

CARSTEN DRAHEIM

KRAV MAGA

**A COMPREHENSIVE GUIDE FOR INDIVIDUALS,
SECURITY, LAW ENFORCEMENT AND ARMED FORCES**



PREMIUM

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CARSTEN DRAHEIM



Carsten Draheim has been training self-defense since his childhood and is the owner of Krav Maga Institute, the biggest provider in Europe. He is assigned by the German Ministry of Defense to instruct soldiers of the Federal Armed Forces in close combat. Carsten is continuously trained in self-defense and marksmanship by experts

of the IDF. As the only civilian he took part in Krav Maga trainings for police operations at the German Federal Criminal Police Office, among others. Being a SWAT Instructor he teaches members of the military and police internationally. He was Military Director of the largest Krav Maga association and is now expanding a Krav Maga organisation worldwide.

Krav Maga

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Regards,

Carsten

■ Foreword

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FOREWORD

Preface by Tamir Gilad

Carsten's book decrypts the system of Krav Maga and gives hereby great tips for instruction to which I agree wholeheartedly. Every single page I have read, gave me a great pleasure. Carsten describes the in fact quite complex teaching in the most understandable way. Like that people can learn how to react in worst case scenario real life self-defense situations – namely an attack on one's own life or the life of their loved ones.

Krav Maga is based on natural reflexes and reactions. But how can you provoke them in lessons? What makes a good instructor? One of the best instructors I know gives answers in this book, especially as Krav Maga builds up on learning success and self-defense lessons.

As the head of a Krav Maga Testing Committee, I travel around the world to teach instructors and ensure the quality of Krav Maga. That was where I met Carsten Draheim in 2010, giving a Civil Instructor Course. I was amazed by his hospitality, his positive energy and the way he trains and teaches Krav Maga: Always with a smile on his face. He loves to do it and he lives it. Starting with a small Krav Maga club, Carsten owns the biggest Krav Maga school in Europe with 1,700 members today.

He knows how to empower people by making the problems they can face in self-defense situations salient. Thereby he is not only focused on the techniques, but on the solution.

Furthermore, Carsten, one of the best instructors out there, trains the German armed forces, and other special units from the police where he was able to gain even more expertise in the military and law enforcement field of Krav Maga.

Born in Haifa, Israel, I served in the artillery regiment of the Israeli Defense Forces (IDF), where I was also in charge of a unit of seventy soldiers. That was where I first got in touch with Krav Maga and with Eyal Yanilov in 1987. Today I am an Expert Level 5 Instructor, the highest Krav Maga level possible, and I operate internationally to build up Krav Maga instructors on every possible level and with civil, law enforcement and military backgrounds.

Before my time in the IDF I used to train different types of Mixed Martial Arts, like Muay Thai, with the former Israeli champion Rany Kaushinsky. As a firearms instructor I have also worked with top shooting instructors and elite security professionals in Israel. My purpose is to groom Krav Maga experts worldwide.

For that vision, it is of importance to raise awareness of the spirit and mindset of Krav Maga. Carsten's education in the civil, kids, law enforcement, SWAT and military sector contributes to that. His book takes it one step further by promoting what Krav Maga actually is and as it gives a proper introduction to the system, we do not just teach, but live. Carsten is not only one of my students, he became a really good and close friend. Whenever we have time, we train together.

I wish him much success with this book and you, as the reader, a lot of input for your own Krav Maga lessons and your own Krav Maga trainings. So that you can understand and live the Krav Maga slogan and our vision in the end: *So one may walk in peace.*



Preface by Nick Hein

As soon as I start thinking about self-defense, I feel two things: fascination about the craftsmanship that makes it possible to escape an extreme-situation unharmed, and the mastering of that situation. As a former policeman, I appreciate those skills and abilities. On the other hand, I have recognized that self-defense is kind of a fad nowadays and that there are some charlatans between the solid schools. Those figured out that you can make money with insecurity and fear of the people. Particularly young men are boosted by nothing more than the basic instinct of being strong. Being a macho is the foundation of the DNA of the man in general and I am allowed to say so, as I dedicated nearly all of my life being a macho.

I am Nick Hein, 32 years old, a husband and father. I experienced the street as a former Police Marshal, but I am actually a so called gym kid. When I was six I discovered my love for Judo. Back then I was driven by the will of being the strongest child in the world. As senseless as that drive might sound for many, I had an end in mind. That one propelled me through the double burden of the high performance sports and my A levels. I wanted to become the Judo world champion and my future as well as my job choice were driven by that. After years in the national Judo team with lots of national and international trophies (German/European champion, World Cup placing) and some turns in my personal life, I had a new goal. A more extreme one: Mixed Martial Arts, or better known as Free Fighting or Cage Fighting. Meanwhile I quit my job as a Marshal after 11 years and resigned from the secure lifetime official state job and casted all security to the winds for fighting in the Octagon all over the world, i.e. in the UFC, the Ultimate Fighting Championship.

Self-defense is no sports. Fairness, rules and the aspect of the protection of the opponent are just not given. It is solely about the disablement or the sidelining of the attacker without consideration of his/her physical integrity.

You or me.

Exactly that consciousness is given by a good Krav Maga lesson and not just against one, but multiple attackers.



How that lesson should be build up is described by Carsten in his book: How can I bring people in a real highly stressful fighting situation through training drills? Especially then, you should be able to perform self-defense skills and that nearly in perfection.

In Carsten's Krav Maga Institute techniques are trained under high stress during sparring. There are many dedicated self-defense- and field-trainers out there that strive for a realistic system in an emergency case and I like and try to attend workshops and training unties of those trainers, as long as my time allows it. I sit there then with my mouth agape and mesmerized eyes, like I already did in the judo lessons when I was six. Learning never stops and I know that I do not have any chance as a martial artist, especially when it comes to armed disputes in the field of self-defense. I always recognize that fact with respect and try to improve myself – Carsten's book helped me a lot in that regard.

I recommend everyone, who subscribes to a self-defense or Krav Maga school, to go into training with open eyes and an objective mind and to recognize quickly, whether it is a school with prospect or a blind shell. This book will help you, not just as a trainer, but particularly to recognize a good and proper one.

Everyone should be aware of one thing ... just a membership fee and high awards do not defend you from a knife in the streets. And that is exactly what Carsten's book is about. It opens your eyes to a modern self-defense system and creates thereby the consciousness for the right mindset. I already did a couple of seminars with Carsten, especially self-defense for women, and I was stunned every single time what he can create with his mind in regards to waken a proper consciousness in his students for the right stimulations of the right situations in order to impart doing the right things under stress. I could read a lot about it in this book and it is definitely worth it.

