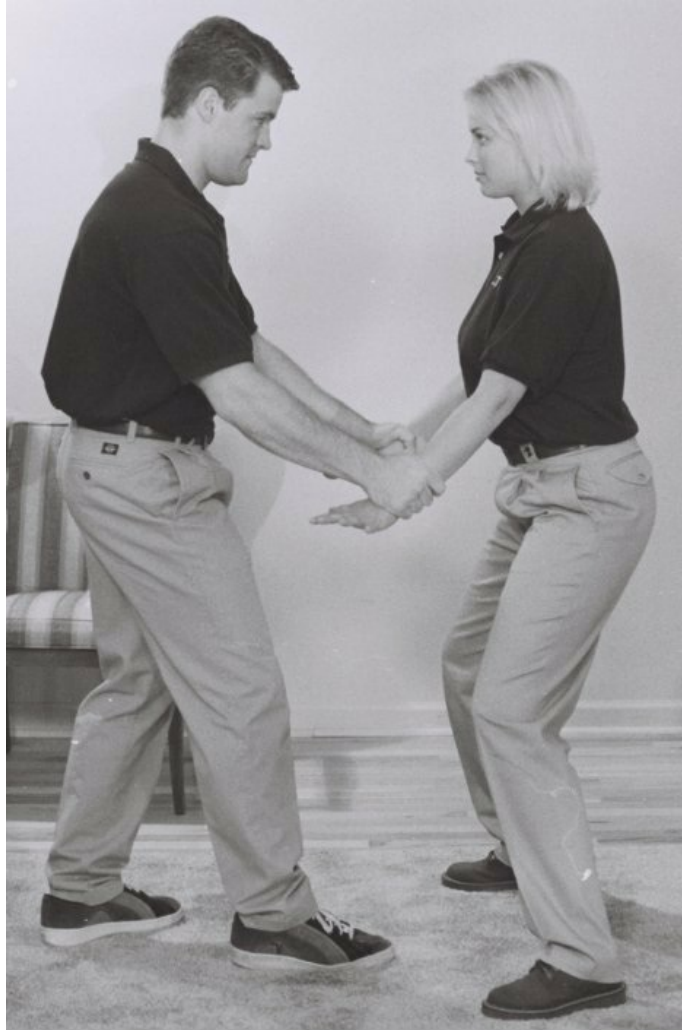
Headlocks Defenses

Headlocks are basically a more intense version of a chokehold. Instead of the attacker using their hands to choke you, they are using their entire arm by wrapping it around your neck from behind. To escape a headlock, you first have to pull your body weight down toward the ground. This will take some of the pressure off your neck. The next step is to put your leg behind their leg. You must do this quickly so they don't notice. Now you want to pivot your body weight in the direction of your opponent's elbow. This will cause them to break the headlock.



Wrist Grab Defense

Wrist grabs are usually conducted while your attacker is facing you. They will place their hands around your wrists and hold them together in order to prevent you from using your hands and arms against them. Wrist grabs are also done to prevent the victim from running away. If you don't know how to get out of a wrist grab then it could lead to some more deadly attacks, like chokeholds or punches. One way to get out of a wrist grab is to spin your hands in circles. This will help temporarily loosen the attacker's grip on your wrists. Another way is to initiate a forward kick onto the attacker's groin area. You can also try a vertical low kick to their knee. This is where the ball of your foot makes contact with their knee, which will cause them great pain.



Foot Grab Escape

If you are on the ground then your attacker may try to grab your foot. Their purpose for this is to flip you over and kick you. They may also want to drag you away by your leg. What you need to do is use your other leg and raise it high in the air. Then bring it down quickly on the attacker's hand that holds your other leg. This will cause them to let go and allow you time to get back up.

Multiple Opponent Escape

You have been learning about attacks and defenses as they pertain to a single

opponent. But what about if two or three guys come up and try to attack you at the same time? This is where your advanced Krav Maga training will come into play. Now it would be impossible to just block and counterattack every single opponent in a group, especially if they are all coming at you at once. Therefore you will have to just attack each opponent before they attack you, but make sure you attack them aggressively. What you want is to inflict a single hit on each opponent that will incapacitate them. The best hits that work for this are downward groin punch, hammer strike on the jawline, knee strike to groin, elbow strike to throat, groin kick, finger jab to eyes, and hand chop to throat. These strikes target the most sensitive areas on the body. The groin and the eyes are absolutely the best targets to strike because your opponent will not want to strike again. So if you can attack your opponents quickly in one of these areas, then will have a good chance of winning the fight.

Carjacking Defense

Carjacking is basically when someone comes up to your car window and points a gun at you. Since you are sitting down in a confined area, this really limits your defense abilities. What you want to do is wait for the attacker to get close to you with the gun. Then quickly grab the gun barrel with your hand and aggressively push it towards the windshield. While still holding onto the gun barrel, you can either start driving away or use your other hand to remove the gun from the attacker's hand. Now you can point the gun at the attacker and scare them away .



Krav Maga Training

As you have learned, Krav Maga originated in Israel and was primarily used by the Israeli military. Now it is a self defense system that is used by civilians in Israel and all around the world. If you want to learn Krav Maga then you will need to learn it at a school or training camp dedicated to Krav Maga. The teacher should at least have a black belt in Krav Maga, but preferably one above the 3rd or 4th degree.

Now you are probably wondering, “I bought this book because I thought it was going to teach me Krav Maga.” Well yes, it is teaching you Krav Maga and all the important information that pertains to it. However if you want to get good at anything then you will have to get hands on experience. This book will guide you towards learning the basics of Krav Maga, but if you want to advance in it then you should join a class where you can practice the moves. Either that, or simply walk the streets of a bad neighborhood at night and wait for somebody to start a fight with you. But this could lead to you getting hurt if your skills are not advanced enough yet. That is why it is always better to train at a camp and get real experience using it against other people without actually having to risk your life in the training process.

The Levels of Krav Maga

Krav Maga schools now offer students belts and grades just like martial arts schools. Although it was not traditionally setup like this in the military, civilians now have the opportunity to achieve a rank in Krav Maga.

These ranks go from white belt all the way to black belt.

Level # 1

All students of Krav Maga will start out in the entry level classes. Like in martial arts classes, students will start out with a white belt in level one. They will learn the basics on the proper fighting stance in Krav Maga and all the various movements, punches and kicks. They will also learn self defense moves to protect them against chokeholds, punches, wrist grabs and headlocks. Students typically train 2-3 times per week for about 4 months. After that, they are tested on the skills they learned in level one. If they pass the test then they go into level two.

Level # 2

Level two students will receive a yellow belt. They will continue to practice the skills they learned in level one, but with some new additional moves. Students will learn new punches and kicks, and how to block a punch and then counterattack. They will also learn more defense techniques against chokeholds, bear hugs and headlocks. Students will need to train 2-3 times per week for six months in order to get to the testing phase.

Level # 3

Students will now receive an orange belt. They will continue to practice the techniques they learned in the previous two levels. But now they will be introduced to techniques for defending themselves against weapons, such as sticks and guns. The instructor will use dummy pistols and sticks to demonstrate real world attack situations. Students will need to train 2-3 times per week for about nine months before taking their test. In order to pass the

test, they must show their instructor that they can defend themselves against these weapons. After that, they will move on to the next level.

Level # 4

Now students are on their green belts. In addition to continuously practicing the skills learned in the previous levels, students will learn how to defend themselves against deadlier weapons and multiple opponents. These deadlier weapons include rifles and knives, which are both likely to kill upon impact. Students will not only learn how to block these deadly attacks, but they will also learn advanced ground fighting counterattacks as well. If a student trains 2-3 times per week, they can master this level in about one year. The hardest part about this level is learning how to be faster. Most students take up to a year to perfect their speed in order to get past this level. The way they do this is by learning how to defend themselves against multiple opponents. This is where you have two or more attackers trying to attack you at the same time, or at least one after the other. If you are not fast enough, then you will only be able to block one opponent's attacks while getting hit by the second opponent. So once you are fast enough to stop multiple opponents, then your speed should be top notch. Then you can go on to the next level after you have demonstrated these skills to your instructor.

Level # 5

The blue and brown belts will be achieved at this level. The blue is the weaker of the two and is reserved for students who are first entering level five. As the student advances through the training, they will earn their brown belts. The main skill taught in level five has to do with third party protection. In other words, you will learn how to defend other people who are being

attacked by an opponent. This can get tricky because you are not directly faced with an opponent up close. Instead you are seeing your opponent attack somebody else. Now you might think it would be easy to just run up behind the attacker and put them in a chokehold or something. The problem is you have to consider the safety of the person being attacked. For example, if you are training to become a police officer then your primary job will be protecting the lives of innocent civilians. You need to know how to successfully stop a third party attacker quickly without them suspecting your attack beforehand. That way you will ensure the safety of the victim. Then, of course, you will continue to brush up on the other skills you learned in the previous levels. Students who train 2-3 times per week can expect to complete this level in two to four months. At this point, you will have achieved your brown belt after you have demonstrated your third party protection skills to your instructor.

Level # 6

The final level is basically a review of all the skills and techniques of the previous levels. Students will be put through vigorous physical tests for each skill that will be demonstrated in front of their master or instructor. They will go over weapons defenses, advanced physical self defense techniques and third party protection. If the student is able to pass these tests then they will earn their black belt in Krav Maga. Professionals in the military or law enforcement who reach this point will be able to graduate from the self defense portion of their training. Now they will be able to handle themselves confidently out on the streets or in the battlefield. However, this doesn't mean they should stop practicing their techniques. Krav Maga needs to be

practiced repeatedly every week in order to familiarize your mind with the moves. It is similar to how a professional who becomes licensed in a particular trade still needs to take continuing education classes in order to keep themselves familiar with the material. Although Krav Maga ranking won't require you to continuously test your skills, it is still important to keep your memory fresh on it. That way if you ever encounter an attacker then you will know how to defend yourself.

Beyond Level # 6

Students who have earned a black belt in Krav Maga will have learned all the essentials of this self defense system and will be ready to apply it to the real world. If a student wants to advance their rank by earning a 2nd degree black belt or more, then they have to be trained by a grandmaster of Krav Maga. There are only a small number of students who actually further their training to this extent. Professionals who learn Krav Maga for self defense purposes only won't typically go past a black belt rank. It is only those who have devoted their entire lives to Krav Maga that will continue their training beyond level six. In most cases, you will have to move to Israel and go to the Krav Maga schools there to further your education. Most schools outside of Israel do not offer training from a grandmaster because there are very few grandmasters available outside of Israel. But since you are likely learning Krav Maga for self defense purposes only, then you only need to concern yourself with learning the basic principles and techniques of the system. This means you can just go to a local Krav Maga school to learn the discipline.

Schools and Organizations

Krav Maga schools are not as commonly found as karate or taekwondo schools, but they do exist. You can find them in almost every major city in the United States. However you have to make sure the school you chose is accredited by the United States Krav Maga Association. They are the ones who review the standards and practices of a particular school in order to deem it worthy of teaching Krav Maga to students. Not only that, but they want to make sure the teachers of the school are actually skilled in Krav Maga. Obviously they don't want to have some joker who only studied a view Krav Maga videos on the internet to open up a Krav Maga school.

To verify if a school you are interested in joining is accredited or not, go to the United States Krav Maga Association website at <http://unitedstateskravmagaassociation.com> and search for the school in your area. If you do not find the school listed here then it is likely not a worthy school for learning Krav Maga. Your only choice in this situation would be to move closer to a school that is accredited.

YouTube Videos

Realistically, you may be in a situation where you simply cannot afford to move closer to a Krav Maga school. Since there aren't too many of these schools available, this means you have to learn Krav Maga by other means. YouTube is a great tool for learning just about anything because it provides videos on just about every topic imaginable. With Krav Maga teachings, there are no exceptions either. You can type in Krav Maga into the YouTube search box and find hundreds of videos devoted to all aspects of Krav Maga. You can even see archive footage of the original grandmaster

and founder of Krav Maga, Imrich Lichtenfeld. There are videos of him talking and demonstrating some of the techniques which he founded himself.

Remember that YouTube and other online videos should only be used for educational purposes only. Before you actually go out onto the streets and use Krav Maga for real, it is important that you practice what you see in the videos beforehand. If you don't have a friend that you can practice with, just perform the moves alone in front of your computer. At least that way you can become somewhat familiar with how it feels to perform them. Then if the day comes when you really want to learn from a physical instructor, you can try moving closer to a Krav Maga school.

