

Krav Maga / Kapap

General Notes

Target Areas of the Body

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Target Areas Of The Body

During close combat engagements and self defence, the parts of the aggressor's body that are readily accessible will vary with each situation and throughout the confrontation. The goal is to attack the areas that are readily accessible.

These target areas are the head, neck, torso, groin and extremities.

Head

The vulnerable regions of the head are the eyes, temple, nose, ears, and jaw. Massive damage to the skull can kill an aggressor.

Notes

The eyes can be poked to cause watering so as to temporarily impair the vision. Attacked harder and more forcefully the eyes can be penetrated leading to permanent blindness and possible death.

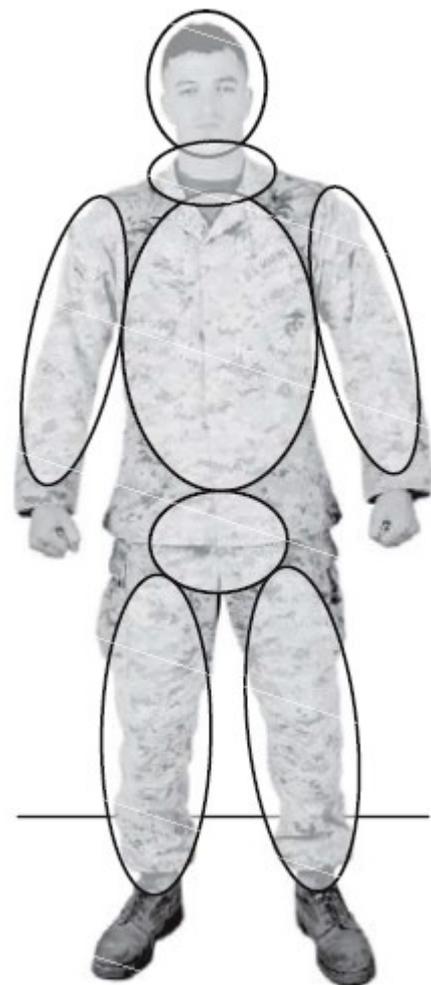
Attacking the nose may lead to eye watering and can be an effective target area however it should be remembered that boxers, MMA practitioners and such like will be relatively conditioned against these types of strikes

The ears can generally be attacked with a cupped hand or by slapping with the open palm either singular or both at the same time resulting in a possible ruptured ear drum causing varying levels of pain and potentially dizziness and symptoms similar to vertigo.

The jaw can be attacked either upward, forward or from the side. It is generally that area from the base of the ear to the chin and bottom of the mouth. As with the nose MMA practitioners can be more resilient to blows to the jaw.

Neck

The entire neck is vulnerable as it contains vital blood vessels to the side (carotid arteries), the trachea to the front, and at the rear the upper portion of the spine. Also to the rear and at the top of the spinal cord is the Medulla Oblongata (small brain) which controls the autonomic functions such as breathing, heart and blood vessel function, swallowing, and sneezing.



Torso

The clavicle, ribs, solar plexus, spine, and kidneys are vulnerable to attack.

Groin

This is a very sensitive area. Can be attacked from both the front and through the legs from behind with a kick.

Extremities

Significant damage to joints and the bone structure through hyper-extension, dislocation or direct fractures/breaks can cause immobilization or loss of the use of that limb. Ideal targets are the knees, shoulders, elbows, wrists and fingers