I believe, combat sports and self-defense are quite similar at this point in time, as both bring together dedicated like-minded persons. Furthermore, they can influence not just the whole lifestyle, but also the whole way of thinking. My thinking about self-defense instructors, and here particularly about the Israeli system Krav Maga, was altered positively. Not just by doing seminars with Carsten, but particularly by reading his book and it gave me much pleasure to study it.

In that sense, keep going!

History of Krav Maga and the Krav Maga Institute



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STORY OF KRAV MAGA AND THE KRAV MAGA INSTITUTE

The originator of **Krav Maga** (Hebrew for **hand-to-hand combat**), Imrich Lichtenfeld—"Imi" for short—was born in Budapest, Hungary in 1910, and grew up in Bratislava, Slovakia. With support from his father, who actively participated in wrestling and boxing competitions, Imi became a versatile athlete at a young age. At age 18, Imi won the Slovakian national wrestling championship as well as several boxing titles. Imi's father, Samuel, was an exceptional athlete who, as a youngster, had joined a traveling circus and later operated a strength sports academy for wrestlers and weight lifters. Samuel was also the head of the municipal police department and routinely instructed the police officers in self-defense via conventionalized boxing and jiu-jitsu techniques. Even as a child, Imi participated in these training sessions and received additional instruction from his father in many areas of the sport. He participated in countless competitions and was considered one of Europe's best wrestlers in his weight class.



Photo 1: ©Yaron Lichtenstein

In the mid-1930s, along with some like-minded individuals, he joined a protection force with the goal of protecting the Jewish residential neighborhood from anti-Semitic attacks. In the process, Imi became a resistance fighter and, due to his wrestling and boxing experience, organized the self-defense efforts of the Jewish community. He participated in countless street fights in defense of the Jewish quarter against the fascist mob, and in doing so often had to fight for his life and that of his comrades.

As a leading figure, he became the sworn enemy of the anti-Semites and in 1940, Imi was forced to flee Bratislava on board of an old paddle wheeler. He subsequently served two years in a Czech legion under the command of the British forces in North Africa and the Middle East, before receiving an entry permit to Palestine. Once he arrived in Israel, he changed his name to Imi Sde-Or. With the establishment of the state of Israel in 1948, Imi was named chief instructor for physical fitness and Krav Maga for the Israeli defense force (IDF). Because the state of Israel has been in a near constant state of war since its creation and the IDF not only drafts men but also women for military service, Imi's first task was to develop a system of hand-to-hand combat that would be feasible for both genders, easy to learn and effective under stress without regular, intensive training. Since soldiers are sometimes sent into combat after only a six-month crash course, the assignment was to develop a close combat system that would mentally and physically prepare a 40-year-old homemaker as well as an 18-year-old physical education student for realistic combat via intuitive and easy-to-learn techniques.

Imi's initial approach was to adapt all of the known combat techniques like, for instance, techniques from Muay Thai, boxing, Judo, and Jiu-Jitsu, to the natural human instincts and reactions.

Instead of telling the soldiers what to do, Imi began to explore the soldier trainees' automatic reactions when under stress. Based on these instinctive reactions and his experience in street fighting he then developed the appropriate self-defense techniques. The focus was on training for an emergency. Imi served in the army for about 20 years, and worked primarily on developing and refining his self-defense and close combat methods. In doing so, Imi personally drilled the soldiers of Israel's Special Forces unit and trained many of his students to become Krav Maga instructors.

Krav Maga continues to evolve today. The system must adapt to the demands and conditions of people's modern daily life, and not the reverse.

It is important that all techniques follow the natural human behavior patterns and movements while under stress!

This is also the reason for the often incomprehensible speed of Krav Maga. Since all the techniques are linked to instinctive and natural movements, the reaction time is much faster than other self-defense methods.

In addition Imi always made sure that the Krav Maga students' positive aggressiveness was sustained.

"Si vis pacem, para bellum."

—Latin for: "If you want peace, prepare for war."

After his active military service in the mid-1960s, Imi worked on adapting his system to the needs of police and civilians. He established two training centers, one in Tel Aviv and the other in his new hometown, Netanya. The first non-military Krav Maga course for trainers and instructors was held in the early 1970s. Since then, the methods devised by Imi and the techniques for uncompromising self-defense have been spreading around the world.

This important Krav Maga element is the result of **street fighting** in Bratislava and the insights of the soldiers of the state of Israel who are in a constant state of war. War is always bloody and brutal. The losing side must suffer the consequences. Thus Krav Maga produces a stand-your-ground mentality in the trainee via aggressive defense against violent attacks with the intention of neutralizing the attacker(s) as quickly as possible.

"...it was either hit or run; I found the hitting more satisfying... You automatically end the fight by putting an end to your opponent..."

—A statement supposedly made by Imi to his students in 1976.

In order to lend an appropriate structure to the increasing popularity of his self-defense system, Imi founded a nonprofit Krav Maga organization. The Israeli Krav Maga Association (IKMA) was created and in 1977, was officially recognized by the Israeli government. The members of the IKMA appointed Imi president for life. As he got older he increasingly withdrew from IKMA leadership, and high-ranking instructors left the organization to explore new avenues. Eli Avikzar, one of the first black belts in Imi's system, established Krav Magen, and Haim Zut established the Krav Maga Federation. In December 1995, a number of high-ranking black belts and direct students of Imi's—Avi Moyal, Gabi Noah, Eyal Yanilov, and Eli Ben-Ami—established the International Krav Maga Federation (IKMF) to popularize Krav Maga outside of Israel. Imi's attitude toward this new direction was positive and he supported these startups because he thought it more important to provide people with methods of self-defense and self-protection rather than pursue personal goals.

Today, Eyal Yanilov left the IKMF, which is now run by Avi Moyal, and founded his own organization Krav Maga Global (KMG). Gabi Noah founded the International Krav Maga (IKM). These are the largest Krav Maga organizations in the world that teach Krav Maga internationally to public authorities, military units, security services, bodyguards, and of course civilians. The System Krav Maga is tested again and again for its suitability in the field. Particularly the findings and feedback gained from collaboration in a professional setting (e.g., police, military, security) make Krav Maga one of the most practical systems for conflict resolution. The IKMF directs the worldwide training and continued education of trainers with a team of Krav Maga experts, led by Tamir Gilad.