Ranking vs. Learning

This chapter has talked a lot about ranking and the various levels of Krav Maga. This Krav Maga colored belt ranking system was started by Imi Lichtenfeld, which he based upon the ranking system of Judo and Karate. If you have ever studied either of those forms of martial arts, you will realize the belt colors from worst to best are pretty similar to that of Krav Maga. The only differences are the requirements it takes to achieve these levels in this self defense system versus those other systems. All of the Israeli Krav Maga organizations still use the colored belt ranking system. These organizations include the Israeli Krav Maga Association, Krav Maga Federation, and the Bukan. There are other organizations outside of Israeli that use a patch ranking system instead of a belt ranking system. These organizations include the International Krav Maga Federation, International Krav Maga and Krav Maga Global. Believe it or not, Imi also invented the patch grading system in

the 1980s. The grades are split into three main categories, which are expert, graduate and practitioner. Each category has five grades in them. But overall, the belt ranking system is used the most around the world.

Conclusion

There are many different systems of self defense you can choose from out there. If you have read this book entirely and made it this far then you probably have an interest in using Krav Maga as your primary system of self defense. It is a young system that has worked effectively for over 70 years now. There are no gimmicks or showmanship in this system. Krav Maga should not be thought of as a type of fighting or form of martial arts. It is simply a series of techniques that are designed to end a fight as quickly as possible. When you are on the streets and you encounter a violent person, what is the first thought that runs through your mind? You are thinking that you want to get out of this situation as quickly as possible because there is a risk of you being injured or killed. But instead of just trying to run away, you can use Krav Maga to confidently protect yourself in these situations with a much higher success rate.

Obviously, it would be impossible for you to become a Krav Maga master simply by studying techniques from a book. But at least now you have a clear understanding of what Krav Maga actually is and how it can help you in a real fighting situation. The next step is to practice your skills in a physical environment with other people. The only way to do this is to either get a partner to help you out or signup at a Krav Maga class where you can test your skills in front of an instructor. If neither one of these are an option for you, then at the very least you can search for Krav Maga videos on YouTube where instructors perform these demonstrations for you. At least

this way you can get a visual understanding of what all the various Krav Maga techniques that are talked about in this book.

If you have enjoyed the content of this book and found it educational, then I would greatly appreciate it if you left me some positive feedback and a review for the book. You can also contact me if you have any questions about Krav Maga and the best way for you to go about learning it.

KRAV MAGA

Knotty Pressure Points For Self Defence

by

Charlie Caine

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Introduction

Krav Maga, which literally is translated as “contact combat” is one of the most effective techniques for hand to hand combat in the world today. When it comes to this system of tactical defense you will find that every single technique focuses on maximum efficiency in conditions that are real to life.

Unlike competitive martial arts, where limits are placed on the type of techniques used or the areas targeted, Krav Maga has no limitations. Groin shots, eyes, throat, face, are all fair game. Krav Maga capitalizes on the pressure points in the body of the opponent which gives you the added advantage of getting out of danger and of self-defense.

A knowledge of the pressure points can be incredibly beneficial to a Krav Maga practitioner for both fighting and healing. An understanding of where the body is most susceptible to pain can give your techniques—be the holds, chokes, or strikes—an added impact. In addition, pressure point attacks impair the ability of your opponent and so give you a strong advantage. A knowledge of pressure points can also allow you to take care of your own injuries and the injuries of the people you train with. Familiarity and experience with these healing practices will make you a more valuable member of your dojo and a more fearsome opponent. This book will be talking about pressure points in Krav Maga and their applications in both healing and self-defense.

In the later part of this book, we shall discuss about the types of pressure points in the body.

CHAPTER ONE

Objectives

The objective of a Krav Maga training program is to instruct the participants in practical self-defense techniques, fighting skills, defensive tactics and principles that can be readily utilized as the need arises. The key to the approach is to present a well-integrated self-defense and fighting outline with relatively few specific techniques.

The system is designed so that the set of principles which are the fundamentals of every technique apply to several potential attacks/scenarios. It is because of this approach that trainees reach a high level of proficiency, mentally and technically, in a relatively short time.

Krav Maga is a modern method characterized by a logical and practical approach. It is an easy to perform, natural, and effective system featuring simple movements and “reflexive” behavior of the human body. It is easy to learn and retain, performed naturally and intuitively, and practically be use under stressful conditions. An essential part of Krav Maga is its teaching process, methodology and ways of training.

CHAPTER TWO

Pressure Points

A weak point, also known as a pressure point, is a part of the human body which is impossible to develop, harden, or strengthen. Attacking your attacker's weak points gives even the weakest or most unskilled fighter an advantage over any attacker. Remember: it's you that's getting jumped. There is no room for any "moral fighting code" here. Your goal is to get out of the situation alive. This will be achieved by inflicting the maximum damage to your attacker in minimum time.

Pressure points are the nerves that run inside the body. We can say that a pressure point is a strike point on top of a nerve that is more vulnerable to attack on the body. There are hundreds of Pressure Points that run all over the body but realistically you cannot use all of them in a self-defense scenario some are a little more difficult to get to due to where they are located on the body. A good working knowledge of the main 20 points, that you can strike quickly and with maximum force in any given self-defense situation, will be sufficient. We should aim to do this on a subconscious level without the need for thought processes; this way your response will be instantaneous to any threat and this will enable you to use pressure points effectively for self-preservation.

Pressure points for self-defense use the nerves to our advantage. In simple terms it's the body's way of monitoring the body's condition: pain, hot, cold or if an organ is in good condition. With the use of pressure points we can stimulate the nerves to utilize these messages sent to the brain to get the desired response e.g. a lowering of the blood pressure, causing pain, nerve dysfunctions, paralyzing, dizziness, knock outs and even death.

You should know that certain nerves are long and come closer to the surface of the skin at certain places of the body and therefore more exposed for hitting. These are the places you should be striking and concentrating on for you to get the best response for optimal effect.

Pressure Points and Combat

All these treatments are excellent for healing injuries and maintaining the strength of Krav Maga practitioner, but knowledge of pressure points can be used offensively as well. Fighting arts such as Krav Maga lay emphasis on pressure point attacks such as “death touch,” are believed to have evolved simultaneous to the healing arts. Because of the highly dangerous and mystical quality of these skills, the techniques were jealously guarded. It was only in the late twentieth century that Westerners were able to understand and utilize these systems for attacking the body. Although it may seem unlikely that even an exceptionally well-placed strike could instantly kill an opponent, the effectiveness of such a strike cannot be disputed.

Results can range from involuntary muscle responses and partial loss of motor functions (from damage to nerves serving muscles), to loss of conscious - for reasons which remain unclear, but hint at neural involvement.

Due to differences in body type and training, not all pressure point attacks will have the desired effect. Some people with naturally decreased sensitivity are seemingly unaffected by this sort of attack; other Krav Maga practitioner endure painful training procedures to deaden the susceptible nerves and pressure point regions. In a person with a taut, muscular body, the tsubo is pushed close to the surface, or close to the bone, and is therefore more easily triggered. Consequently, very muscular individuals are generally more susceptible to pressure point attacks than people with a high body fat content. Assuming that you are not applying a “death touch” attack, a pressure point attack can actually be a less injurious form of defense:

By manipulating a body's weak points, it becomes possible to immobilize or restrain an attacker without causing serious or permanent injury.

Using this form of attack you can stun the body rather than seriously damage it. Another added benefit is that attacks on some points, like Stomach, which will be discussed later elaborately in the next chapter, inflict significant pain, but leave no permanent marks. Pressure point attacks can be just as effective when executed by smaller people and can be a tremendous advantage in defense against a much larger attacker. Since the sensations are so intensely focused, and the point is often located just beneath the body's surface, it does not require much strength to make a big impression. The pain generated by a precise attack is generally of the shooting or radiating variety, and will often affect more than one part of the body. The sensation is immediate and

difficult to withstand.

What Happens When a Pressure Point is struck?

A powerful and deliberate strike to a human pressure point target may cause some of the following physiological responses to occur:

- Extreme pain
- Stunning effect or sensation
- Motor dysfunction
- Balance disruption
- Reflex response

What Happens When a Pressure Point is compressed?

Pressure points targets are not just vulnerable to strikes, they can also be compressed such as a rear naked choke technique.

A strong and prolonged compression to a human pressure point target may cause some of the following physiological responses to occur:

- Motor dysfunction
- Balance disruption
- Involuntary muscular spasms
- Drooling
- Disorientation
- Loss of consciousness

Knockout Pressure Points

In real world self-defense, time is a critical factor and you must employ techniques that produce immediate results. Therefore, the only safe and sure-fire method of pressure point fighting are those techniques that produce an immediate and complete loss of consciousness for the adversary.

Knockout pressure points can be defined as those targets that cause a complete and immediate loss of consciousness for the adversary. Knockout pressure points literally means pressure points that knock a formidable

adversary out cold." The operative words are "complete" and "immediate".

"In real world self-defense, time is of essence. You must employ pressure point techniques that produce immediate and complete loss of consciousness for the adversary."

Essentially, there are only two ways to deliver a knockout pressure point that leads to a complete and immediate loss of consciousness. They are:

1. Impact knockout pressure points

Impact knockout pressure points - these are vital and sensitive anatomical targets that can be struck with your limbs. For example, knocking someone out with a power punch. Impact knockout pressure points can also be struck with various hand held weapons, such as the kubotan stick, or club.

2. Blood flow knockout pressure points.

Blood flow knockout pressure points - when deliberate pressure is applied to these life sustaining targets, almost immediate unconsciousness can occur.

Pressure Point Fighting Targets include: eyes, ears, temple, nose, chin, back of neck, throat etc. this and many other types of pressure points will be discussed later in this chapter.

There are various ways in which the knowledge of pressure point can be used in a fight.

- 1. Striking**

Trying to hit a pressure point with a strike needs an extreme accuracy because it can be very difficult. There are a few points, which because of their convenient position and their standard degree of sensitivity, make excellent kicking and punching targets. These targets tend to be located on the lateral aspect, or perimeter, of the body.

Gall bladder or "Wind Market" is a spot located on the outer thigh, midway between the hip and the knee. A well placed roundhouse or side kick to this point can cause instant and severe cramping in the leg.

Large Intestine or “Outer Arm Bone” is a point that is located right below the insertion point of the deltoid muscle in the upper arm. A blow to this region can cause numbness, pain, or temporary loss of function in the arm. At the very least it will slow down future punches coming from that side!

Under the arm, in the center of the armpit is a very potent pressure point called “Extreme Spring” or Heart. It can be reached with a high side kick or front kick—assuming that the opponent’s arm has been raised and is away from the body.

Stomach or “Jaw Chariot” is also an important striking point, because a strong blow to the corner of the jaw where this point is located can cause the opponent to lose consciousness. There are many other pressure points located in the head that can be used to knock out an opponent.

2. Wrestling

Use of pressure point fighting in ground work is generally easier to perform than in a striking scenario. You are much closer to the target and therefore can attack the area with greater precision. You can also control the strength, depth and duration of the application. There are more pressure point target areas open to you during ground fighting as well. This form of attack is often used as a defensive maneuver in ground fighting, but it can also be wonderfully effective as an offensive strategy.

Pressure point attacks can cause an opponent to release their hold momentarily, and thereby provide you the freedom to quickly move into a more advantageous position.

There are three pressure points on the lower body which are very vulnerable to attack during ground fighting. Gall Bladder is at the bottom of the calf muscle bulge on the back of the leg. This tsubo is located along the sural nerve and is thought to be more sensitive in people who drink coffee. If one is pinned in a “four corner” position, it is possible to disrupt the attack by digging your heel into this point on the attacker’s leg. Spleen is a point located on the lower inner thigh at the bulge of the vastus medialis muscle.

This point is most commonly attacked as a means to “pass the guard”. A

successful attack here causes considerable pain in most people, and a subsequent release of the leg lock that otherwise maintains the guard.

Spleen is a powerful target located a finger width above the inguinal crease.

Continued pressure to the point can seriously disrupt the flow of blood through the body. It is often very sensitive, especially in males. This is an excellent point to attack if you are being pinned in a “full mount” or similar hold. When correctly applied, the attack causes the recipient to rapidly pull their hips away, thus enabling a defensive turnover.

Heart is another great spot to attack when you are trapped beneath your opponent. A good strike there might cause the attacker to squirm away and release a mount, choke or hold, permitting escape.

3. Throwing

There are two significant pressure points on the face that can be helpful in achieving off balancing for backward throws. “Facial Beauty” is located two finger widths from the side of the nose towards the ear, and directly below the cheekbone. The most effective application is to pinch the two points on either side of the nose with the index and middle finger, and then drive the head of the opponent backwards. This breaks their balance and leaves them very susceptible. Another point nearby is Governing Vessel, or “Water Trough,” which is located just beneath the nose. Applying a driving pressure to this point will have an immediate off balancing effect on most people. A palm heel strike to this tsubo will cause grievous harm to the recipient if bone fragments are driven up and into the braincase.

4. Joint Locks

Pressure points can be used very effectively in a joint lock scenario. The hands are full of pain inducing points, not the least of which are the bases of the fingernails. Applying acute pressure to these areas causes searing pain, and will generally cause all but the most stubborn attackers to loosen their grip.

