

KRAV MAGA

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INTRODUCTION

fig. 1



CHAPTER 3

Warm Up & Basics

fig. 2



fig. 3



fig. 4

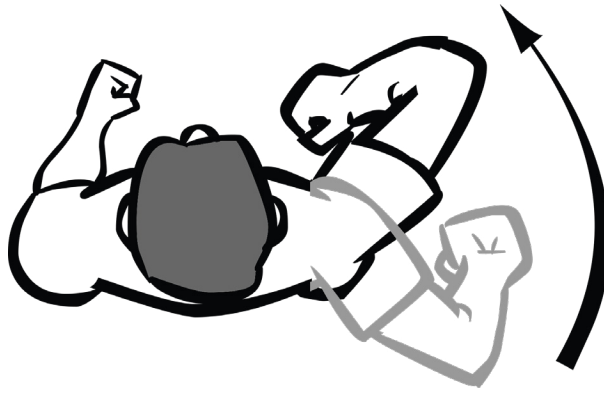


fig. 5

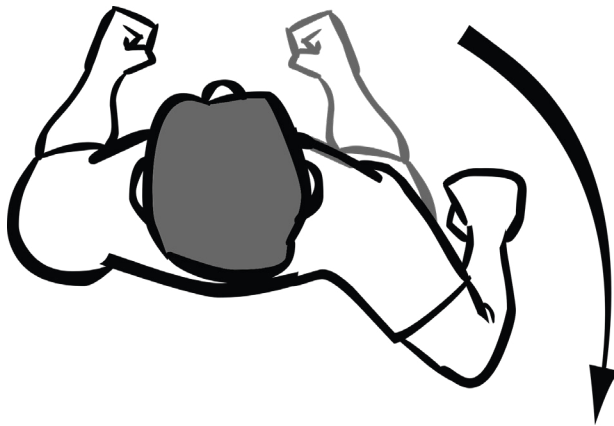