Imi Lichtenfeld personally oversaw the training, performance and progress of the top Krav Maga graduates until the end, and died in 1998, at the age of 87. Imi's pragmatic approach and his experience had a major influence on his system and he worked on improving and optimizing Krav Maga, particularly for civilian use, until his death.

Since Imi's death and with Krav Maga's increasing popularity, former military instructors have established their own organizations, influenced by their martial arts background and with their own interpretation, techniques, and tactics that are more or less adapted to the needs of civilians. Hence countless groups and organizations have formed outside of Israel, often with little to no contact with Israeli instructors.

And that is one of the reasons why today a layperson's search for a suitable Krav Maga school is somewhat opaque; everyone claims to have the only true or the only modern Krav Maga program, regardless of whether or not it is actually based on the basic principles of Krav Maga.

But the fact is that this momentum has greatly contributed to the worldwide spread of Krav Maga and even if the techniques differ, the instruction should always be the same, because Krav Maga self-defense must be effective under stress, intuitive, and easy to learn.

The Krav Maga system continues to evolve and thereby adapts to the most current and constantly increasing aggressions and resulting threats around the world. In contrast to other self-defense or combat sport systems, Krav Maga is not only characterized by elegance, aesthetics, and fairness, but by its easy-to-learn techniques. These techniques are practiced under stress and must be based on natural reflexes and behaviors, because no matter what happens, giving up is never an option.

In 2005, during his own ground fighting training session, **Carsten Draheim** became aware of a Krav Maga class with just a few people in a neighboring gym. At that time Krav Maga was not very well-known in Germany, but Carsten—who had been practicing kickboxing since age 13, and at that time had already been practicing the Jeet Kune Do self-defense system developed by Bruce Lee for several years in addition to the Brazilian ground fighting sport Luta Livre—was excited about the Krav Maga system's simplicity and the fun manner in which it was taught to these students in class. After just a few months, he completely switched over to Krav Maga and practiced nearly every day. Due

to requests from his former training partners from other combat sports he began to instruct his friends in Krav Maga in his **garage**, which he had outfitted with mattresses, striking shields, and bags, as well as on the surrounding property.



Photo 2: The first training space in the garage, the first large training facility, the first training gym.

In those days, a few people always practiced in the evenings in Carsten's garage and in his backyard. That is how he learned to pass on his own knowledge to others before he ever passed the official Krav Maga instructor training by Tamir Gilad. Over the years, Carsten continued to progress in Krav Maga and was trained as a civil, law enforcement, kids, and S.W.A.T. instructor as well receiving firearms training by top-level Israeli instructors.



Photo 3: Carsten with his instructors in Israel: Israel Cohen, Amnon Darsa, Tamir Gilad, and Avi Moyal.

He completed a Krav Maga training course at the BKA (German Federal Bureau of Investigation) as the only civilian in a group of police operation instructors. In doing so he accessed off-limits areas that ordinarily are only open to public authorities and military Special Forces for training purposes. At this time Carsten is a highly certified Krav Maga expert and was the military director of the largest international Israeli Krav Maga association. He is running a Krav Maga organisation with the goal of further consolidating and expanding the Krav Maga system as the de facto standard close combat training program.

Moreover, Carsten is the German defense department's official close combat instructor and conducts regular classes for members of the German armed forces.

In addition he now works on an international level as an official contractor for members of law enforcement, the fire department, emergency medical services, and other professional users, and regularly trains with governmental operations instructors.



Photo 4: Krav Maga instruction is not subject to weather conditions or location.

He also works in the civilian sphere of Krav Maga self-defense for men, women, and children.

To this end he established the Krav Maga Institute, Inc., which currently has seven separate locations in Germany and the Netherlands. With more than 1,700 students (the so-called Kravists), more than 1000 training units annually, and more than 21,528 square feet of Krav Maga training surface, Carsten's Krav Maga Institute has developed from his garage into one of this self-defense system's biggest providers by far.

What Carsten loves about Krav Maga is that, given the correct instruction, truly ANYONE can learn it, successfully apply it, and thereby defend themselves against attacks. His daughter Lia (age 5) already participates in Krav Maga classes for children, and his son Chris (age 3) also attends training sessions.

In this book he discloses his entire knowledge for the purpose of supplementing continuing Krav Maga training and as a guideline for class preparation.



Photo 5: Krav Maga military demonstration.

■ Principles of Krav Maga



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2

PRINCIPLES OF KRAV MAGA

Instead of many complicated techniques Krav Maga training emphasizes simple and universal principles. All techniques should be simple and easy to learn for everyone, retrievable under stress, and build on the natural behaviors and instincts of a human reaction.

Focusing on these simple principles allows for a flexible training process and choice of techniques. During Krav Maga training the focus is always on the practicing individual, meaning the person and not the system.

While belts or patches—depending on the organization—are awarded as *badges of rank* in Krav Maga training in Israel, the system is sometimes mistakenly categorized as a martial art. In fact, based on its goals and approaches it is practically the opposite of a competitive sport.

Krav Maga's basis is completely different. It is a flexible and open system. It constantly changes and draws on the daily experiences of professional users in a civilian, military and law enforcement setting for its flexibility. Solution approaches for current and modern types of threats are developed instantaneously. Simple principles and tactics are taught instead of complicated techniques

By contrast combat sports have developed from largely traditional martial arts. Here techniques were in some cases mitigated and protective gear is required to protect the athletes. Further limits are set by adding athletic rules. Depending on the sport, techniques that, for instance, target the genital area or small joints, biting or even hitting and kicking as well as the use of weapons, are prohibited. Even Ultimate Fighters fight in the cage in a mixed martial arts competition, MMA for short, in a controlled environment with limitations.

Krav Maga takes the opposite approach. Being aware that there are no rules during actual threats, training takes place on principle without mental limits. This does not eliminate the necessary safety in training. On the contrary, the special didactics of Krav Maga facilitate dealing with fears and dangers in a controlled manner and allow the individual to measure his own actions. The fighter's options are thereby expanded rather than limited. Contrary to competitive sports, the motto here is "Be unfair." Use any means at your disposal and never box against a boxer or wrestle with a wrestler, etc. Meaning, I won't let the opponent force his style on me, but just the opposite.