In the webbing between the thumb and pointer finger lies one of the most

well-known and effective pressure points. It is known as Small Intestine. Lightly pressed it is said to relieve pain, particularly toothache, but pressed with serious intent it can cause a sharp pain that radiates throughout the hand.

To bend an opponent's elbow, consider attacking the Large Intestine. This point is located on the top side of the elbow crease. A swift blow or a digging thumb will generally cause an attacker to retract the elbow towards the body. The wrist and forearm also have numerous points of pain that can be exploited in various wrist lock techniques.

Levels of pressure points

There are different levels of pressure points, here we shall talk about the different levels before we move on to talk about the types of pressure points in the body.

1. Level 1 Pressure Points

Level 1 pressure points are the most common pressure points there are. These are the types that people generally think of when they think of pressure points. In short, Level 1 pressure points are those pressure points that REQUIRE pain (their effect) to make them work. NOTE that this does not mean that every pressure point that you stimulate which hurts is a level 1 pressure point. Sometimes level 2 type pressure points will also hurt when they are stimulated. However, the difference is that level 1 pressure points REQUIRE pain to work whereas level 2 pressure points do not require pain to work but may hurt when stimulated.

A perfect example of level 1 pressure points is an arm bar or wrist lock. These can have dramatic effect on your opponent but in some non-responders you can actually break the bones before they will feel much, if any, pain.

So how can you tell? Well, mostly you find out by experimentation. Because level 1 pressure points are very common and located all over the body, you can try striking a point on the way in. If the person responds, it tells you something, if not it still tells you something important.

Another level 1 type of pressure points are the edges of bones. A classic example is the shin kick. Most people know this already but most have

never stop to think about the fact that you only have to run your foot down the edge of the shin (or any other bone edge) to cause sharp pain. If the person is not drugged, high or mentally ill, then they are most likely going to have a very pronounced reaction. Again, though it is the reaction you are looking for, your end goal is not simply the pain; for the pain will go away quickly once you stop. Be prepared to use the reaction in advance and you will have a great tool.

There are ways to make the bone pain last longer. And there are also organ (more than you would expect), tendon, muscle, nerve and other types of organs that can be stimulated to cause level 1 pressure point reactions.

2. Level 2 Muscle Pressure Points

When you simply punch people, what you will notice is that they back up, but most of the time they still hang on with most of their strength. However, when you run a knuckle fist or eye of the phoenix (a fist with the first knuckle extended) quickly down their muscles, they not only back up but also move their hips backward, bend their knees (a little) and drop their weight downward. While most of the time they still have their hands on you there is very little strength in their hands. By the way, it also brings their face closer to you.

This effect may not last long in a determined opponent and you can only count on about 1/2 of a second before they will begin to regain their composure (and strength in their arms), BUT a half second is a relatively long time if you are prepared to use it.

The fact is that if done correctly, you can stimulate most muscles to have an effect. However, it can be tricky knowing how to do so. Even more important than knowing how to stimulate the muscle, is knowing in advance what reaction you are going to get. Remember we said you only have about 1/2 second. If you spend that time observing the reaction, you are not going to be able to capitalize on it. If you know in advance what is going to happen then you can make the most of it.

3. Level 3 Reflex Pressure Points

Here is a perfect example of a level 3 pressure point. Not only does it work every time (IF you do it correctly) but it does not cause pain. Please

be aware that it does cause an uncomfortable feeling but if you examine the feeling you will find it is not pain, instead it is a combination of queasiness and anxiety.

The reflex we are talking about here is the gag reflex. A lot of people know about this reflex so the knowledge of its existence is definitely not earth shattering or some kind of secret. However, with a bit of knowledge here we can make this point a lot more effective for you AND teach you some principles that apply to many other points.

The gag reflex point is located on the middle of the lower, anterior neck, just above the sternal notch. Now some people will be hesitant thinking that this area is weak and that you are going to damage the throat by pushing here, but let me assure you that while pressing here will feel uncomfortable, you are not going to damage the neck at this location. That is because underneath the point are rings of thick cartilage.

In order for this to work, though, you HAVE to press quickly. If you press slowly, then the person can resist because the gag reflex, which is part of the breathing system, is only stimulated externally by sudden changes in stimulation I suggest that you press with one supported finger in the middle of the neck at this location.

If you have done this correctly you will see the person back up quickly. How far he backs up is in direct proportion to how hard and how fast you push. It is possible to have him launch himself into the wall behind him with all his muscles.

In order to get even more effect, what you need to do is to run your fingers on the bone edge of the top part of the sternal notch (hard) so that you are rubbing bone as you press the gag reflex. The bone part is the level 1 pressure point stimulation and the sharp pain will take away any resistance he may have had from your finger or thumb entering this area. Done correctly you should see an enhanced effect.

This is a classic example of how to use pressure points. It is better to use a combination of such points knowing full well that if the level 1 pressure point doesn't work, then the level 3 will. If both points work, then you are better off as my opponent is not.

Here are some typical types of Reflex pressure points:

1. Cardiac Points: they drop the blood pressure. (No, they don't stop the heart).
2. Light force knockout points (vascular and RAS stimulation)
3. Breathing Points (points that cause a dramatic decrease in the ability to breathe).
4. Balance disruption points.
5. Brain protection points (points that cause hard-wired reaction designed to protect the brain and have nothing to do with pain).

Learning To Find Pressure Points

How does one find pressure points? Although you can try to find and trigger many of the points on your own body, the best way of learning is to find a partner willing to endure a little pain and prodding. An acupressure chart or diagram showing the primary points on the body will help.

Acupressure points are generally found in joints, the splits between muscles and in the small grooves found in some bones. The surface area of the point can vary from the size of a small pebble to the size of a quarter. It is clearly more viable to use the larger pressure points as targets. The best way to find out whether or not you've hit upon an especially painful spot is to judge the reaction of your partner. If their eyes flash and they quickly retract whatever part of their body you are working on, you've found it! It is then wise to experiment and try to learn what exertion is required to achieve a desired effect.

If your intention is to heal, firm pressure may further block the qi flowing through the tsubo and be counterproductive. A light but constant pressure will generally work best at relieving blocked qi. The effected pressure point area will often become warm and may pulse under your fingers. The sensation is similar to moving sand. If you intend to cause pain, you will often have to apply considerable pressure, and your partner will most likely not permit you to hold the point long enough for you to feel any surface changes. As it has been done for ages, the way of trial and error is the best method of learning how to locate pressure points.

Types Of Pressure Points

EYES: This is a great target to us for gaining time and really taking the fight

out of someone. You can target the eyes with a flick, scrape or poking motion of the fingers to get an assailant to flinch. It will generally cause watering and, as a result, cause blurry vision. This will give you a split second or more to get an advantage, whatever that is. In a close range you can also target the eyes with the thumbs and dig deeper for increased effectiveness.

In extreme situations, targeting the eyes could cause blindness and death.

NOSE: Being hit in the nose hurts! It numbs your face and creates a fair bit of pain. It may not be a knockout shot, but a nice palm strike to the nose can really make someone have a bad day.

The bones of the nose are very thin, so a good strike could definitely cause it to break. It too can cause the eyes to water which creates a period of slight blindness where you cannot be seen easily.

Targeting this vital point can result in a bloody nose, which is a good strategy to use as the sight of blood can deter an attacker from escalating the attack any further.

Infraorbital Nerve

The infraorbital nerve is just below the nose. You can apply pressure to this nerve with an index finger to control the opponent.

EARS: Targeting the ears can do some serious damage. Ideally you would use a combative like an open palm hook (cupped hand). If this target is accurately hit then it can cause a rupture of the eardrum, knock someone's balance off center and possibly cause unconsciousness, or worse.

If you find yourself caught in really close range you could grab/pull an ear. They say it only takes a small amount of pressure to rip the ear. Try it for yourself: Gently grab your ear with one hand, dig your fingernails into the back of the ear (so the meaty part of your palm is covering the front of your ear) and pull like you're trying to rip the ear off. Now imagine speeding that up. It is a very sensitive organ and in a serious/ desperate situation can be targeted.

Mastoid Process

The mastoid process is behind the base of the ear and beneath the edge of the jaw. Apply inward and upward pressure to this pressure point with the fingers

to distract and control the opponent.

THROAT & NECK: When referring to this area as a target, I am talking about the entire area of the neck, front to back. You can: punch, use an open palm, the blade of the hand/forearm, use a hammer punch or a downward elbow. Whichever way you go about it depends on the circumstances of the situation.

These are serious targets and the level of force used can mean the difference between inflicting extreme pain, concussions, a broken neck, a crushed windpipe or death. Be careful and use only as much force as really necessary.

Carotid Sinus

The carotid sinus is located on both sides of the neck just below the jaw. Strikes to the carotid sinus restrict blood flow to the brain, causing loss of consciousness or death.

Cervical Vertebrae

The cervical vertebrae on the back of the neck, from the base of the skull to the top of the shoulders, contains the spinal cord, which is the nervous system's link to the brain. The weight of the head and the lack of large muscle mass allow damage to the cervical vertebrae and spinal cord. Excessive damage to this area causes pain, paralysis, or death.

Clavicle

The opponent's clavicle (or collar bone) can be easily fractured, causing immobilization of the arm.

Jugular Notch

The jugular notch is at the base of the neck in the notch formed at the center of the clavicle. Apply pressure in a quick, stabbing motion with the index finger. Strikes to the jugular notch cause serious damage.

GROIN: This one is a 'no brainer' – No groin, no Krav Maga! Don't go and try this out on your own!

While a light shot to the groin is pretty much enough to cause intense pain, it may not be enough to stop an attacker for a long enough period to escape safely. For maximum effect, you want to aim your strike to connect directly underneath the hips, and a little up and through the target. Doing this should

bring the force of the impact straight to the pelvic wall. Hitting the pelvic wall will make the muscles in that area contract very tightly and this affects one's ability to stand.

SPINE: A strike to this area can cause serious pain, paralysis and possibly death. This is a serious area to target, and is usually exposed when an attacker has been weakened and is hunched over.

JAW: A strike to the jaw can break it and/or cause paralysis, a concussion or unconsciousness. Striking this area can cause your opponents balance to be greatly compromised, hence the term 'knockout'. The area that is being discussed is the region from the center of the chin, all the way to the jaw hinge under the ear.

To inflict a knockout needs specific training for most people (power, accuracy, etc.), and it isn't something that all instructors will emphasize in self-defense training. However, the closer to the chin you strike, the more likely the force will be sent to the back of the brain. Along with the other effects of this strategy, this result makes the shot generally a quicker option for neutralizing a threat.

TEMPLE: This area is particularly sensitive due to there being a major artery and nerve running directly through it. Striking to this region can cause unconsciousness, a concussion and possibly brain damage or death.

Each side of your head has a small flat area between the ear and eye. The pressure points here are located approximately half an inch from the edge of the eyebrow. If you press these two points on both sides of the head simultaneously while moving your fingers in circles, you may find some relief from headaches.

SOLAR PLEXUS: Hitting this area can cause internal damage, unconsciousness and take the breath out of someone. It's a very good point to go for as a preemptive strike/push and can easily take someone down and/or out of the fight with a short or long range shot.

Secondary Vital Points: For the problem solver, the opportunist, or when the threat is not as severe.

BACK OF THE HANDS: Hitting the back of a hand with a hard tool (like your knuckles, or a blunt-force object) can cause some serious pain. This area

is very sensitive as the nerves pass over the bones with very little muscle to protect them. As the bones are very small, it is very easy to damage them in the process too.

This is a great strategy for when you've been grabbed!

KNEES: Kick and strike them in the opposite direction that they're hinged and you can dislocate, fracture and hyper-extend the joint. Doing this severely effects one's ability to maintain balance and keep a solid structure.

The back of the knees are also very susceptible to being struck and manipulated for takedowns and the like. Some would argue that this should be defined as a primary target, and while that may be true it will be difficult for some to do under real pressure until they are experienced.

SHIN: This is an old school yard trick. If someone grabs you from behind, just scrape your heel down their shin.

Striking the shin with a direct blow using a hard tool can be very effective in getting the same result. An example is kicking the shin while you're wearing a nice solid boot.

FEET & TOES: Stomp on these targets with your heel for maximum pain. Great for situations where you have been grabbed from the front or side and cannot use your hands immediately. Striking these targets will create opportunities that you can capitalize on.

FINGERS: You can use this target effectively to your advantage by grabbing a finger and twisting it the opposite way of its natural motion. You can go for the fingers when troubleshooting attacks that involve a grab of some type.

THROAT: It is worth mentioning the throat here again as we can use techniques such as the 'Educational Stop' which exploit the throat, in particular the jugular notch. Doing this can cause pain and gagging and can 'educate' someone to cease further escalating a confrontation.

BODY- ribs, kidney, spleen, liver, and stomach: Striking to these areas can wind an opponent and cause lots of pain which could include injury to the bones, such as a broken or fractured rib. Again, ouch!