fig. 6

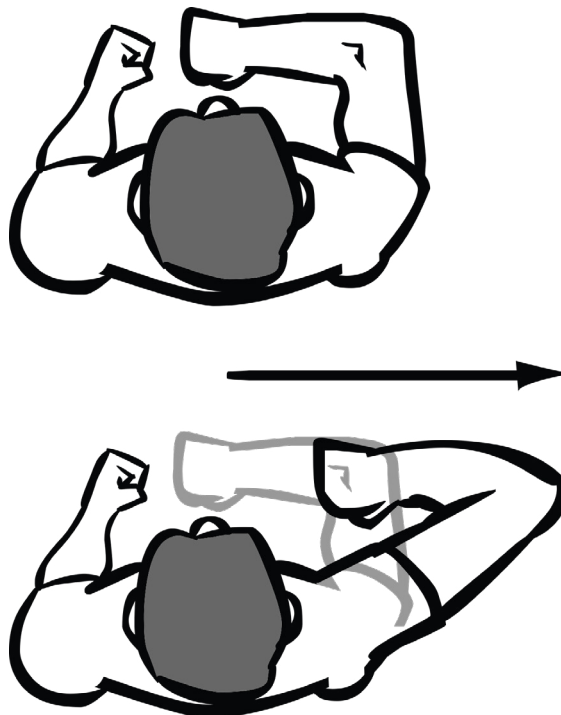


fig. 7

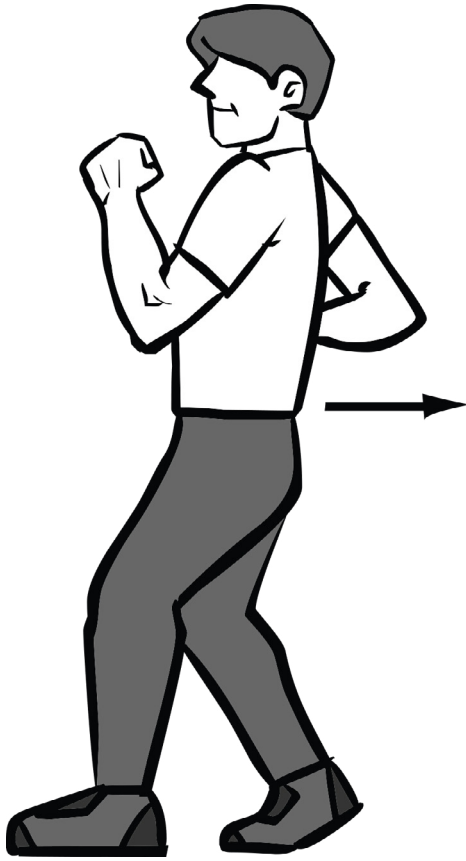


fig. 8



fig. 9

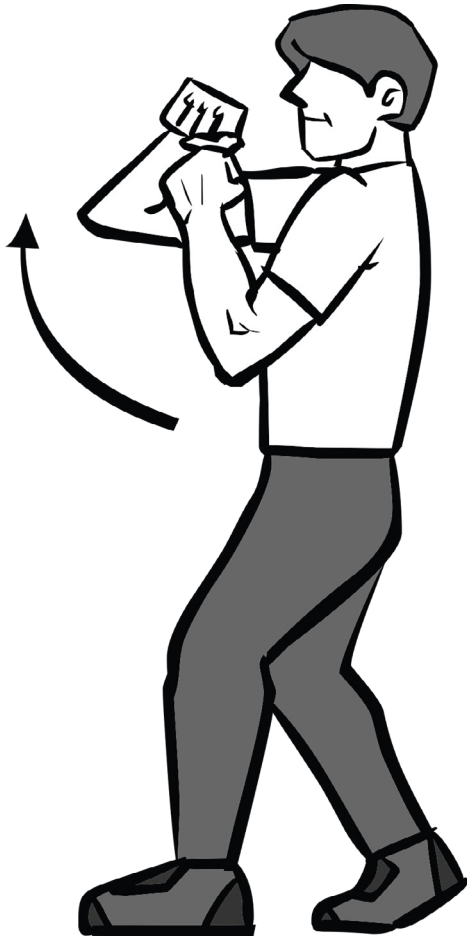


fig. 10

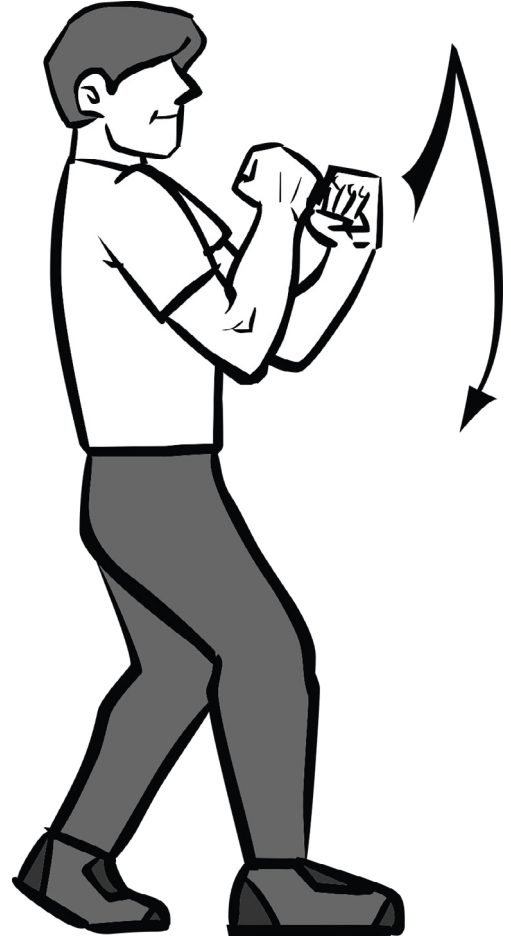


fig. 11