In Krav Maga training no kick, strike, or block can be wasted. All strikes or kicks focus exclusively on vulnerable points like, for instance, in the center of the body: nose, solar plexus, genital area, and kneecap, or from the side: ears, knees, elbows, and knee joints. Just like with defense, the individual must think in terms of priorities. For example, when fending off an attack with an iron bar the first priority is to not get struck, followed by preventing the opponent from continuing his attack.



Photo 6: Outside Defense/360° Outside Defense

The principle of **hard against soft or soft against hard** applies to all Krav Maga offensive and defensive scenarios. It isn't about the style of fighting, because Krav Maga is neither a hard nor a soft fighting style but rather adapts to the needs depending on the type of attack. It is about what I, as the defender, can counter an attack with.

For instance, when a hard, quick blow comes from the outside I block it with a 360° outside defense, which will be elaborated on in the following chapters. Here my arm moves outward, palms are open, and the edge of the hand moves slightly towards the attack while my head turns away. I block with the outside of my forearm and with this outward strike (block) I make contact with the opponent's muscle. My tensed, hard section (i.e., the arm bone [ulna]) impacts his softer muscle. I block hard against soft

while simultaneously executing a counter blow into the opponent's middle with my other hand. However, if the opponent doesn't strike but uses a hard object like an iron bar, I am careful not to put up a hard block against this hard object. In this case I would use an evasive movement or the soft area of my arms (muscle) and move them forward for protection. To keep my bones from breaking I ideally try to soften the impact of the blow with my muscles (i.e., soft against hard). Here, too, I protect my body while I use my arms as a block or cover, which brings us to the next principle: **hand defense and body defense equals total defense and in Krav Maga is referred to as 200% defense.**

I could probably fend off many blows with a hand movement, or I could evade them by moving my body, my upper body, or even just my head. But it is better if I train myself to do both in order to have the highest degree of safety. In other words, to stick with the outside defense, what good is it if I am able to defend myself against a slap with a block when the opponent, instead of using his flat hand, holds an object like, for instance, a bottle or a knife, which protrudes from his hand? Therefore, as I block I also move my body out of the danger zone.

What would be the best defense if I am unable to prevent the opponent from continuing his aggression? What matters here is to interrupt his action, which is why in Krav Maga **the block is also the counter**, or rather as you block you also strike back. Using the example of outside defense here as well, while I block the opponent's outside blow with the hard, tensed part of my arm (ulna) against his muscle while also moving my body out of the danger zone, I simultaneously strike back with the other hand.



Photo 7: Fending off an attack (i.e., mounting a counter attack) is also an attack, regardless of whether it is done with just a hand or an object; here is a cold weapon as a common object.

As a defender I try to immobilize my attacker in two places at once and prevent him from repeating his action and thus from continuing his attack. At the same time I move myself off the line of attack, which brings us to the next principle: **tactical behavior**. Tactical behavior will be described in more detail at a later point, because here the focus is not just on tactical behavior during an attack but also on the situation before and after an attack. During an attack the motto is "**Flight or fight, never freeze!**" So depending on the distance, direction, and angle of the attack, I ask myself: Can I flee? If I can, then I will flee! If not, I will fight with any means at my disposal, ideally with **the aid of objects** (using common objects) that I can continue to use to fend off attacks or to defend myself. During the fight I try to think tactically, meaning how do I move off the line of attack without ending up in another (e.g., with multiple opponents), and what is my finishing mode: Do I flee or continue to fight? Long deliberation is not an option here.

Freezing up, either from fear or from thinking about which technique to use, is also not an option. For this reason artificial stress is a very important part of Krav Maga training. The never-give-up principle applies especially during practice.

Adhering to these principles requires **constant repetition** by Krav Maga students during practice. But is this not contrary to the first principle that all techniques should build intuitively on natural reflexes? No, because these, too, can be reinforced through regular training. Here we also refer to the example of outside defense. It would be considered normal behavior to, for instance, move in the opposite direction when slapped, or to duck and to raise one's hands defensively. Krav Maga takes advantage of this reflex and builds on this intuitive motion. Of course regular training is necessary to do this in the right combination and proper execution and to behave correctly after a successful defense, namely escape or prepare for more fighting actions.



Photo 8: Checking the surroundings after a successful defensive action.

To achieve the latter, nearly every Krav Maga technique ends with **checking** or **scanning**.

I check the surroundings and look for suitable means of escape or additional attackers. This training pattern is often also used for tactical combat shooting. After the shooter has fired at the targets he scans his surroundings for others. Because, while they may not exist on the firing range or in the gym, this motion will help him eliminate **tunnel vision**.

"The more you sweat in training, the less you bleed in battle."

Krav Maga is **not a fitness system**, although there already are different variations like Krav Maga CrossFit, as well as major regional differences. It is comparable to similar variations of martial arts (e.g., kickboxing and Tae Bo or Fitness Boxing). For example, in the U.S. Krav Maga is often very popular as a fitness system instead of a self-defense system. But that is definitely not its origin.

Nevertheless, fitness is of course not just a soldier's obligation, but is also an essential part of every Krav Maga class in civilian training.

But this, too, does not contradict the assertion that anyone can learn Krav Maga, because one does not have to be a high-performance athlete to be able to survive in a fight. This is not just evident in the example of a beer-bellied but efficient street thug or hooligan. But a certain amount of basic fitness is a good prerequisite to, for instance, be able to run away and not lose an unavoidable fight because you lack the stamina to move quickly for a few seconds. And here we are cutting to the chase. Most real brawls usually only last a few seconds before a victor emerges. So why work on endurance or fitness? It is about achieving a certain amount of physical coordination.

To use the example of outside defense again, for most people it is not difficult to raise an arm in defense, and to move the body to the opposite side and strike with the other hand. Most are successful, at least as long as the order is consecutive. But that doesn't

happen in this defense! It is the coordination of at least three simultaneous movements. Exercises with opposing arm and leg movements (jumping jacks) are an excellent way to practice this.

Strength-sapping exercises are also a good way to simulate artificial stress. In Krav Maga we must provoke the **tunnel vision** and the adrenaline rush that take place during a real threat or fight.

Ultimately such exercises can also serve as a **warm-up** for a Krav Maga training unit. Another important aspect is the aggressive and systematic continuation of one's own action during a fight, which in Hebrew is called Retzev. The goal of a Krav Maga lesson is to develop this continuous attack and thus a permanent fighting flow. When I am forced to fight, I don't stop until the fight is over. In civilian Krav Maga this is of course also true for flight.