More serious injuries can come as a result of being hit here such as internal bleeding, puncturing a lung, respiratory failure and organ damage.

SKIN: The largest organ of the human body. You can bite, scratch, pinch and claw skin. If you're in close range these tactics can be super effective at getting you out of shit and they can cause a great deal of pain and discomfort.

Brachial Plexus (Tie In): The brachial plexus (tie in) is on the front of the shoulder at the joint. Strikes and pressure applied with the hand are effective on this nerve.

Radial Nerves: Radial nerves are on the inside of the forearms along the radius bones. Strikes and pressure applied with the hand to the radial nerve serve as a softening technique.

Ulnar Nerve: Ulnar nerves are on the outside of the forearms along the ulnar bones. Strikes and pressure applied with the hand to the ulnar nerve serve as a softening technique.

Femoral Nerves: Femoral nerves are on the inside of the thighs along the femur bones and help a person extend their knees. Hard strikes to the femoral nerve serve can make it difficult for the opponent to stand while pressure to the nerve can acts as a softening technique.

Peroneal Nerves: Peroneal nerves are on the outside of the thighs along the femur bones and provided sensation to the front and side parts of the legs and to the top of the feet. Strikes to the peroneal nerve serve as a softening technique and cause the opponent to be unable to lift his foot.

Pressure Points on the Feet

There are pressure points on the feet that, when pressure is applied or when they are struck, serve to soften or distract the opponent. You can apply pressure to these areas with the toe, edge, or heel of your boots to the following points:

- The notch below the ball of the ankle.
- The top center of the foot, above the toes.
- The top of the foot where the leg and foot meet.

HAIR: If you're in close range and your opponent has hair, you can grab it to get an advantage. You can pull them down to the ground, or you can guide them to a place where you can strike their face and neck. You could also use

it to help you restrain someone.

Where the head goes the body follows. Most people freak out when you pull their hair and they tend to wave their arms around panicking. Take advantage of it if required.

DOKKO: The dokko is a specific point just behind each ear. The dokko is an effective target area. This point is also effective for gentle stimulation to relieve stress. The dokko is located where the jaw and skull meet. In most people, this point is just under the outer ledge of the earlobe at the base of the ear.

HICHU: The hichu pressure point is an important area for self-defense. The hichu is located where the neck and chest meet, just below the Adam's apple. It is a vital point in the body, as the trachea passes just below this surface. A small amount of force to this area can be seriously debilitating.

KOTE: Near the inside of the elbow, where the skin creases on a bent arm, is the kote pressure point. You may gently press this point in a circular motion or strike it forcefully to inflict pain. The kote has a tradition of use for reducing anger. Locating the kote is easier when you press hard and briefly to find the exact point that causes pain.

UCHI KURO BUSHI: The uchi kuro bushi is located near the meeting point of the foot and ankle. It is below the bony protrusion on the inside of the lower ankle. Move down and forward from this protrusion until you find the cavity of this joint. This is a pressure point used in martial arts to inflict pain and damage.

Webbing of the Hand

A pressure point exists in the fleshy area between the thumb and index finger on each hand. If you press firmly on this point by pinching from both sides, you will feel some discomfort. Stimulation of this area may help relieve tension or pain in the head and back, and perhaps even other areas.

Your goal here is to make striking and manipulating these targets your second-nature and your instinct. To do so requires that you are conscious of all vital points when you train, and that you are selecting the right tools for your targets. Remember, to be super-effective when doing this: strike hard targets with soft 'tools', and soft targets with hard 'tools'.

CHAPTER THREE

Techniques

Although Krav Maga shares many techniques with traditional martial arts, the training is often quite different. It stresses fighting under worst-case conditions or from disadvantaged scenarios (for example, against several opponents, when protecting someone else, with one arm unusable, when dizzy, against armed opponents). Unlike Karate there are no predefined sequences of moves or choreographed styles; instead Krav Maga emphasizes rapid learning and the *retzev* ("continuous combat motion") through Adrenal Stress Response Training. By using a scientifically researched series of exercises and drills, the participant's body and mind learn to fight while under adrenal stress. This does a more than adequate job of simulating the physical and mental conditions a person will experience in a real force on force encounter.

Krav Maga instructors emphasize two training rules:

- (1) There are no rules in a fight and
- (2) One must not injure oneself or one's partner when training (Partner Preservation).

Training is an intense mixed aerobic and anaerobic workout, relying heavily on the use of pads in order to experience both delivery and absorption of strikes at full force. This is important because it allows the student to practice the technique at full strength, and the student holding the pad learns a little of the impact they would feel when they get hit. It can be almost as taxing to hold a pad as to practice against one. Students will also wear head guards, gum shields, groin protectors, shin and forearm guards, etc. during practice of attack/defense techniques, so that a realistic level of violence may be used without injury. Some schools incorporate "Strike and Fight," which consists of full-contact sparring intended to familiarize the student with the stresses of a violent situation. Keep in mind that sparring is a bit like doing the splits. The splits will measure your flexibility, but will not necessarily increase your flexibility. In the same way, sparring is a great tool to measure your progress, but it is still not a survival combative situation. Here is why: In a

fight, there will be intense moments of incredible physical and mental stress, followed by either one person or the other being injured or taken out of the fight. Sparring goes on too long and allows the body to go through peaks and valleys where stress is reduced and the participants allow one another to recover.

As an example, training may employ a speaker system blasting loud music, stroboscope and/or fog machine, meant to train the student to ignore peripheral distractions and focus on the needs of the situation. Other training methods to increase realism might include exercising the student to near exhaustion before having to defend, training outdoors on a variety of surfaces and restrictive situations, wearing a blindfold before being attacked, etc. The whole emphasis is on simulating real fight/attack situations as realistically as possible within the safety limitations of training. Training will usually also cover situational awareness, to develop an understanding of one's surroundings and potentially threatening circumstances before an attack is launched. It might also cover "Self Protection": ways to deal with situations which could end in fights, and physical and verbal methods to avoid violence whenever possible. Krav-Maga includes the subjects and techniques of:

- Prevention, avoidance, escape and evasion.
- Dealing with throws and falls in all directions and angles.
- Attacks and counterattacks, performed against all targets, distances, ranges, heights, angles, directions and in all rhythms. Executed from all positions and postures.
- Use of all sorts of common objects (improvised weapons) for defensive purposes.
- Defending against all unarmed attacks: punches, strikes and kicks. Releases from all sorts of grabs and holds. Defending all armed attacks and threats of knife and sharp objects; of sticks, bars and other blunt objects; of all kinds of firearms.
- Dealing with the above attacks when sent from all possible directions and places; when they are performed by a single or multiple attackers; when they occur in all possible places, from all positions and postures. Including in confined or open areas; in an ally, staircase, and car; on all types of surfaces; in water; when in limited

space or movement; while standing, on the move, sitting down, laying down on the back, side or facing down.

- Personal physical and mental control.
- Krav Maga prepares the trainee to function in all circumstances and scenarios, in all combat and fighting environments, according to their needs, the risks they are facing and job descriptions. Krav Maga enables and brings technical, tactical, physical/mental growth and improvements.

KM prepares the trainees to function in most circumstances and scenarios, in many combat and fighting environments, according to their needs, risks they are facing and job descriptions. KM enables and brings technical, tactical, physical and mental growth and improvements.

Krav Maga Moves

The 10 Krav Maga moves mentioned here are simple ways of defending yourself against an attack. Krav Maga emphasizes defending and attacking as one continuous movement, the aim of which is to neutralize your enemy.

1. **Front Kick:** Krav Maga is designed to end a fight quickly. Use your leg to issue a front kick to give it more power. Aim for the groin, abdomen, knee, head and neck and then follow up with an elbow strike or punch into the back of the neck.
2. **Eye Gouge:** This Krav Maga technique blinds your opponent and is a good move especially for women faced with a stronger opponent. You can use either your fingers or thumb to penetrate the eye sockets.
3. **Defense against Buttocks Grab:** This is a very useful move for women who are often victims of sexual harassment. If your assailant grabs you from behind, you can execute a rear kick and hit his knee or groin. Alternatively, you can do a rear elbow strike followed by any number of Krav Maga moves, including a front kick or a series of punches.
4. **Stepping Side Kick** This is a great move to close the distance quickly and hit an opponent beside you. For an assailant on your right, cross your left leg over your right, shift the weight into your

right leg and twisting your hips a little, kick with your right heel. Target areas include your assailant's knee, abdomen, thigh and shin.

5. **Sucker Punch Defense** Blocking while simultaneously attacking is the essence of Krav Maga. A sucker punch is usually a straight punch. To deflect it, use an outside block followed immediately by either a punch or a knee into your opponent's kidneys.

6. **Rear Horizontal Elbow Strike** A useful move for attacks from behind. Bring your arms parallel to the ground, raised just above shoulder level. Pivot your hips as you hit your assailant with your knee.

7. **Uppercut Elbow** This offensive move is meant to damage your assailant's throat or chin. Once in a Krav Maga stance, bend your knees slightly and execute an upward elbow strike into your attacker.

8. **Uppercut Punch** Your fist is a deadly weapon and an uppercut punch can leave your opponent shaken enough for you to quickly execute another move. The target area is the chin and power comes from bending your knees and twisting your hips as your fist hits the target area.

9. **Head Butt Defense** This is a simple but effective defense against head butts. Raise your elbow parallel to the ground and block the opponent's face while simultaneously punching his head with your free hand.

10. **Defense from Rear Choke** A choke is designed to make you unconscious, but it takes time to take effect. Krav Maga teaches you to not panic. To free yourself, use both your arms to yank the crook of your attacker's elbow followed by a rear sweep by hooking his leg.

5 Krav Maga Moves to Devastate Your Attacker

Master these powerful Krav Maga moves so you can dominate your opponent. With these simple techniques, you'll be calm and confident in the face of an attack.

There are a huge number of moves in this effective fighting system, but only

a few are worth spending a lot of time on. Here we will be covering the 5 most powerful techniques.

Krav Maga puts a pretty big emphasis on physical fitness as a way to enhance your ability to fight effectively. I believe this factor varies slightly depending on the group you train with, but it was definitely a large factor in this group!

From everything that revolves around Krav Maga, purposely turning your back on a violent adversary at ANY time during a fight is a BAD idea. You leave yourself vulnerable to so many things, including being stabbed in the back or simply being grabbed while you aren't watching your attacker.

Nevertheless, here are 5 great Krav Maga moves that can be relied on when you're alone at night on that dark street facing a frightening criminal attacker who seems to be determined to end your life.

The 5 Best Krav Maga Moves

1. Knee Strike

Krav Maga teaches you to grab hold of both sides of the bad guy's neck with your hands, pulling him down firmly as you thump your knee up and into his solar plexus or stomach area. You can also aim for the ribs on either side or the chest, if you can pull him down low enough. The idea is to knee him repeatedly until he goes down or is unable to harm you anymore.

2. Elbow Strike

As with many good martial arts, Krav shows you how to use the tough, body parts of your body as weapons against the soft, squishy areas of your assailant's body. This gives you the best chance of hurting him and getting him to stop attacking you.

The elbow can be used in several ways:

Vertically - In a sweeping motion, rapidly moving your bent arm from its position down at your side to up near your head. If you were just practicing it in the air, your wrist should end up next to your ear on the same side as your striking arm, as if you were answering the telephone. This strike comes up under the chin of your opponent for a knockout.

Horizontally - Sweeping from right to left or backwards, from left to right. This strike moves across your body at the same level all the way. It uses the powerful chest or upper back muscles to put force into the move. This one also usually targets the head of the bad guy, hitting the jaw or temple area. It's a very powerful move.

Diagonally - Used in almost a chopping or slashing fashion, this variation can go from high right down and across to the left or vice versa. It can also move from a low angle, up and to the right or left. This is a sharp, glancing strike that should also target the head area of the attacker, and can readily cause a knockout or a broken jaw.

You must always remember to follow up this strike, and any other kind of strike, with other Krav Maga moves. You can repeat the same technique, such as an elbow, over and over again until your assailant is down on the ground or change to another technique. Just be aware that it's often easier and more effective to simply keep doing something that is working, rather than changing to something else mid-way through the fight.

3. Palm Strike

The palm strike is a very powerful and easy to learn Krav Maga move. It is common to many other fighting systems for one simple reason, it works! This one can be used exactly like a boxing punch, except, instead of punching with a clenched fist, you'll open your hand and hit with the meaty portion at the bottom of your hand, right near your wrist.

Palm strike - close up of hand position

This is a strong area that won't get hurt easily from hitting bony parts of your opponent, such as their chin or skull.

Aim this strike up and directly under the chin of the cretin in front of you. Follow through by pretending you are trying to put his head through the roof and you'll probably knock him unconscious. This is a very powerful and effective move. It does not require a lot of strength to knock someone out, as you're pushing the chin straight up, which kinks the back of his neck very suddenly.

