COMMANDO KRAV MAGA
LEVEL 1

FIGHTING BALANCE
Combat L-Stance Balance Drills

INNER LINE CHOKE ESCAPES [GAP/NO GAP]
Front, Side & Rear Choke
- Wave Strike to Nose from All Directions
- Multiple Cat Strikes [Between and Around Arms]
- Upward Hand Cup Groin Strike

OUTER LINE CHOKE ESCAPES [GAP/NO GAP]
Front & Side Chokes
- Forward Blade Lat Release
- Reverse Blade Lat Release [Side]

Rear Chokes
- Double Arm Reverse Blade Lat Release

Pushing Chokes from Front
- 360 Degrees Windmill

HAND GUN DISARMING
PSYCHOLOGY OF GUN DISARMING
Front [Stomach, Chest and Head]
- Redirect/Circular Redirect Quick Disarm [80/20]
- Redirect/Circular Redirect Quick Disarm [Body Assist]

Side of Head
- Reverse Blade Redirect & Quick Disarm [80/20]
- Reverse Blade Redirect & Quick Disarm [Body Assist]
Back of Head
- Finger Push Spin Redirect & Quick Disarm [80/20]
- Finger Push Spin Redirect & Quick Disarm [Body Assist]

HAND GUN DISARMING
Drills:
- Gun Falling Tactics/Separate & Secure
- Post Disarm Psychology Drill/Retreat to Command

KNIFE DEFENSE TACTICS
Improvised Weapons
- Chair Shield Twist & Joust

X SHIELD DRILLS
Knife Attacks [Ice Pick & Lunging Stab]
- Single/Double Wrist Snap
- Shield Redirect
- Single/Double Forearm

Lunging Stab
- Shield Redirect and Push Escape
- Shield Redirect and Strike [Groin or Eyes]
- Shield Redirect to Rear Disarm

BREAK FALLS
- Rear Hard Break Fall to Combat L Stance
- Side Hard Break Fall to Combat L Stance

TACTICS AGAINST STRIKES
CONFRONTATION SCENARIOS & PSYCHOLOGY TACTICS

Strikes to Head
- Double Rhino/Helmet Defense
- Double Rhino/Helmet & Disengage
- Double Rhino/Helmet Push & Disengage
- Double Rhino/Helmet to Groin Strike
- Double Rhino/Helmet to Head Twist Take Down [Exercise Precautions]
- Double Rhino/Helmet to T Shirt Take Down [Exercise Precautions]
FUNDAMENTAL PRESSURE & WEAKNESS POINTS

- Eyes [Gouge, Cat Strikes, Scratch, Strike]
- Behind Ears [Finger Spikes]
- Adam’s Apple [Strike, Squeeze & Snatch]
- Larynx [Pierce]
- Groin [Cup Strike/Grab & Snatch]

GROUND SURVIVAL

5 SECOND RULE TACTICS & COMBAT L STANCE

Attacker Choking You in Your Guard
- Swaying Cat Strikes & Kicks
- Head Buried Pressure Points to Swaying Cat Strikes & Kicks
- Legs Spread to Head Twist
- Head Buried Pressure Points to Legs Spread and Head Twist

Attacker Choking You in Your Guard While Sitting on His Heels
- 4 Point Pull to Swaying Cat Strikes & Kicks
- 4 Point Pull to Legs Spread and Head Twist

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIREMENTS:
The requirement to pass LEVEL 1 of Commando Krav Maga is a minimum of 75% on the following criteria:

1) Understanding of CKM History, Theory (Tactics, Concepts & Principles) and Philosophy.
2) Dynamic break falls
3) Effectively conduct a CKM class
4) Demonstrate all techniques for Level 1 (right and left)
5) Ability to react effectively to random surprise attacks for 4 minutes on equal or larger size attackers

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