In general the objective in Krav Maga is to reach the **dead side** and to not end up on the **life side**. This designation refers to the defender's position relative to that of his opponent. For tactical reasons, during the execution of the technique the defender ideally (with only one attacker from the front and no spatial restrictions) moves 180° around the opponent. He moves off the line of attack and thus positions himself to the side he did not watch before the attack.

He is on the so-called **dead side** when he has positioned himself to the side of the attacker's shoulder or better yet, behind the attacker. This makes it more difficult for him to use his arms and legs to continue the attack. Thus reaching the dead zone is the **defender's objective** to end a fight as quickly as possible. Of course exceptions prove the rule, and in reality it is rarely possible to choose the side since it depends on the type of attack.

If the attack, for instance a straight knife stab, is made with the right hand and I initially parry it with my front hand in fighting stance because I am an orthodox fighter, then I have a good chance of reaching the dead side. But unlike other combat sports, if the opponent stabs or strikes with the left hand I still never switch my stance. It would simply be too time-consuming and I would unnecessarily expose myself to danger. So I still fend off the attack with the left hand, but then end up directly in his center, the so-called **life side**.

With respect to his position relative to the attacker, the defender is on the life side when the opponent stands frontally to the defender and can thus use his arms and legs to continue the attack. This is considered a disadvantage even though the defender is also in the attacker's center and could reach all of the most vulnerable points more quickly and effectively than on the dead side. But it is not tactically smart to approach an attack in this way, and therefore the life side is considered the worse side and the position that should be avoided if at all possible.

Basic Krav Maga Principles

Uncomplicated functionality under stress—	Builds on natural reactions and movements.
Unfair—	Self-defense is not a combat sport.
Not a rigid system—	Constantly developed further and questioned.

Attack only vulnerable points.	
Soft against hard.—	Hard against soft.
Hard defense and body defense =	Total defense.

No block without a counter.	
Tactical mindset—	Flight or fight, never freeze.
Using common objects—	Use anything you can, especially objects.

In summary, Krav Maga is characterized by instinctive and preferably simple techniques, and the right reaction, particularly while under stress, is practiced continuously. Regular Krav Maga training is intended to fundamentally increase one's self-defense skills. These simple principles have resulted in the emergence of different organizations and interpretations of Krav Maga instruction. They differ considerably in terms of their techniques, which is why I will not focus on the individual techniques here, but rather on the basic principles of Krav Maga training.

Mike Diehl: What Is It All About?

What happens during tactical training, either with a firearm or on the mat?

There is only one goal... an emergency... and within that emergency there is one goal:

To conclude this confrontation with one or more opponents in one's favor by applying what one has learned, and leave the scene under one's own steam, preferably uninjured.

THAT'S THE POINT, AND THE ONLY POINT!

Tactical training is part of a classification system and here we must differentiate four areas of instruction for realistic training:

- ▶ Mindset (conscious attitude and mental strength)
- ▶ Tactics
- ▶ Skill and techniques
- ▶ Gear

I will now focus strictly on the most important but also most difficult part of tactical training instruction: the **mindset**.

It is an abstract area of training, but it determines success and failure! And one thing is for sure: Because it is difficult and, as previously mentioned, abstract, it is often neglected.

Mindset is broken down as follows:

- ▶ Cognitive ability
- ▶ Self-conditioning
- ▶ Knowing the possible mental and physical consequences and effects of a fight and during a fight!

Without going into too much detail: Who knows what happens in the body and the mind during a fight or combat?

Man has been a hunter and gatherer for millions of years, and our reactions in battle do not differ from those of our ancestors as they fought saber-toothed tigers.

We release adrenaline, which has a chemical and biological effect on us. Anyone who buys this book is familiar with these reactions!

But who has heard of the **survival-stress reaction (SSR)**?

During combat, during any dicey situation, the pulse rate can rise to 220 within a fraction of a second, and the following can or will happen:

At a pulse rate of 115, we lose our fine motor skills and work only with our gross motor skills. A magazine change that wasn't drilled during training won't work; a technique that was practiced half-heartedly during Krav Maga training won't either!

At a pulse rate of 140, the part of the brain responsible for hearing fails. In combat this is fatal. What is my buddy doing? Is he trying to warn me? All-around vision!

At a pulse rate of 170, things get very uncomfortable. We lose 70% of our vision (tunnel vision), meaning we only have 30% left... and that is directed into the distance. Firing with sights... no way! Using fine motor skills against the opponent...no way!

At a pulse rate of 195, we act irrationally, give up, throw ourselves on the ground. The sphincter muscle can open, we scream, cry... Basically, we become completely irrational!!

So what can we do?

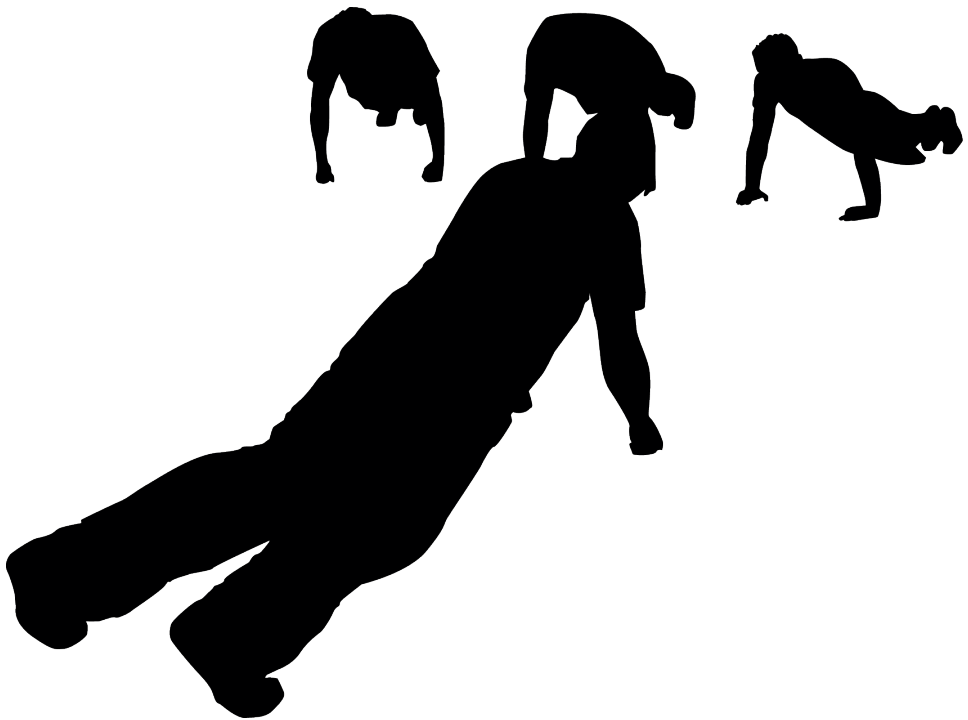
Do practice drills, work on mindset! The question isn't whether or not we will be in a fight; the question is WHEN?