The head is the best target for this strike as well as many other Krav Maga moves. It can be used against the body too, but the shape of the open hand

makes it less suitable for this purpose. If you plan to hit the guy in the body, rather use a clenched fist. However, choosing to use a palm strike whenever you hit the head will also protect your knuckles from being broken or damaged by your opponents' teeth. Who knows when last he brushed them!

4. Knife Hand Strike

The knife hand strike is another of the Krav Maga moves that is commonly used in other martial arts for the same reason as the palm strike: its extreme effectiveness.

The way to form a knife hand is quite simple and you've probably seen it done in movies before. Just extend your fingers like you are about to shake someone's hand, but keep your thumb against the index finger instead of holding it upright. Tighten your fingers and wrist when you strike with it and make sure to hit with the meaty part at the base of your little finger near the wrist.

This is the toughest part of the hand (aside from the bottom of the palm, used for the palm strike). Make sure you don't make the mistake of hitting your attacker with your pinkie (little) finger, or you may break it! You also won't be able to hit with any real power using that part of your hand as the impact point. It will simply give way under the force of the blow.

This Krav Maga move can be directed against almost any part of his body, but either side of the neck, the sides of the head and the front of the neck (throat area) are excellent targets. If you are behind him, or he is bent over in front of you, the back of the neck, near the base of the skull is a good target.

Knife hand strikes can also be used to chop a goon's forearms if he tries to grab you or even if he has already grabbed you. If he's holding on to your other arm, for example, you can chop the top of his forearm with the edge of your hand to get him to let go.

Immediately follow this up with a sweeping knife hand strike to the side of his neck or head. Remember to continue hitting him until he is down or otherwise no longer trying to hurt you. Don't just stop and look at him after hitting him once! He'll probably come straight back and attack you again. Be relentless in your attack on him. After all, if this is a self-defense situation, he started it by becoming aggressive with you first. You are only responding to

his actions.

5. Break Falls

Learning to fall in a way that doesn't result in broken bones is a valuable skill to have. You may think it strange to try to fall on purpose, but as long as it's practiced on padded foam mats or soft grass, there's no harm in it.

There are several different types of break fall:

1. Forward roll
2. Backward roll
3. Back break fall
4. Side break fall

What they all have in common is that they teach you to fall in a controlled way so you don't get hurt. When learned and practiced to the point of them being automatic, you can rely on your body to go straight into the correct break fall without even thinking about it when the time comes.

Sub Styles of Krav Maga

There have been numerous modifications to the original system over the years. The following are some of the more well-known spin-offs from the original art.

- Commando Krav Maga
- Special Forces Krav Maga
- Tactical Krav Maga

Aggression Drills

Aggression drills are an important part of developing a reality based self-defense system. All the techniques in the world will not help you in a moment of truth if you are not able to implement them aggressively in a real life situation.

Aggression training also helps you overcome fear, hesitation and nervousness, all of which are common to our nature. If you are too nervous to react, you will not be able to get the job done.

Flow Drill

You can practice a flow drill that combines all your primary vital targets from your stances. Remember, as you do this ensure each strike continues on to the next in a smooth, flowing way. Doing these flow drills will reinforce the connection between your targets and which tools to use, and ingrain them into your subconscious so you need not think about it too hard under pressure.

Here is a flow drill sequence using some primary vital targets

To start, just use your lead hand and then alternate, left to right, or right to left and so on.

1. Eyes – Palm strike

This first strike is more like a eye scrape or flick, as an extension of a palm-strike. In cases like this I do not to think of a palm strike as only a one dimensional tool. It serves many purposes. When you do this in your flow drill mentally and/or physically say the word ‘eyes’.

2. Nose – Palm strike.

3. Jaw (chin) – Straight punch.

4. Throat- Straight punch.

5. Ears/Temple – Open palm hook.

Can be executed with two hands at the same time.

6. Nose – Head butt.

Make sure you get your chin down low before you perform a head butt and that you’ve acquired a target.

7. Pushing the Head back – Eye gouge.

Think of the technique you use when you are caught in a bear hug from the front where your arms are free and your opponents head is high.

8. Jaw – Horizontal Elbow.

9. Groin – Knee.

10. Groin – Kick.

Levels Of Aggression

1. **Low Level Aggression:** here, aggression is used lightly on your martial arts team but without actual violent contact. Don't scare anyone by beating them up.
2. **Medium Level Aggression:** Krav Maga students who are in regular training - Use pads and punching bags;
 - Drills.
 - Jab, cross, jab, knee kick.
 - Jab, cross, jab, upper cut.
 - Jab, cross, jab, low kick.
 - Jab, cross, upper cut, upper cut.
 - Jab, low kick, elbow smash.
 - Front kick, cross, elbow, knee.

There are many drills you can build using these simple combinations. Practice them full speed, full power until the students are dropping like flies and then do it some more as they feel too tired to continue.

3. **High Level Aggression** - Reality self-defense training - Wear full padding, head gear, body armor, do the drills on each other, have short bursts of sparring, rest, move on to another partner. Set of push-ups, more fighting, set of sit ups, more fighting or kicking the bag. Put on some high intensity combat music or just shout a lot. Make it feel real.
4. **Top Level Aggression** - Combat Troops; No padding. Run for half an hour, then hit the heavy bag for 20 minutes; combinations of jab, cross, elbows and knees.

Drill; one person holds a punching shield while another strikes it and moves forward, all during this time other soldiers are hitting the participant, he must learn to focus, tune out the pain and move forward.

Drill: push-ups until your hands are sore, and then hit the heavy bag, then fight.

Drill: You are lying on the floor, trying to get up while a group of fighters are trying to keep you down, you must get up and fight your way out.

Krav Maga Typical Workout

There are different types of workouts. Some will focus more on fitness, others on aggressiveness and fighting while others will be devoted to mastering specific techniques. However a typical Krav Maga workout will begin with a light run, followed by stretching and then kicking and punching drills. We constantly review our basic kicks and strikes. We start with the low kick from Muay Thai, the front kick drilling with both the rear leg and front leg, the side kick and the knee kick. We especially stress the knee kick and we use it in many self-defense scenarios. A properly executed knee get can cause cardiac arrest in an opponent. Of course we use padding and protective gear.

We add in some striking drills; basic punching and blocking. We integrate the use of the elbow strike in these drills. Next we will do drills that combine blocking, punching, kicking and takedowns. We will continue with ground compliance techniques as well as rapid destruction techniques. We learn when to use each based on a force continuum model. A typical Krav-Maga workout will continue with knife defenses. Training is to defend against knife threats and attacks. Blocking and take-down drills integrate perfectly with knife defenses.

If you're looking for a tough workout that'll make you feel like you can kick any boy to the curb, Krav Maga is it. From punches to blocks to kicks and more, here's the 411 on Krav Maga!

5 Things You Need to Know About a Krav Maga Workout

1. **Take time to learn the moves.** Just like any new class or exercise, there's a learning curve for first-timers. So once you find a Krav Maga gym in your area, call to see if you can come in for an intro class. Many of the moves in Krav Maga take some practice to do with proper form, so start slowly and start right!
2. **Look into finding a fitness version of the class.** Once you've mastered the moves, see if your Krav Maga gym has fitness-centered classes. Most gyms offer classes that allow you to practice Krav Maga along with other cardio moves and drills to give you one heck of a workout.

3. **Intervals get results.** The best part about Krav Maga is that you go all out punching, blocking or kicking followed by rest. Research shows intervals are one of the best way to get in shape fast!
4. **Come prepared.** You should treat a Krav Maga workout like any other exercise session, so be sure to come hydrated and well fueled. Also make sure to have a towel and extra water on hand!
5. **Recover, recover, and recover.** Because Krav Maga is a functional workout that works your entire body in ways that you're probably not used to, expect to be dang sore after your first few workouts. Remember that this is normal and give yourself a few days to recover before going back for more!

Conclusion

Applying this knowledge of pressure point to Krav Maga, attacks on key pressure points have been demonstrated to be very effective self-defense. By attacking vulnerable spots along the perimeter of the body in a standing fight, you can potentially immobilize your opponent or at least slow their reaction time. By attacking certain points on the center line, or medial aspect of the body during a ground fight, one can cause an opponent to shift their weight suddenly and create an opening for escape.

Pressure point attacks can also be applied in off balancing that is strategically helpful in executing judo style throws. There are many ways in which further investigation and practice of this ancient knowledge of qi, meridians, and pressure points can influence and expand your Krav Maga Krav Maga abilities.

Finally, by sharing knowledge of pressure point fighting, you will contribute to the overall safety of your fellow Krav Maga practitioner.

Krav Maga

Learn to Defend Yourself Against
Would-Be Attackers

By

Charlie Caine

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Introduction

The Art of Krav Maga

Congratulations on finding this ebook and welcome to the world of defensive close combat! You have taken your first step at protecting yourself and your loved ones better.

Truth be told, danger is something that you have to live with. Thousands of crimes are committed every day, often inflicted on innocent individuals who are unguarded against these attacks. This is not geared to scare you but instead empower you because you can help yourself from being victimized through self-defense. There are many martial arts styles that you can choose from, and each of them has their respective advantages. This particular book introduces you to the art of Krav Maga.

Combining different combat disciplines and applying it to realistic fight situations, Krav Maga has many variations developed to suit the needs of its learners. This book covers a brief background, introduces you to several standards of the system, and also highlights techniques that will be easy to follow during training and easy to remember and apply when the time of need arises.

Like any combat practice, learning Krav Maga takes focus and practice. By following the procedures mentioned in these pages, you will have the confidence to defend yourself and your loved ones from would-be assailants anytime and anywhere.

Do I need to have some martial arts background to learn? Definitely not! While knowledge on other combat disciplines can make learning Krav Maga easier, it is not necessary. Beginners can learn the techniques by simply following the instructions and *customizing* it depending on their ability and necessity. Unlike other disciplines who introduce patterns of moves, Krav Maga inculcates that moves should be combined according to specific situations. As fight situations vary greatly, there is no single pattern that will work. You have the independence to choose what techniques can work for you at a specific time.

Is it easy to learn? Yes. The techniques utilize moves that can be done by anyone, using the body's natural reflexes and based on specific attack situations. While there are some moves that require extra

skill (such as extended flexibility), the absence of pattern in Krav Maga's techniques enables you to master specific skills that your body can execute.

Is self-protection guaranteed through Krav Maga? This depends on you, the aspiring practitioner. If you maintain your focus, practice regularly, and develop the confidence to execute the techniques when needed, you will find that Krav Maga is an effective skill for defending yourself.

You will discover soon enough the different advantages that Krav Maga holds for you. Now that you have taken this first step, let's carry on.

Chapter 1

A Bit of Square One

The creation of what is now known as Krav Maga has been attributed to Imi Lichtenfeld (also named Imrich Lichtenfeld or Imi Sde-Or), a Hungarian-born boxer-wrestler from Czechoslovakia. He was responsible for training the Israeli Defense Forces in the 1940s. Primarily, his trainings revolved around physical fitness, wrestling, and managing knife attacks. Thus, the name Krav Maga has been used for this system. Krav Maga is a Hebrew phrase that literally means “contact combat”.

Further developments on the system have been introduced by his successor, Eli Avikzar. Their techniques were formed for the military and was somewhat classified, but after Lichtenfeld retired in the 1970s he decided to teach the basics of Krav Maga to Israeli civilians. He specifically targeted teaching the youth. He also founded the Israeli Krav Maga Association (IKMA). Overtime, Krav Maga became known outside Israel and several other civilian associations dedicated to the discipline have been formed.

Crediting that its creator is a boxer and wrestler, many beginners immediately realized that Krav Maga is a grouping of several other martial arts practices. The principles and techniques will familiarize the learner with wrestling, boxing, judo, jiu jitsu (also known as ju jitsu), and muay thai. However, from its inception, its developers have designed the techniques to be street-smart. They took note that competitive fighting is different from realistic fighting, and so the theories taught during training were constantly changed and improved based on real-life occurrences.

Krav Maga has been introduced to the United States by Lichtenfeld’s early students. Commercial organizations and training institutions have also sprouted throughout the country to propagate the system. In formal training institutions, practitioners are grouped in a color-grading system based on Judo ranking. Beginners wear white belts, then move on to yellow, orange, green, blue, brown, and black.

Apart from color-graded belts, there are institutions that use color-graded patches, where the color grading is further divided: Practitioners (levels 1 to 6), Graduates (levels 1 to 5) and Experts (levels 1 to

5).

Modern Krav Maga

Today, the practice of this combat system is no longer confined on grading systems. Krav Maga can be learned by individuals and taught by groups as a simple way of learning self-defense. Even without the formalities, modern practices remain true to the Krav Maga principles: avoid the conflict as much as possible and finish the conflict as fast as possible.