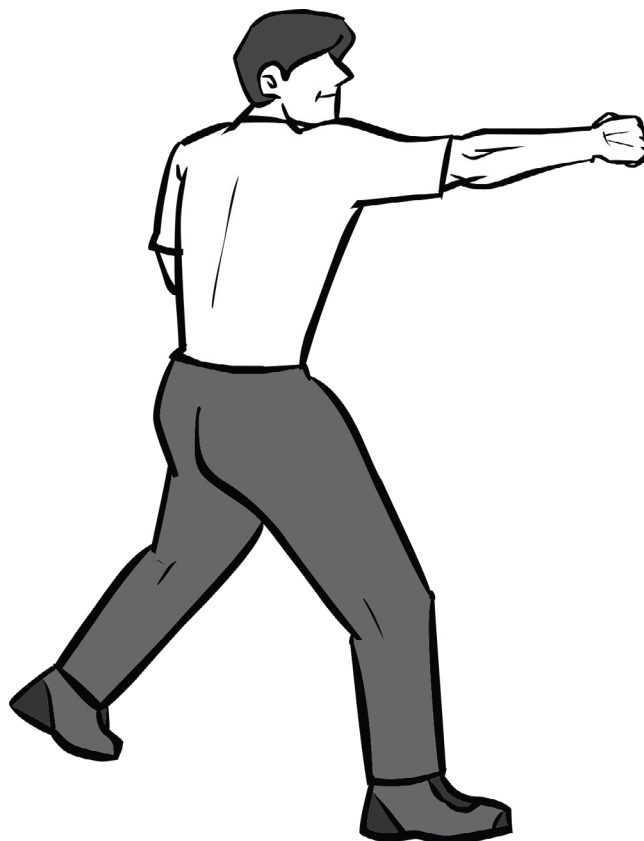


fig. 12



CHAPTER 4

Kick & Knee Attacks

fig. 13



fig. 14



CHAPTER 5

Punch & Strike Defense

fig. 15



fig. 16

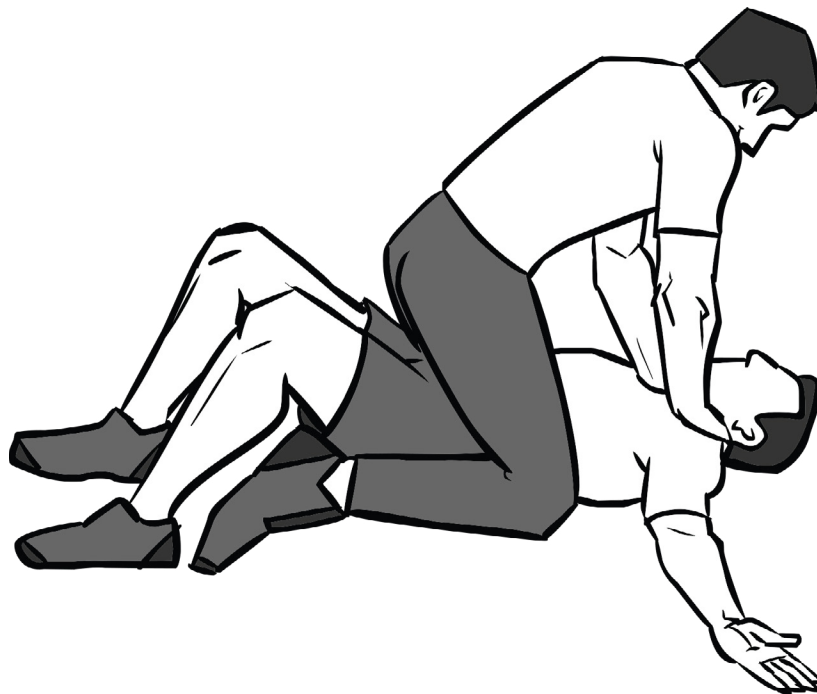
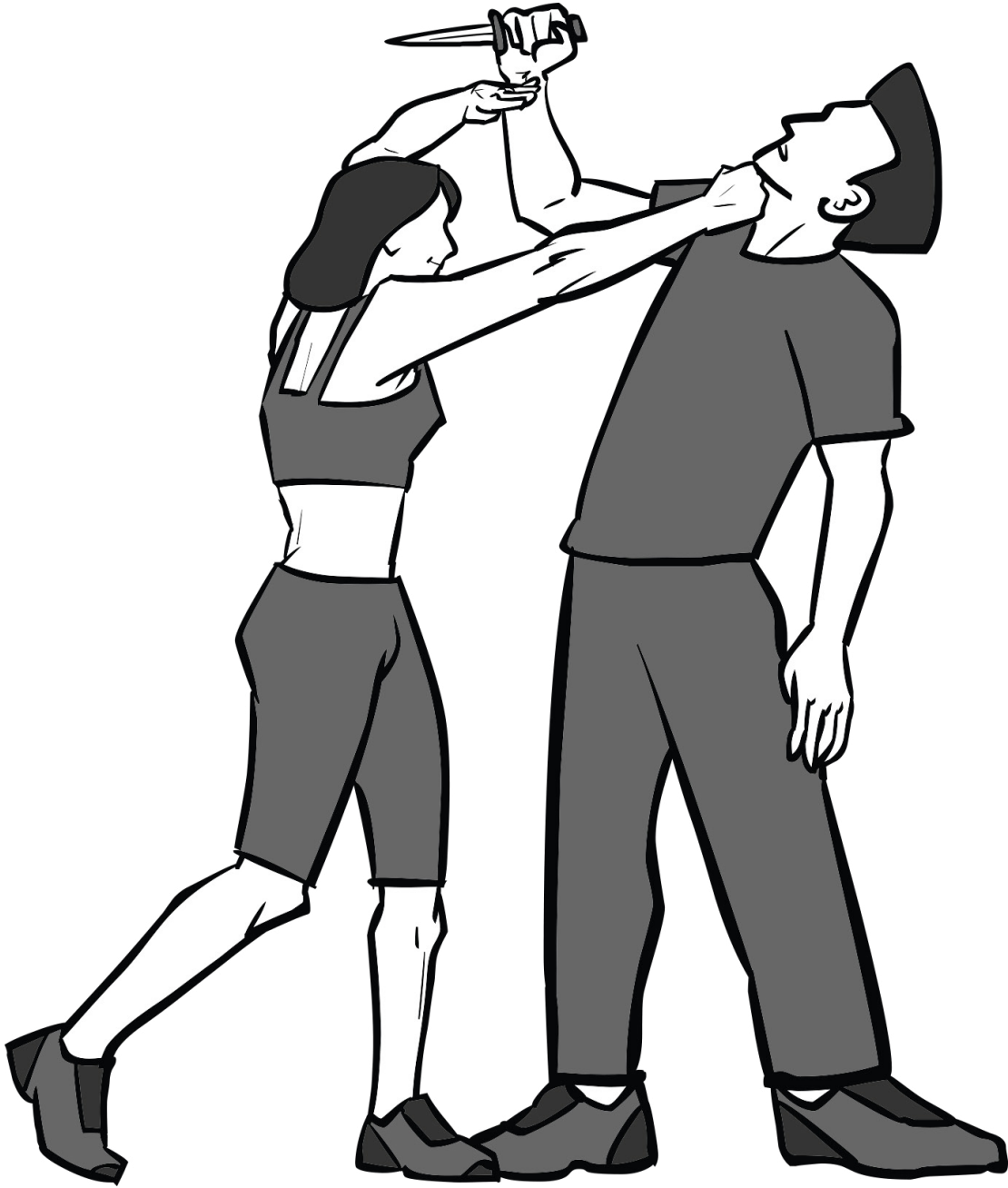