To drill means conditioning; it means knowing and mastering the drill sequences; and it means primarily one thing:

Your pulse rate levels out between 115 and 140, you have control to the extent that it is possible during a fight.

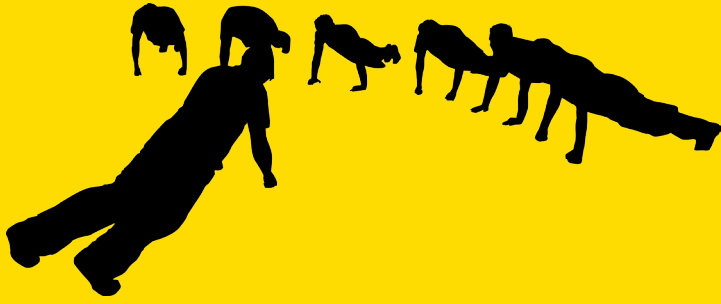
With this in mind, train aggressively, hard, and honestly, because it's not a game!

What Makes a Good Krav Maga Instructor?



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3

WHAT MAKES A GOOD KRAV MAGA INSTRUCTOR?



Photo 9: The Krav Maga instructor is always present, is a good observer, and fulfills his role model function.

Above all, a good Krav Maga instructor must be well trained, and I am not only referring to the technical Krav Maga training, which is already the base of his knowledge. I don't want to go into detail here about which organization or association provides good and less good training. The fact is, Krav Maga is **not a trademarked concept** and thus anyone can claim to have edgy Krav Maga as part of their programming.

Ideally a good instructor already has some previous experience in one or several combat sports.

So he was or is a **martial artist**, but one who likes to think outside the proverbial box and is thus open to solutions rather than techniques. If he is able to do this, he won't have any trouble quickly separating good training from bad. Moreover, he has life experience and may already have successfully dealt with several real threats or attack situations professionally or privately, regardless of the perspective, because this is knowledge you cannot learn from books.

A good instructor is also a good fighter but an even better **teacher**. I have personally trained with incredibly good fighters—to me, they are warriors: people who spend the entire day living for nothing but their fight and their sport; people who get up in the morning and go directly to the gym, then to the soccer stadium in the afternoon, and at night actively put their skills to the test; people who have dedicated themselves completely to sports; or people who fight in the top MMA leagues. Unfortunately most of them were unable to also impart their knowledge to students with largely different experiences in a class setting.

Hence it is important that a good Krav Maga instructor is taken seriously as a teacher as well as a fighter. A good instructor is always a role model, true to the military approach. He asks nothing of his students that he would not be ready to do himself, and he is the first to start a drill and the last one to stop. He is not super human, but he distinguishes himself through his perseverance. He is an athlete. Furthermore, one believes he is capable of protecting himself and others in an emergency. Ideally he has already proven this in a real situation. He can **adapt** to situations and people, and is in control of his teaching and the students in his class.

On top of that he constantly and **continuously** improves himself through his own Krav Maga training and remains open minded. Someone who stops training himself is not able to instruct others on an ongoing basis. Finally, a good Krav Maga instructor should have a well-groomed **appearance** (including clothing), should be **reliable** (e.g., never cancels practice), have an authentic manner and a good **presence** during class, as well as the ability to conduct the same verbally and even completely non-verbally without being intrusive.

By the way, the rule of thumb for a good Krav Maga instructor is this:

"Speak when you cannot move, and move and demonstrate when you cannot speak."

That is basically everything it takes to be a good Krav Maga instructor. However, these few attributes greatly reduce the number of potentially good instructors. A large number of Krav Maga organizations and associations compete against each other in Germany alone. Add to that those ambitious individuals who either claim to be teaching "original" Krav Maga, or to have devised their own "ultimate version" and want to market it.

As a result the prospective *Kravist* in search of a good Krav Maga school frequently encounters various sorry individuals who claim to be grandmasters or even European champions in this system.

And that brings us back to the question: What is Krav Maga? It is a simple system based on natural reflexes and behaviors. It requires an instructor who is able to provide training professionally and objectively and to adapt it to the requirements and level of knowledge of his students, and in doing so knows the consequences this could potentially have for his students in the wild without his presence (i.e., in a fight situation the instructor is usually not at their side).

3.1 TEACHING AIDS OF A KRAV MAGA INSTRUCTOR

Voice	Clear and distinct with short, comprehensible instructions. Don't allow the students to go to sleep or deliberate for too long.
Enthusiasm	They will follow you! Spur them on and have fun together.
Movement	Move and demonstrate the technique. Arouse their interest.
Communication	Visual and verbal communication with the students also means listening to them; be open minded.
Observation	Constantly observe the students and correct them when necessary.
Knowledge	Impart your knowledge during class because that is what the students want; be prepared.
Group control	Lead the group by communicating with your voice and through movement, but also with enthusiasm. Constantly observe the students. When a technique fails multiple times, it is often due to the attacker, meaning the attack is executed incorrectly. One example is the attack with a stick from above (overhead swing). The defense only works if the attacker really tries to hit the head with the practice stick. Many inexperienced students miss the head on purpose to avoid injuring the training partner. But as a result the defensive action doesn't work.

3.2 POSITIONING OF THE KRAV MAGA INSTRUCTOR IN CLASS

The correct positioning of the instructor is the key to good group control and thus the learning effect for the student. Krav Maga instruction consists to a large degree of showing a student something he must then repeat. Here it is important to maintain direct eye contact!



Photo 10: Positioning of the instructor during class.

Three typical questions from a student and the instructor's possible reaction:

Relevant question	He answers.
Non-relevant question	Postpone the answer until later if the response would take too long and would hold up the class.
Provocative and problematic questions	Make clear who is in charge of the class

Troubleshooting or an Emergency

There are students who want to challenge the instructor. Some do it gently just once, others want to test the instructor again and again. Some do it unintentionally, others with intent. Next to these there are also one-time participants of, for instance, a sample class or a workshop, who may practice a different combat sport or may teach it themselves and would like to convince themselves or others that their style is the better Krav Maga. Usually they will not announce themselves beforehand and can become a major, sometimes even menacing problem in class for even experienced instructors.