The best thing about modern Krav Maga is that it is being taught in consideration of modern attacks. Based on the traditional techniques, the focus is to teach individuals to protect themselves from the most common attacks, including but not limited to street crimes. The modern system follows the same path as its predecessor. First, the situation should be contained in the simplest way possible. If diplomacy can defuse the conflict, it must be done. Secondly, if diplomacy did not work, make a pre-emptive move. This hastens conflict resolution. Ideally, street fights should last no more than one minute, and so attacks should be powerful and damaging. Lastly, as soon as the conflict is neutralized, getting out of the area and taking note of the surroundings for any follow-on attacks is deemed best.

Points to Ponder

As diverse as the variety of disciplines from which its moves have been derived, Krav Maga touches base with many different issue points. It will be helpful to discuss the three main points that are associated with the discipline, namely the importance of risk assessment, the psychology of attacks, and the contribution of Krav Maga for women empowerment.

Risk Assessment

In the next pages, you will learn the many techniques that Krav Maga has to offer. The system is designed to help you protect yourself against attacks of all kinds, be it hand combat, leg struggles, or even armed assault. However, to be able to respond quickly and effectively to a threat, you should fine-tune your risk assessment capabilities. If you can spot a danger immediately, it will be easier for you to decide on your best course of action.

To begin with, situations that will lead to a possible attack should be avoided. If an attack indeed

occurs, your immediate response will make a big difference. Since speed is of the essence, you should train yourself to spot and identify what the attacker plans to do. Observe keenly at what the opponent will be doing and decide on your response. With the variety of techniques available, you can make a series of powerful blows that can eliminate your challenger at once—which is the overall goal of practicing Krav Maga.

The Psychology of Attacks

There has been an extensive amount of research geared towards the psychology of why some people are prone to being attacked, and why some people attack others. Knowing more about this can help lower your risk of being attacked, and will help you understand attackers so that you can manage them correctly if you encounter one.

Understanding Your Vulnerability and Your Aggressor

There are several characteristics that pose a person to be vulnerable to aggression. However, there is no one set of characteristic that can pre-determine if you will be attacked or not. There are many types of attacks and they come from different backgrounds. They may also produce different scenarios. Keeping this in mind, it will be best to always be on guard to decrease your vulnerability. Avoid situations where you are more likely to get attacked. A simple carefree walk in the neighborhood can make you vulnerable if you are not observant.

Concurrently, it is generally believed that attackers are not necessarily violent personalities. Many assailants are products of bad situations and judgments. The decision to attack is not always a single-incident decision. Their behavior is also a progression of certain events that ultimately led to the decision to show aggression. This is why diplomacy is a primary instruction in Krav Maga. If the main element of the aggression is a bad situation or judgment, there is a chance that the aggressor will give in simply talking to him.

If the attacker decides to continue with the aggression, always remember that he may not have any idea that you have the training to fight back. You can use this lack of knowledge to surprise him later on, which will give you leverage during the conflict. In fact, it is best to deliver hits when he least expects them.

It pays to know that an attacker may follow a set procedure or expectation of events. For instance, an attacker will often use his right hand to punch, and he often expects to deliver a second punch. He will most likely have an idea of his next steps as well, which may slightly vary depending on your response. Take note that the head is the most likely target. Knowing these three bits of information will help you develop a standard response on stand-by in case you see that your attacker is a conventional one and does these primary attack moves. When you are able to block or counter the primary attack, his assault plan will be interrupted and he will have to rethink his plan of action. This buys you time and gives you an opportunity to relinquish the situation or to fight back.

Krav Maga for Women

Anyone can learn Krav Maga, and that includes women. In fact, the system has been used for a long time to empower women and promote self-defense education among them. A fitness plan designed after Krav Maga is even developed, ratifying the fact that women can be Krav Maga practitioners, too. It teaches women to be aware of their surroundings at all times, avoid the probability of attacks, respond quickly to danger, and know their own power with the confidence that they can be strong and that they can defend themselves.

Chapter 2

The Pillars of Krav Maga

During the development of the system, it became apparent that the techniques should be effective on real-life situations and must be quick to execute. Thus, the skill sets of Krav Maga are designed in such a way that the practitioner can react with efficiency during an attack even when unarmed. The pillars of Krav Maga have been developed to discuss, in summary, the premises in which the discipline stands. It is important for the practitioners to remember these pillars and apply them when training and fighting because it will affect the way the techniques are executed.

1. Speedy

Imagine walking on a street in a dark night, when someone grabs and points a knife at you in a robbery attempt. There is no one to rescue you, and even if you chance upon a passer-by there is no assurance that you will be assisted. You have to decide whether you will give in or fight back. To make things worse, you have to decide quickly. By *quickly*, we mean a matter of seconds.

Krav Maga's techniques are simple and may be applied quickly on different situations. It is governed by the defense-attack approach where defense is simultaneously done with an attack. There is no need to wait for an opportunity to hit. It is highly recommended that the time used in resistance is also used in managing an attack. Many moves can be done in consideration of natural reflexes of the body, and are geared towards ending the battle as fast as possible before the assailant creates new threats.

For instance, in the example above, the goal is not only to protect yourself from the knife but also to disable the assailant from accomplishing the robbery. This can be done by attacking him, or by distracting him so that you can flee the scene if that is a much safer course of action.

2. Efficient

Krav Maga practitioners are efficient. The focus is in the quality and not the quantity of the moves. Because it depends on speed, and focuses on the vulnerable points of an opponent, this discipline can assist in finishing an attack quickly and with less effort from the practitioner. Through this efficiency,

you will be able to remove yourself from harm faster than when you try to sustain or prolong a struggle using well-equated martial arts patterns. A well-executed defense under the Krav Maga ideology is one where the maneuvers are so efficiently executed that there is no need to prolong a fight or kill anybody as much as possible. It is favorable to disable an opponent by targeting soft tissues such as the eyes, throat, groin, nape, forehead and the hamstrings. The absence of rules, unlike in regulated combat sports, allows for this efficiency to take place. As Krav Maga practitioners put it, “anything goes”. If the situation requires you to poke your opponent’s eye, there is no rule in Krav Maga that can stop you from doing so.

3. Continuous

The Krav Maga practice can be likened to a dance. While there are no specific patterns to follow, the motions are connected and seamless. One movement follows another, and is aimed at overpowering an attacker. In Hebrew, this is called *retzev*. By flowing through different movements continuously, the attacker will have less or no time to react. The attacker may even be swayed by the rhythm of your moves, distracting him from his original course of action.

4. Process-Oriented

Learning a combat system is a process. By mastering one technique at a time and relating new techniques to old ones, the system will be easy to remember and apply. However, and this has been mentioned before, there is no specific pattern. It is important to master the techniques in such a way that they can be combined to react to a specific situation. There are also no rules. The phrase “below the belt” does not exist in this discipline. A practitioner is expected to do what is necessary to win the conflict, and that may include hitting below the belt.

5. Responsive

In this system, the practitioner is required to assess the situation and do what is required for him to end it. By utilizing speed and efficiency, Krav Maga teaches a practitioner to do whatever is necessary to end a conflict as fast as possible. Responding to a threat and ending the danger is the ultimate goal of the system. Thus, there is no one set of response to any specific situation. Defenses and offenses are

executed based on the requirements at that moment. Even if Krav Maga is mostly about body combat, there will be instances when improvising can be done so that simple everyday items can be turned into powerful self-defense weapons. Keys, umbrellas, or a pen can be used for counter-attacks. At the same time, it is important to be aware of the surroundings so that responses can be made if there are other attackers, or if there is an opportunity to escape the danger.

6. Self-controlled

Despite the absence of rules, Krav Maga teaches that self-control is the most important pillar of all. It teaches the avoidance of confrontation, and to exercise self-restraint and defense over aggression at all times. Subduing techniques are taught in an attempt to dissolve the possibility of combat as much as possible.

Chapter 3

The Importance of Warm-up

There are three phases that learners must navigate during each practice of Krav Maga: warm-up, training and fight exercises.

Warm-up

Like any other sport, it is important to do some warm-up exercises to avoid any risk of injury during training. Several sets of simple stretches before beginning each training session will help strengthen the body and prepare it for more complex moves by increasing the heart rate and loosening the muscles.

Training

The training phase familiarizes the student to the different moves that may be done depending on the type of attack rendered. This stage is where the actual practice begins.

Fight Exercises

In formal training institutions, Krav Maga students are given fight exercises to test the skills that they learned during the training.

Before every training session, and just like any other exercise, warm-up routines should be done to prepare the body for the actual Krav Maga moves. The exercises will depend upon the level of preparation that needs to be done, taking note that the goal is to stretch the muscles, increase the body's temperature and to boost the heart rate. For people with current or past heart conditions, an advice from a medical practitioner and the use of a heart rate monitor is recommended.

Warm-ups need not be complicated. Brisk walking or several sets of stretches can be considered as warm-ups, depending on how fast the heart rate becomes. It is important to note that warm-up or training should stop whenever heart palpitations become an issue.

Here are some warm-up exercises that can be done before executing the actual Krav Maga training:

1. High Knee Hold

While standing firm, lift one leg up and embrace it close to your chest, holding on to your shin to keep the leg close. Release the leg slowly and repeat the process with the other leg. The high knee hold targets the hips and legs.

2. Straight Leg Lifts

While standing firm, lift one leg all the way to your front and lower it slowly. Do the same with the other leg. The straight leg lifts also targets the hips and legs.

3. Moving Push Ups

This is similar to a typical push up but after doing one push up, one hand and leg moves in while the other hand and leg moves out, so that the body will move or “step” aside. Make one push up and move the hands and legs back for another push up. The moving pushup targets the arms and the core muscles.

4. Walk the Wall

With the hands on the floor and the feet against the wall, walk against the wall while the arms and hands assist with the weight of the body. Apart from the hips and legs, the walk the wall exercise targets the arms and core too.

5. Crunches

While lying face up on the floor, the hands behind the neck, curl the shoulders slowly so that it pushes away from the floor. The rest of the back should remain close to the floor to avoid any injury. Crunches target the abdominal area, upper legs and the upper back.

6. Weighted Squats

Stand with a fitness ball or weights. Step sideward, slowly going into a squatting position, then go back to the standing position. The weighted squat exercise is designed for the legs and the arms.

7. Jumping Jacks

From a standing position, make a jump while raising your hands up and separating your legs. This simple move is a cardiovascular exercise that affects all body muscles, including the heart.

8. Knee Rotation

With the knees bent, feet together and hands on the knees, move the knees in a circular motion, first in a clockwise then in a counter-clockwise direction. The knee rotation drill exercises the knees and the hips.

9. Neck Rotation

Start with a standing position with the legs slightly apart. Bow down so that the chin is towards the chest. Roll the head in a half circle to the right, then do the same to the left. Neck rotations do not only help the neck but also the shoulders.

10. Hip Rotation

Stand with the feet slightly apart. Put your hands on your hips and move it in the clockwise direction. Follow this with a counter-clockwise move. During training, you will find that the hip is the most used part of the body. Thus, it is important to do hip exercises to avoid any injury.

Conditioning

Apart from the standard aerobic exercises and stretches, there are conditioning techniques that are designed for Krav Maga practitioners. These exercises target the specific areas of the body that needs to

be strengthened so that it can be used to its full potential when executing Krav Maga movements.

1. Standing Alignment

In a standing position, take the feet apart so that each foot is aligned with each shoulder. Keep the hands down and open on your sides, with the palms facing forward. Lengthen the spine in a tall standing position. This exercise aligns the neck, shoulder and back.

2. Bridge

Lie down with the knees bent. In this position, your feet should be close to your buttocks. Place your arms by your sides, with the palms on the floor. Raise your body by pressing the floor with your feet and palms. This will allow you to lift your buttocks. This exercise aligns the hip, leg and shoulders. During training and ground combat, the bridge is also useful for breaking away from a mounted opponent.

3. Plank

Start with a push-up position, but bend your arms so that your elbows and forearms are on the floor. Hold the position, maintaining the alignment from your heels to your head. Watch that your head does not hang by supporting the weight from the base of your neck. The plank targets the core muscles.

4. Sprawl

From a squatting position, place your hands on the floor with the fingers spread out. Jump to an incline posture so that the hips drop to the floor, then recoil with a fighting stance. During training, the sprawl exercises your ability to recoil to a fighting stance. During an actual fight, a sprawl is also an effective takedown defense.

5. Shadowboxing

Start with a fighting stance with the left leg forward. Shift the weight between your right and left feet, then side to side. You may combine this footwork with punches, kicks and sprawls. Shadowboxing allows you to practice shifting your weight between your feet as well as fine tunes your footwork. This aids in maintaining balance during training or in a fight, and develops your foot reflexes

Chapter 4

This is it: The Krav Maga Techniques

Now that you are all warmed-up, it is time for the real thing. Do not be overwhelmed by the amount of information and moves that are listed. Take one technique at a time, learn it, and relate it to the other techniques as you go along. Again, you do not need to learn all the techniques. While being able to do all of it is an advantage, delivering a few powerful ones is the objective of the system.

