

The Outline Syllabus KMSD (UK)

3 Day Basic Krav Maga Self Defence Course

Dealing with common street problems

Skills Taught

Striking- Developing and building abilities to strike via punches, kicks, elbows and knees. To all angles and all heights.

Vulnerable striking areas- Targeting and delivering strikes to the bodies most vulnerable areas.

Preventing- Deflecting and overcoming grabs and holds.

Releases – From common grabs and holds.

Blocking- Extended and closed blocking against high (punch), low (kick) style attacks

Counter attacking- Establishing the ability to perform initial simultaneous counter attacks to shock, distract and disorientate an attacker.

Fast escapes- Developing the natural flee response and building techniques which allow for a fast escape.

Fight responses- Build and developing skills to allow continuous counter strikes in order to overcome and triumph when caught in a violent confrontation when means of escape are not so easily available.

Defence while on the ground- Blocking, defensive movement and training the ability to fight back whilst trapped on the ground so as to allow the defender to regain a standing position in order to safely escape.

Take-downs, leverage's and restraining- Developing skills which will allow compliance of a unarmed attacker.

Dealing with multiple attackers- Pre-conflict (pre-emptive) positioning and movement. Mid-conflict blocking striking and movement to overcome and to allow safe escape. Post-conflict.

Weapon threats- Dealing with street robbery situations where the attacker is armed with a edged weapon(knife).

Building and developing immediate action drill for all situations.

Discussion

Situational awareness and personal threat assessment including recognising aggression in people and pre attack indicators.