

KMSD (UK)

Principles of Krav Maga

Israeli Martial Arts

Krav Maga

Kapap

Ownership SA Bradley KMSD - Krav Maga Self Defence (UK)
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Principles of Attack

Consider how the body functions.

- Generally speaking there are two type of joints. Straight joints such as knees and elbows and circular joints such as shoulders and wrists. These joints dictate how the body moves and as such how we send out our attacks. i.e straight or circular.

Consider distances.

- Very close, close, medium, long range, very long range distances apply. Meaning we have different options. At a very long range we may choose to flee at a very close range we may bite. Use the correct weapons for the correct distance!

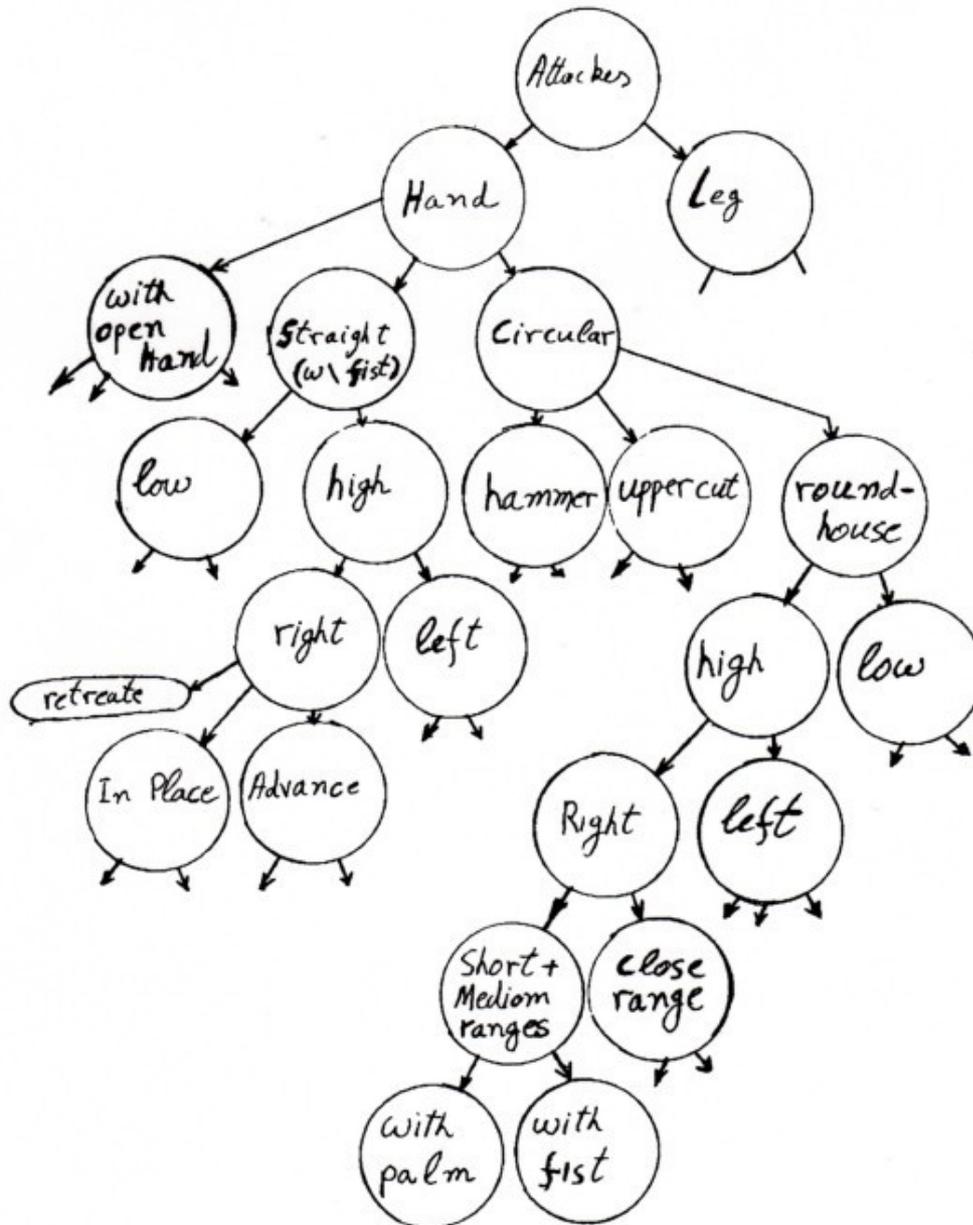
Consider directions of attack. There are 6 main areas

- Front, back, left, right, from below, from above
- Consider the diagonals and the angles. You maybe sat down, lying down etc

Consider how you strike and selecting the right tool for the right job!

- Consider straight or circular attack
 - Choose the correct weapon from family tree
- Consider the distance
- Consider the direction or angle

Family tree:



Principles of Defence

Defences performed with hands and/or legs

Blocks

- A defence which brings an attack to a direct stop. Examples include 360 outside extended hand defences or a defensive (stomp) kick

Deflection defences

- A defence which deflects the attack. Examples include inside hand defences.

Sliding defences

- A defence applied so as to slide along the attack altering its course of direction.

Examples include overhead stick

Stabbing defence

- Similar to a sliding defence but also attempts to remove the energy from the attack. Example includes defence against a weight object such as a stone or hammer

Circular defence

- A defence which applies a circular movement so as to circle around the attack and come back. Examples include gun or knife threats from behind.

Defences Performed With Body

Body movements

Stepping (to 8 main directions)

Forward, backward, sideways left, sideways right and diagonally to all said directions

Leaning and tilting

Height

Up and down

Turning & spinning

Common Object of Self Defence

Family of shields; chairs, bags, door etc

Family of sticks; walking stick, sports clubs, umbrella etc

Family of small heavy objects; stones, bricks, ashtrays, bottles

Family of knives (to cut or stab); broken bottle/glass, pens, pencils, keys etc

Family of small objects (to distract); coins, keys, dirt/sand etc

Family of whips; belts, chains, towels, clothing etc

Liquids & Aerosols; drinks, cleaning agents, sprays, perfumes

Others; cars, heat (fire) cold, electricity etc

Principles of Release (grabs)

Grabs fall into 3 categories. Non-Dangerous, Dangerous and Deadly

- Avoidance; apply verbal command along with hand and body defences
- Non dangerous such as wrist grab; release from grab using suitable release technique.
- Dangerous such as shirt grab; grab in itself may not be dangerous but is the attacker? If no defend with suitable release technique, if yes counter attack immediately

- Deadly such as choke or headlock; counter attack immediately

Rhythm & Pace

Rhythm of 2 attacks moving in time (S=start, E=end, t=time)

Remote (not combined i.e. 2 jabs!)

0 ----- S -----E [t] 0 ----- S -----E

Natural (1.5 rhythm)

0 ----- S -----E
 [t]
 0 ----- S -----E

Broken

0 ----- S -----E
 [t]
 0 ----- S -----E

Shuttered (both travelling together)

0 ----- S -----E
 [t]
 0 ----- S -----E

Simultaneous

0 ----- S -----E
 [t]
 0 ----- S -----E