

# **The Outline Syllabus KMSD (UK)**

## **5 Day Intensive Krav Maga Self Defence Course**

### **Advanced Krav Maga, including combating knife attackers**

#### **Skills taught**

##### THE BASICS

Outlet Stances

- Passive Stance (Neutral Outlet Stance)
- Fighting Stance (General Outlet Stance)

Where to Look

Basic Movement

##### PUNCHES

How to Make a Fist

Throwing a punch

Throwing a low punch

Straight Punch

Open Handed Punch

Open Handed slap

Hammer Punch

Round House/Hook Punch

Uppercut Punch

Educational Stop

Deadly Stop

Punch Combinations

##### ELBOWS

Horizontal

Vertical

##### KNEES

Regular Knee

Defensive/Push Knee

Sideways/Round house Knee

##### KICKS

Regular Straight Kick

Regular Straight Kick to Groin

Stomping Kick

Forward Defensive Kick

Backward Defensive Kick

Side Kick

Round House Kick

Shin Kicks

## MULTIPLE COUNTER ATTACKS

Retzef

## DEFENCE WITH ARMS

Outside Defence (Extended)

Outside Defence (closed)

Inside Defence

Using Outside Defence Against Straight Attacks

Hands Down Defence

Two Handed Defence

Slapping, Tapping & Scooping

Sliding Defence

More Blocks and Counters Against Punches

- Defence Against Left & Right Combination

- Defence Against Upper Cuts

## DEFENCE AGAINST KICKS

Defending With Legs

- Substitution

- Against a Straight Front Kick

- Against a Round House Kick

Defending With Knees

Defending with stomping kick

Defending With Arms

- Defence Against Kicks to The Groin

- Defending Against Knees When Pulled Down

- Defence Against Stomping Kick or High Regular Kick

- Defence Against High Roundhouse Kick or Sweeping Kick

## KNIFE ATTACKS & HAND DEFENCES

General Points

Types of Knife Holds And Attacks

- Escape to rear

Defence against Regular/Overhead Stab

- Escape to live side (knife side)

- Escape to dead side

- Full control

Regular Knife Attack from Side

Oriental Stab

Oriental Knife Attack from Side

- From Left Side, Knife in Right Hand (vica versa)

- From Left Side, Knife in Left Hand (vica versa)

Straight Stab Upper Torso

- Attacker Straight On

- Attacker at Diagonal

Straight Stab to Lower Torso

Slashing Attack

General Points

Attacker Maintaining Distance, Attacking with sharp quick and bidirectional attacks

## KNIFE THREATS

General Points

Front/Side - Threatens Straight Stab

- Slap and kick

- Medium Distance to Front

- Straight on, Knife to Body/Throat – Close Range

- Straight on, Knife to Outside of Throat, Over the Top Control

- Sideways - Knife to Outside of Throat, Under Arm Control

From Behind

- Knife to Back – Medium Range with Attacker Holding

- Threat from behind close range with shoulder grab

- Knife to Back/Side – Close Range with Attacker Holding

- Knife to Throat - Attacker Holding from Rear. Hostage Situation

## BASIC KNIFE FIGHTING

General

Knife Fighter's Stances.

Distance and Ranges

Tactics

Areas to Attack (see also Vulnerable Areas)

- Fatal

- To Incapacitate

- Examples

Drills

Damage control

Timetable of Death

## HANDGUN THREATS

Weapon Retention

Gun to Front – Basic - All Heights, All Angles Medium Range

Gun to Front – Low/Medium Height

Gun to Front of Body – Medium Range Being Pushed Backward

Gun Low to Side of Body In Front of Arm

Gun to Rear of Body – Medium Range

Gun to Rear of Body – Medium Range Being Pushed Forward

## DEFENCE AGAINST STICK ATTACK

General Points

Overhead Swing

- Inside Defence 1 Handed
  - Outside Defence 1 Handed
  - Outside Defence 2 Handed
- Sideways Swing 1 or 2 Handed Passive Stance

#### DEFENCE WITH A LONG STICK

#### CHOKE HOLDS WITH HANDS TO NECK

General Points

Natural Instinct Method

Release from Front – Two Handed Pluck

Release from Front – One Handed Pluck With Inside Counter

Release from Front – One Handed Pluck with Outside Counter

Release from Behind

Release from Side

#### ON-COMING ATTACKER AVOIDANCE TECHNIQUE

#### RELEASE FROM HEADLOCKS

General Points

Release from Side

Release from Behind

Release from Guillotine Headlock

#### ROLLS AND FALL BREAKING

General Points

Forward Roll

Forward Fall Break

Backwards Fall break

Sideways Fall Break

Combinations of Rolls and Fall Breaks

#### GROUND FIGHTING

Defending Whilst On The Ground

- Standing from a Ground Position

- Defending Punches

- Defending Kicks

- Shrimping

- Delivering Kicks and Punches.

Release From 2 Handed Choke – Attacker in Front Mount

Release From 2 Handed Choke – Attacker in Guard Position

Release From Front 2 Handed Choke – Attacker at Side

Release From Rear 2 Handed Choke – Attacker Sat On Back

Knife Threat To Inside Of Throat – Attacker Sat On

Knife Threat To Outside Of Throat – Attacker Sat On

#### RELEASE FROM A HAIR PULL

## SEATED ATTACKS AND DEFENCES

General Points

Against Punches

Against Straight Kicks

Against Knife Attacks

## ATTACKS FROM BEHIND

Wake up

Movement

## VULNERABLE STRIKING AREAS