A good instructor's rule is therefore to take precautions so the likelihood of something unforeseen happening is reduced, while always being prepared for it. This is referred to as increased alertness, or in military terminology as combat readiness, which we will elaborate on later under tactics (see chapter 6.2).

I can personally recall one particular situation during training. I mentally prepared myself for a regular Krav Maga class with approximately 30 students by looking over my lesson plan one more time. Three of the students were new and no one knew them. They had attended the sample class together, and one of them bragged about having practiced Judo for 20 years. The Krav Maga class proceeded uneventfully. All three were well behaved and respectful. When the practice was over, my advanced students did some controlled Krav Maga sparring we call "Fight Club," while others changed clothes or showered. Most of the time these bouts consist of three to five attackers against one in full protective gear. We will talk more about Krav Maga sparring in chapter 8.

The judoka followed the action from the edge of the mat and I, having changed already, stood next to him and gave some instructions to the defender. He casually asked me if it was permissible to rugby-tackle the opponent. I replied, "Sure, if you can, everything is allowed," and turned back around to face the mat. At that moment he lunged at me and tried to put me in a headlock. I only saw him leap at me out of the corner of my eye and instinctively struck him in the face with my right hand with a simultaneous backward movement. He briefly crumbled and held his eye, below which a large blood blister and bruise were forming. He loudly protested to his buddies that I had hit him, which of course everyone in the gym had already noticed.

I shrugged and turned back towards the mat to follow the action there. To me the matter had been settled. If he attacks me, he has to expect that. But it was a major mistake to think that he had understood that, because at that moment he jumped me again, and this time my reflexes were not quick enough. We landed on the mat and as a ground fighter he attempted to sit on me in a mount. I pulled him down and bit him in the ear. Blood squirted out and we were both covered because by then the blood blister below his eye had burst. I jumped up and he writhed on the floor, yelling, "That's not fair."

At that point the entire gym was full of laughing Krav Maga students. No, that's Krav Maga! Since he still did not understand he began to kick at me from the ground. But I would not be that careless a second time. When his buddies finally carried him out of the gym, I stuck a membership application in his pocket and wished him a pleasant evening. Of course we never heard from him again, but his two buddies have been faithful students ever since and my boys still today like to tell the story in the locker room when they talk about the difference between martial arts and Krav Maga. Never wrestle with a judoka, and when someone attacks you unexpectedly, don't play with him!

The purpose of this anecdote isn't to make myself look good, but to show what an instructor must be prepared for. And anyone who thinks that a situation like this only happens in civilian training and not in military or law enforcement training, be warned! There are always people with previous experience in combat sports that like to compare and test their skills at every opportunity. It is not a matter of ill intent but rather the desire to compete with the instructor, and he should be prepared for this at all times.

3.3 RHYTHM AND SPEED – OR, WE ALL SPEAK THE SAME LANGUAGE

To specify the rhythm and speed of actions like, for instance, blows or kicks in theory, we differentiate them in normal speech as follows:

		Advantage	Disadvantage
1. Simultaneous	Simultaneous blow; Example: two blows at the same time (Kung Fu)	Hard to defend	Low speed
2. Shuttered 1.1	Slightly staggered, e.g. with blows (Wing Tsun)	Very fast, also hard to defend	Little power
3. Broken rhythm 1.5	Fists meet in the center on their way to the target (boxing)	Lots of power	Combination well-known and predictable
4. Natural	Uncontrolled attacks like that of a drunk person (bar)	Powerful, hard to predict	Not professional
5. Not connected	Unconnected blows, 1 + 1 individual blows (Shotokan Karate)	Very powerful	

Here we cannot confuse the speed of attack and defense. The rule is to attack as fast as you can without trying to reposition yourself and losing time doing so! Afterwards quickly move off the line of attack and scan the area for additional attackers.

What Makes a Good Krav Maga Lesson?



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WHAT MAKES A GOOD KRAV MAGA LESSON?



Photo 11: Krav Maga lesson with chair as a shield-type common object.

A good Krav Maga lesson depends on the participating *Kravists* and of course on a good Krav Maga instructor. The class cannot be good without good group dynamics and **professional guidance**. I remember visiting a class during a practice and when I arrived the practice was underway but without the instructor. When I entered the room several students were jostling in a ground fight, others were hitting the striking shields, and a few were working on the sandbag. It was a hustle and bustle. I asked about the instructor's whereabouts and was told that he had been in the underground car park for the past 30 minutes to practice car defense—meaning self-defense in and around a car—with a couple students. After 20 more minutes the instructor found me, and, after seeing my surprised facial expression, explained that the students had an open practice and were supposed to practice techniques. In and of itself this is not a bad approach, but the instructor should always oversee the practice and correct techniques when necessary, otherwise the learning effect during training is only moderate. There is no reason why a grappling coach can't let his students roll—meaning letting them grapple on the ground—until one of them signals to stop the bout, so they may gain some experience, but Krav Maga is not a competitive sport and students should practice a technique for only a limited period like, for instance, at a workshop, but in doing so should always be monitored and if necessary corrected.

A Krav Maga lesson is as good as its **preparation**. The lesson must be well planned, proceed smoothly, and be coherent, meaning it should have a **lesson plan**. However, the instructor may also adjust this plan during training. What is the point of having a plan for 40 people in your pocket when only three show up for practice? So, just like everything else in Krav Maga, the lesson must also be adaptable to the number of practicing individuals and their level of knowledge. Hence the instructor either has several plans for different scenarios in his pocket, or he has the experience to adapt the training unit to the level of knowledge and state of affairs during class. In my opinion, this is where many less experienced trainers fail: They stick to their plan, no matter what.