Stances

Let's start with the stance. There are two stances in Krav Maga: neutral and fighting. The neutral stance, also called a passive stance, is the normal standpoint where you are caught unaware by the attack. If you will remember the earlier example where you were walking in a street and was grabbed by the robber, your walking motion was your neutral stance. In trainings, the neutral stance is the natural standing position. The feet should be apart, the hands slightly raised and the arms close to the body to protect the trunk. This position allows you to rotate easily without minding your footwork.

When you start to respond to an attack, you move from neutral or passive to fighting stance. This is like a signal to your consciousness that you are now ready to fight. During the transition, your arms and hands remain in the neutral position but the left foot steps forward, forcing the right heel to slightly rise. This position allows the body to fully face the opponent. Almost all of the fighting techniques will start with a fighting stance.

In a real combat, this change in stance should happen immediately. You should be firm, decisive and fast. Constant practice will help the body get accustomed to *moving without thinking*.

The feet must move first at all times. This ensures the stability of the body to carry its own weight when the techniques are executed.

Moving Forward

Move the left foot forward, supported by the right foot in the rear with the right heel slightly raised.

Moving Backward

Move the right foot back, then the left foot back as support.

Moving Sideways

Move the right or left feet to the side, depending on the direction of the side step. The other feet should follow with one step as support.

Many beginners have the tendency to slightly hop during footwork. In principle, this slows down the body during transition. By making a brisk change in position instead of hopping, the stance can be changed quickly and the body will be in a fighting position at all times.

Punching and Striking

The best thing about close combat is that it utilizes a weapon that is always available and cannot be forgotten, taken away or mishandled: the hands. With proper training, the hands can even be more powerful than any weapon.

Punching and striking is a combination of upper and lower body movements. Hand movements should be in conjunction with the footwork, as well as the rotations of the hip, the wrist, and the knees. Because the body works in unison, you may feel that your body tightens up when you try to deliver a punch or a strike because you try to move the body as one. When this happens, stop, relax, and try again.

Straight Punch

A straight punch is done with either the left hand (called a jab) or the right hand (a cross). Both punches are delivered with vigor so that it causes damage. While in other forms of martial arts a jab can be used to calculate the opponent's distance or next move, in Krav Maga any punch aids to end the conflict quickly.

When doing a straight punch, allow enough room between you and your opponent so that you can fully deliver your punch with vigor and avoid blocking yourself. The elbows should be low as much as possible to protect the ribs, and the shoulder and hip should rotate so that the arms can achieve its maximum reach and power.

Uppercut

An uppercut is a punch delivered upward to the target. When doing this, the legs should slightly bend. The elbows should be bent to deliver the punch, wrists straight with the palms of your closed fist facing you, and the punch delivered in an upward angle. The hands should be high enough to cover the face at all times. As the punch is raised, the legs should help the body move forward and upward, giving more power to the punch.

A common mistake when delivering the uppercut is the angle of the punch. It is important that the punch is firm and upward, otherwise you risk punching yourself or losing your balance when the punch misses the target.

Hook Punch

A hook punch targets the side of an opponent's face or body. It is done when the opponent is close. To do a hook punch, bend the elbow as you bring it up to the direction of the target (the face or the body), rotating the wrist so that it is straight when the punch makes contact. It is necessary to ensure that the wrist is straight upon contact with the target to avoid injury. When doing a hook punch, remember to move forward and inside using the body and not just the arm.

Cross Body Punch

A cross body punch is delivered using the rear hand. It derives power from the rotation of the body while generating the punch. To do the cross body punch, start with a position similar to a jab, but launch the punch using the right hand.

Elbow Strike

An elbow strike hits the opponent using the point of the elbow or the parts of the forearm or upper arm near the elbow. To do this, bend the elbows and throw it vigorously to the target in the easiest way possible—sideward, upward, or downward. The free hand can be used to hold the opponent during the elbow strike.

Knee Strike

A knee strike involves driving the knee forward and hitting the opponent with it. It is most effective if the opponent is in a clinch position, with his head controlled by your arms. To do this, start from a

standing position. Control the attacker's head with your arms by putting it over his shoulders and locking the position by joining your hands behind his nape. Bend one knee and throw it forward and upward vigorously to the direction of the opponent.

Hammer Fist

A hammer fist is a powerful punch that is favored by many because it does not put tension or risk of injury to the fist or knuckles. To do the hammer fist, keep your fists closed and your elbows bent. Throw the punch with the side of the closed fist facing the target, in such a way that the side of the fist will make the contact. It is recommended to rotate the hips in the direction of the punch to sustain a more powerful hit.

Inside Chop

An inside chop is also called a karate chop. If you are familiar with a karate knife hand, then you will know how to execute the inside chop. This move is executed by moving the hand out, the open palm facing up, and swinging the hand forcefully so that the side of the hand (the side of the small finger) hits the target like a knife.

Outside Chop

The outside chop is similar to an inside chop, but the hand comes from the inside or across the body. Thus, an outside chop using the right hand will start from the left side of your body (such as over the left shoulder) and swings out towards the opponent.

Punch Defense

Against a Hook Punch

There are two ways to protect yourself against a punch. First, you can block. In a supposed head shot, you can use your elbow, forearms and fists to secure your head. An impending body shot can be blocked by bending your right elbow and tucking your upper body in a downward position so that the punch lands on your arm.

The second defense is called "weaving under". To do this, bend your knees so that you put your body in a semi-dip, move your head and upper body forward and to the right and put your head back up in a

normal stance.

After doing any of these defenses, you can transition to a suitable counter-punch.

Against a Straight Punch

When a straight punch in the head is oncoming, keep your hands close to your head and rotate inward so that the punch lands on your left arm. When the punch is geared towards the body, bend your knees and rotate inward. The punch should hit your elbow instead. This does not only protect your soft points from the attack, it also poses a risk of injury to the hand and wrist of your attacker as it lands to your elbow.

Against an Uppercut

An uppercut can be a very powerful and damaging move so it is important to know how to respond before it lands on you. You can counter an uppercut by *catching* it. It is recommended to catch a right uppercut with the left hand, but it can also be done with the right. However, catching an uppercut with the right hand can pose vulnerability to the right side of the head or the body.

Remember that uppercuts are usually thrown if your opponent is close to you. To reduce the chance of uppercuts, keep your legs bent, allowing yourself to be *small* when the opponent is close. Guard the head and the body with your arms and hands, and keep moving so that you will be unpredictable.

Against a Mounted Attacker

A mounted attacker can be overwhelming because the weight of his body is on you, and you may feel defenseless and trapped. However, there are several ways to fight off a mounted opponent.

Body shifting can be used to put the opponent off his balance, or to simply release your body from the mount. If the weight of the mount is on top of your hips, you can execute the “bridge” that was discussed in the chapter about conditioning. Thrust your hips upward to ease the weight. When the weight is shifted, you can roll or wiggle your way out of the mount. You can also take this opportunity to counter-attack the opponent.

Variations on a Mounted Attack

Mounting can be done in many ways. Apart from putting weight over your body, an attacker can also

resort to the following mount variations. It is important to keep presence of mind and to perform the necessary techniques to remove the threat.

1. Two Hands on Throat

When an attacker pins you down by grabbing your throat with both hands, lower your chin and raise your shoulders. This allows the neck to release from the pressure. Create a distraction by hitting a soft spot (such as the face). Use your foot to pin the opponent's leg and use both hands to hold on to the opponent's elbow. Execute a bridge and roll towards the pinned leg, keeping it locked with your foot until the mount is successfully released.

2. One Hand on Each Wrist

This mount may be intimidating for beginners because both hands are immobile. You can distract the attacker by biting on his arm or wrist. Pin one leg with your foot and bridge your hips up. Roll towards the pinned leg, making sure that the leg is locked to you at all times to minimize counter-attacks.

360 Defense

The 360 Defense is a Krav Maga technique that can be used to guard against sudden attacks. When attacked in a neutral stance, this defense is used to block the blows of the opponent, giving you the opportunity to deliver counter-attacks.

The key to this technique is to keep the arms and hands out and ready to block the opponent using a 90-degree elbow and rhythmic flexion in the hips to give power to the blocks. A 360 Defense is always coupled with offense techniques such as punches or strikes.

While this is an effective defense mechanism, you may find it unfit when you are already in a fighting stance or when the opponent is using kicks.

Kicking

Like with punches and strikes, the goal of kicking in Krav Maga is to deliver powerful hits that can

disable the attacker as quickly as possible. Ideally, the first kick should be powerful enough to disable an opponent, so that it is easier to neutralize the conflict. Experts suggest that to be able to deliver an effective kick, the force should come from the hip and not the leg. When releasing the kick, distance is also always an issue. Many practitioners overestimate the distance, and end up blocking their own kicks because they are too near. This can be eliminated by not stepping forward before doing a kick—a very common move for beginners. Instead of stepping forward, allow the hips to reach out and extend the legs while delivering the kick.

It is important to note that starting a kick does not need a wide stance. An ordinary stance, with the legs apart comfortably, is preferred. The kick is delivered using an up-and-down motion. The leg goes upward and retreated downward.

Axe

An axe kick is useful for high targets such as the head. It can be a difficult, albeit impractical, kick because the movement requires stretching the leg all the way up while flexing the hips to deliver the power of the kick.

To execute the axe kick, start with a fighting stance. Raise your legs way up across the target, and bring it down hard so that your heels hit your target. Bend your knees upon contact to put your weight on the target and press it down and forward.

Back

A back kick is called so because the kick is delivered while the target is behind you. Assess the situation by making a quick look behind you. Suppose that an opponent is positioned at the back with some considerable distance that can be reached by a kick, you can do a back kick by sending your legs back into a kick, with your heels making the most contact. Allow your hips to flex in the direction of your kick for added power. As you end the kick, strive to recoil in a position where you will be facing the target so that you can quickly assess your next moves.

Frontal

Begin with a fighting stance. Deriving power from the right hip by slightly thrusting it forward, drive

your right leg up and forward so that it swings up and the right shin or the foot hits the target. This is a very basic move but, when done right, it can be very powerful and can cause serious damage. When doing a frontal kick, make sure that there is enough room between you and your opponent so that you can keep your balance and execute follow-up moves as necessary.

Heel

The heel kick, also known as a hook kick, is similar to an axe kick. The leg is brought way upward and the heel is used to hit the target. Like the axe kick, this move is also used for high targets, such as the head. From a fighting stance, step your right foot towards the left so that the target is on your side view. Bring your right leg upward, slightly bending your knee to form a hook, and hit the target with your heel. Before contact, arch the feet so that the force from the heel is followed by the force of the whole feet, but it is important that the heel hits the target first because that part of your foot will cause the most damage.

Knee Strike

A knee strike is a close-combat defense move. It requires using your hands to grab the right shoulder and upper arm of the opponent (the shoulder and arm near the left side of your body) and, using him as support, push your right hip forward, bring your right leg up with your knees bent and hit your target (usually the groin area) with your knees. You can do this strike repeatedly, but remember that it is better to deliver few but powerful strikes to your opponent rather than plenty of weak ones.

Leg Sweep

A leg sweep is an effective way to drive your opponent to the ground. As the name suggests, it uses the leg to “sweep” your enemy. This technique requires some proximity between you and your attacker. He should be facing you and his feet should be both on the ground in a standing position for you to be able to execute the leg sweep.

Depending on the attack approach of your opponent, you might need to catch or block his punch or weapon. Immediately throw your left feet forward, using it to “hook” the left leg of your opponent. You will need to balance your weight on your right leg as you raise your left leg in a sweeping motion.

Round Kick

To do a round kick, start with a fighting stance. Rotate your hip and bring your right leg up, your knee bent as if you are delivering a knee strike. When your knees reach your hip level, rotate your body towards the left, flexing your legs out as you go along. Your shin should hit the target, and the force of your body is as if you are going around. However, in an actual contact where you hit the target, the contact stops you from doing the going-around motion.

Round Knee Strike

A round knee strike is a cross between the round kick and the knee strike in such a way that you are delivering a hit using your knee but you rotate your body as if it will go around. From a fighting stance, step forward with the right leg, raise the left leg, bend the knees as it reaches hip level and deliver the knee to the target. Like in the round kick, the body should rotate. Observe proper and comfortable rotation to avoid injury.

Side Kick

From a fighting stance, turn your body to the left so that the target is in your side view. Raise your right leg forward, the right foot pointing to the front. When the knees reach the hip level, flex the leg outward to your right side, hitting your target with your foot. Like with any other kicks, remember to derive your force from the hip to maximize the effectiveness of the technique.

Slap Kick

Perhaps one of the more difficult moves, but still worthy for its strength, the slap kick is another high-target move. From a fighting stance, make one step forward with your right foot and swing your left leg towards the right, upward and around until it goes back down. This technique requires flexion on the hip and upper leg so proper stretching should be done in the area before practicing a slap kick.