fig. 17



CHAPTER 6

Defending Armed Attacks

fig. 18



fig. 19



GLOSSARY

Base Foot

The foot that stays planted during a kick.

Fighting Stance

A standing position that allows you to strike your attacker quickly and powerfully.

Full Guard

Using both hands, forearms and arms to protect the face and upper body.

Half Guard

Using only one hand, forearm, and arm to protect the face and upper body.

Guard (Grappling Position)

A ground grappling position in which one fighter has his/her back to the ground and is attempting to control the other by using her legs to constrict him around the waist.

Neutral Stance

Refers to normal standing position, not anticipating attack. This stance is used to practice being attacked by surprise.

Inside

Refers to a motion of the arm, leg or weapon moving from outside the body center towards the body center.

Outside

Refers to a motion of the arm, leg or weapon moving from the body center towards the outside of the body center.

Inside Defense

Defending straight attacks aimed at the longitudinal center of the body, usually coming from the front.

Outside Defense

Defending oblique attacks aimed at the body from an outside angle, which can come from the side, back, or front.

Kata

An official non-combative system of exercises used in Karate or other martial arts consisting of poses, movements, and breathing patterns.

Mount Position

A position in which an opponent/attacker is attempting to pin you to the ground by straddling your midsection (sitting on top of you).

Opponent/Attacker/Assailant

Used interchangeably to describe the person you are engaging combat against.

RCAT Principle

Used to summarize Krav Maga defense against armed attacks: Redirect, Control, Attack, Take Away.

Weapon

Anything that can be used to do physical damage to an opponent, including body parts such as fist, leg, elbow, and knee.