Spinning Heel

Start with a fighting stance, facing the target. Take a diagonal step with the left foot. Spin to the right, raising the right leg in a swinging motion to deliver a heel kick. If desired, the initial diagonal step can be omitted once you are comfortable in delivering the spinning heel kick.

Spinning Outside Slap

This kick is most useful to surprise an opponent. While facing the target in a left-leg forward fighting stance, make a semi-turn with your right foot so that the target is in your over-the-shoulder view. As you turn back to your first position, bring your right knee up and deliver a slap kick.

Switch Kick

A switch kick is a fast double-hit move. To do this, start with a fighting stance. Hit the target with your left shin by rotating your hip and raising your left leg up, driving it to the right. The target of your shin is within the level of your knees. Immediately after this first hit, while the left foot is returning to the floor, rotate the hip again so that you can raise your right leg and drive it towards the left. Your right shin will then make the second hit, approximately at a point which is higher than your first target (such as the upper leg or the waist).

Uppercut Back Kick

Even when an opponent is behind you, you can attack the groin area by doing an uppercut back kick. Because the opponent is at the back and may be unnoticed until the last minute, there will be no chance to start with a fighting stance. As soon as you decide to deliver the kick, raise your lower leg towards the back so that your foot makes a swinging motion and your heel hits the opponent's groin area.

Vertical

A vertical front kick hits the opponent with the ball of your foot (under your toes). To do this, rotate the hip to enable the right leg to be raised bent comfortably. Extend your leg out towards the target, pointing your foot forward so that the ball of your foot is the first to make contact with the target.

Kick and Strike Defense

Against a Front Kick

A front kick is easy to spot and outwit. When you see that a front kick is coming, abruptly move away from the direction of the kick. If the kick is aimed at your center, veer towards your left or your right. Use your hand and arm to catch the attacker's leg and tug on it. Use your other hand to push your opponent so that he loses his balance.

Against a Knee Strike

When an attacker tries to execute a knee strike, use your elbows to block. Cross your elbows over the area where the knees will strike so that the knee hits them instead of your soft points. Move your elbows in a pushing overlapping motion so that the strikes hit them alternately and your pushing force weakens the strikes. If the opponent is wearing loose bottoms, you can also tug on the garment. This will aid in slowing down his strikes.

Against a Round Kick

Blocking a round kick is similar to countering a front kick. You have to catch the leg executing the kick using the hand on the same side of the kick and use your free hand to smother the opponent's face. Make one step forward with your frontal foot so that it lands between your opponent's feet. This enables you to do a leg sweep should you want to tackle your opponent and bring him to the ground.

Against a High Round Kick

When a high round kick is expected, catch the kick with one hand while using your other hand to protect your face. Raise your arms and lunge to the direction of the kick. This will stretch the opponent's leg and weaken the high round kick.

Against a Low Round Kick

Other martial arts disciplines will teach you to evade a kick to avoid being hurt. In Krav Maga, you are taught to indulge in the kick and use it to your advantage with the ultimate goal of ending the conflict quickly. To block a low round kick, slightly raise your leg up and catch the kick with your shin. You can also push away the kick using your shin.

Against a Side Kick

To counter a side kick, use your hand and forearm to forcefully push the oncoming kick. Allow your body to move backward then forward as necessary.

Falling

There are times when sustaining a fall is inevitable. You should always anticipate when a fall is happening so that you can prepare for it and respond accordingly. As they say in Krav Maga, "you

should hit the floor but the floor should not hit you”.

The main premise of proper falling is to protect your head and other soft points. You will notice that all procedures in falling will require you to keep your head away from the ground. A backward or forward fall will instruct you to keep your chin tucked against your chest. This positions your head away from the ground.

After breaking a fall, you may proceed with other moves to attack the opponent if there is an opportunity or block any follow-up hits from the enemy.

Back Fall Break

When you are falling on your back, cross your arms on top of your chest, spreading it as you fall. Right before you hit the ground, slap the ground with both hands and arms to create a cushion for the fall. The body should fall as one mass. Isolating a body part during the fall exposes that part to injury. Keep the head protected at all times so that it will not hit the ground. This can be done by tucking your chin after you slap, just before your body hits the ground.

Side Fall Break

When you are falling on your side, you can alleviate the force of the fall by slapping the ground with your arm and hand. If you are falling on your right, slap the ground with your right arm and hand. The same goes for falling on your left, where the left hand and arm slap the ground. Keep your head slightly tilted up so that it does not hit the ground.

Forward Roll

Falling forward poses you to a lot of injuries. You can break your nose, your wrist or arms, sustain damage to your face, and even knock your head on the ground. It is important to hit the ground without contracting any of these. This is where a roll is most useful.

There are two ways to roll forward safely. First, you can fall on your palms. With your chin tucked against the chest so that your head will not touch the floor during the roll, carry your weight on your arms and make a rolling motion to the front. A successful roll brings your feet back to the ground, with your body in a squatting position.

The second way to roll forward is by leaning on your side. Break your fall with your left palm, planting it firmly to the ground. Bring your right hand under your left arm, towards your left knee. Raise your leg so that your left knee takes off the floor. Sustain the move by rolling your body on your right using your shoulder and the right side of your back.

Backward Roll

Instead of falling backwards, you can roll your way to safety. To do a backward roll, bend your right knee so that the right foot points backward in a slightly diagonal position. This way, the right knee and shin are the first to make contact to the ground. When the right lower leg is already on the ground proceed to dropping the buttocks then the back, the legs going up with the rhythm in a rolling manner. Keep the chin tucked against the chest at all times so that the head does not hit the floor.

Chapter 5

Krav Maga Defense Against Weapon Attacks

The great thing about Krav Maga is that your body is your own weapon. You maximize what you already have and use it properly to execute appropriate moves that a situation calls for. This includes tackling an armed opponent. This may be daunting at first, but because Krav Maga is all about speed and aggression during an ongoing conflict, you will find that the techniques may even be more effective than weapons.

Defending Yourself Against an Overhead Attack

A straight kick can be given to control an overhead attack, even if the opponent is armed and you are not. This does not only surprise your opponent but also buys you time to grab onto the arm of the hand holding the weapon. When you have grabbed his hand, you can use your other hand to disarm the opponent. Alternatively, you may also use a side kick with the same effect.

Defending Yourself Against an Underhand Attack

If an armed opponent is taking the weapon from under the arms, normally targeted at the trunk, you can also use the straight kick. Target the enemy's head if he is crouched or the groin area if the head is too high to reach.

Executing a Gun Defense

There are two types of gun threats. One is with a gunman that deliberately shoots. He does not need anything; he is focused on killing. This gun defense technique does not apply to this type of gun threat.

The second is a gunman who wants something. Whatever it is, the gunman is not intent at killing you. His primary goal is to get what he wants. If this is the scenario, the gunman will most likely be close enough so he can talk to you and communicate his needs. This makes it possible for you to grab the gun, pointing it away from your body, and subsequently delivering powerful punches. You can pull the gun low in an attempt to take it away from the opponent.

Gun in the Rear Defense

If the gunman is behind you, you can quickly scan the situation by looking slightly over your shoulder. If the gunman is close enough, you can abruptly turn to him so that the gun is now over your shoulder and pointed away. You can deliver several chops to the neck, or use powerful punches to inflict damage. While distracted by the chops or punches, you can use the time to grab onto the gun and hopefully snatch it away from the gunman.

Rifle Defense

When a rifle or similar weapon is pointed at you and you know that you are fast enough, you can grab and push it away. Use one hand to clutch the weapon and the other hand to force the opponent to free the rifle. Remember to keep the nozzle of the weapon away from you at all times.

Defending Yourself Against Impact Weapons

In the event that the weapon is a bat or a similar item that inflicts damage through impact, you will need to block the hand holding the weapon with your own arm. Let your arm extend way over his shoulder so that it will be enough for your own arm to hook itself over the arm holding the weapon. Once you have locked the arm holding the weapon, you can grab the opponent by the shoulder and deliver frontal kicks.

Chapter 6

Weapon Improvisation

In Krav Maga, your body is your weapon. Your speed and ability to combine the different techniques that you have learned enhances the effect of your “weapon” against your opponent. However, there may be times when you will need to use an actual weapon. This does not automatically refer to a gun or a knife. Krav Maga supports the concept that everyday items can be used to aid attacks. Combining or modifying the use of actual weapons may also be considered weapon improvisation.

Oftentimes, an object may not be immediately regarded as a weapon. You should be observant and creative with the attributes of the things around you so that, in time of need, you can grab on to something and turn it into an ally. Weapon improvisation does not only improve your chances of beating your opponent, it also boosts your confidence—and when you are confident during a conflict, you are more likely to have better presence of mind.

When selecting an object, consider if it can be used repeatedly or just once. If the object can be used repeatedly, it should be sturdy enough and must not fall apart. If it does, you risk hurting yourself and this is not going to help you when you are in a struggle. If the object is for single use, it should be hard enough if it is an impact weapon or pointed enough if it is going to be used as a bladed weapon. The overall aim for a one-time use weapon is to inflict as much injury as possible in the first and only attack.

It will also be easier to decide if you know the kind of weapon that you need. A makeshift weapon may be used to cut, stab, or hit the enemy. Deciding on your course of action will help you choose the type of weapon that will be most useful to you.

Your choice of weapon will also dictate the part of the body that you will target. The weapon should be stronger than the target. Thus, smaller weapons will need more localized targets, preferably the soft body parts.

The following are some everyday items that can be used as weapons against attackers.

Breakable objects such as bottles, glass, or vases can be broken and used to cut or stab an assailant. They can also be hammered directly to the head of an attacker. At best, it will leave the enemy bleeding or unconscious.

Edged objects like credit cards, identification cards, picture frames, rulers and the likes can be used to cut an attacker. If sliced and pointed, these items can even be used to stab the opponent.

Liquids can be thrown to the opponent as a form of distraction. Hot liquids can also be used to inflict damage. It is recommended that the liquid is thrown to the face, regardless if it is hot or cold.

Rolled Up Magazine or Newspaper / Folded Cardboard or Stack of Paper can be used to hit the assailant. The thicker and heavier the stack, the more damage it can inflict. However, it should be just thick enough so that it can be held comfortably while being used against the attacker repeatedly.

Rope-like objects such as extension cords, garden hose, curtain binders, necktie and electrical wires can be used to restrain or strangle an enemy. If the situation calls for it, it can also be used to trip the opponent.

Shield-like objects such as a chair, a table, or even a book can be used to block an attack. You can follow a shield defense with a pushing motion to buy distance between you and your opponent, or with another technique that will disable him.

Small objects can be thrown to the attacker's face. If the object makes a sound when dropped, it can also make for good distraction by throwing it out of your way. The latter is especially helpful if you are not face to face with the assailant (such as when you are hiding) and you would like him to go to another direction so that you can escape.

Sock with rocks / Filled bag or purse / Cloth filled with coins can be an effective "missile". It can hurt the opponent when these objects are thrown or hammered at them.

Spread-out objects such as magazines, newspapers, blankets or pillows can be used to smother an attacker. This allows you to distract him. Once distracted, you can follow on with close combat techniques such as punching or kicking.

Stick-like objects such as branches, poles, umbrella, or rods can be used to poke or even stab an

opponent.

Even with the aid of these items, it is important to use the strength of the body, especially the arms and legs. After all, your body is still your main weapon. The way you use your body and your use of improvised weapons only amplifies your strength.

Conclusion

Krav Maga is a very practical system that is designed based on realistic fighting situations. Its beginning as a military discipline contributed a lot to what it is today: rigid, sensible, and convenient. It is the hope of this book that you learn how this system came about, how it evolved, and how you can use it to protect yourself from probable attackers.

As a final note, it will be worthwhile to recap some indispensable information that can help you sustain your interest and knowledge in Krav Maga.

First, remember that Krav Maga favors dissolving a conflict before it even begins. Attempt to talk the opponent out of the situation. If that fails, remember that it is all about ending a conflict in the shortest time possible. It is good to know and even memorize the techniques so that you can execute them when needed, but it is preferred that you use the least amount but most powerful and useful techniques to end the fight. A conflict is not the best time to showcase your knowledge of various moves. The aim is to get out of danger's way at once.

Secondly, be mindful of your body's natural reflexes when practicing your moves. There are moves that will require more specialized flexions than the others. You are not required to learn all of them. Master the moves that fit the extent of your body so that you can execute them without difficulty or risk of injury.

Third, you can use weapon improvisation to gain leverage against your opponent. However, keep in mind that weapons and tools should only act as support to the strength delivered by your body. Keep putting force in your arms and legs to ensure that every hit you make is detrimental to your opponent.

At best, you may not need to use what you have learned from this ebook. That means you have avoided danger, or you have not been in harm's way. Still, it is for your best interest that you have taken steps to be prepared for the worst. After all, everyone is vulnerable to an attack but those who have trained to anticipate it and have the knowledge on how to manage it are in the best position to overcome the assault.

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