As I write these lines, I am sitting in a bar with good Wi-Fi in one of the poorest countries in the world, not far from India. My assignment during the past few days was to conduct a customized VIP-protection Krav Maga training for the security personnel of a hotel chain. During my long flight I had worked out a nice law enforcement lesson plan for this assignment. When I arrived, I met 15 extremely tough and highly motivated men, most of whom had been doing their job reliably for many years. But the level of knowledge within this group varied greatly. One third of the participants were former soldiers with years of training and had even served as instructors in the military. The second third had basic martial arts knowledge, and the last third were good soccer players. Since some members of the security team were unable to attend the training due to official business but the training had been booked for 15 people, five people from the service area—waiters, housekeepers, and even a butler—were summarily recruited for training. The participants from all three groups had different nationalities and thus different native languages. Of course that's no big deal, but in practical terms, since everyone preferred to train with their fellow countrymen, it made things a little difficult. After the first warm-up of the first day, I knew I had to rethink my lesson plan. Instead of working on third-party protection, as had been planned, we spent the first day on basics like kicking, hitting, knee strikes, and so on (see chapter 8).



Photo 12: Basic training on the soccer ground.

Other aspects on which my original plan had been based were also not as expected. Instead of training in a gym as had been promised, and later in the service areas of these security staff like, for instance, in the restaurant areas, the water bar and the disco, we found ourselves on an improvised soccer practice field and on a coral sand surface with large, broken pieces of coral. To top it all off, it was monsoon season and it poured like crazy. Within a few minutes the entire training area was literally under water, and when it wasn't raining, it was extremely hot and very humid.



Photo 13: Krav Maga far from mats and a gym.

After having received some serious chafing from my tactically amazing pants on the first day, the following training units were all completed in shorts. All of the take-down exercises—and there were many in this training because the focus was on taking a potential attacker down to the ground as gently as possible without the use of excessive force, detaining him there, and quickly removing him from the public sphere—were done on the beach.



Photo 14: Security Krav Maga—take down, detain, and quickly remove as a team—without mats.

We decided not to use the 1 cm thick yoga mats for good reason since they offered little to no protection.



Photo 15: Preparation for the scenario-training units to be held later on in this room.

We closed off a part of the staff cafeteria for the theoretical instruction and the subsequent scenarios on the last day, for which I quoted the famous lines from a bouncer road movie, "Always be nice, and solve problems as a team!" In addition we covered the windows with tablecloths. We did this much to the amazement of the remaining personnel in this area, who at times vociferously followed our trainings as onlookers. Then there was the deafening sporadic noise of an angle grinder coming from the welding shop located next to the soccer practice field, which I was occasionally unable to top with my voice (and I can get pretty loud!), leaving me to communicate with the participants via hand signals, demonstration, and imitation.

On balance it was a highly improvised Krav Maga training, far from any possible planning. These boys, ages 20-45, had one thing in common: They were tough as leather and during the final days, became more of a team that, in spite of their national differences, now meets regularly outside of work, like for a game of beach volleyball on the soccer practice field in the afternoon, where they had lots of fun teaching me a lesson today.

Normally, and far from my previous little anecdote, hard but safe training is the basic requirement for a good Krav Maga lesson. In contrast to the previously mentioned training, the environment should preferably be free of things that can cause injury. The students, too, should remove any objects like rings, chains, or any gear that could cause injury to themselves or others before the start of training and put on the protective gear required for the lesson. As trainer I often wear a cheap plastic watch for sporadic timekeeping, which is important for my personal time management, but I also know what to expect and when I need to take it off to avoid injuring others. As a general rule, the instructor should also remove these things before the start of a lesson. In my personal opinion, this can be a sign of a good trainer.

I recall a boxing coach who rented space from me for his training units and always wore military combat boots, a giant status watch, and a heavy gold curb chain during boxing practice. Clearly, injury-free training was not part of his plan.

Problematic participants, one-time participants, or students auditing the class should, if possible, only train with experienced students and, if worst comes to worst should quickly and consistently be removed from the class so the rest of the group can feel comfortable during joint training.

Injuries cannot always be avoided in Krav Maga because it is, as per the insurance company, a *full-contact sport*. But it is important to make sure that no one is injured deliberately or negligently. In general people should just have fun during a Krav Maga lesson. That is the top priority and incidentally, does not differ in civilian practice from official or military training. Our motto is learning by having fun.

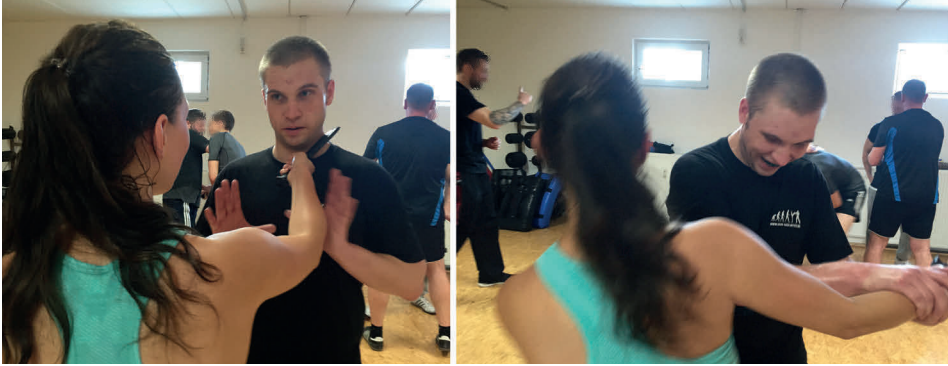


Photo 16: Learning through fun and repetition.

But training should also never get boring for experienced and longtime Krav Maga students. Even if the technique is the same and Krav Maga depends on these repetitions that are intended to burn themselves into our minds so we can intuitively retrieve them in an emergency, the training of these sequences should always be slightly different and remain exciting.

This is particularly good for students of Krav Maga schools where multiple instructors teach instead of just one. Not only because every instructor is different and has his own style but because it is also good for students whose instructor continues to advance and improve his own training. The final important factor in a good Krav Maga lesson

is the **learning effect**. It begins with, "What do I need this for?" and ends with, "Did I learn something today or did I do something better today?" Here it is important to reenact threats, attacks, or problems during class that the students can perceive as realistic, recreating situations that could actually occur that way in his everyday life while also providing him with an equally realistic solution process. An instructor's excessive ambition to teach his students a technique 100% effectively with the first attempt is detrimental to a good Krav Maga lesson!



Photo 17: Training on different surfaces and in different environments.

Some grasp it quickly while others might take a little longer, but instruction should still always remain dynamic and not bore the students with constant and excessive repetitions (no excessive practice of a technique the first time).

Training outside of the usual gym (i.e., in different environments and on different surfaces) is also an important part of a good Krav Maga lesson.

Dealing with an attack in terms of priorities is important for all Krav Maga techniques. This presupposes that the immediate danger emanating from an attack (e.g., a strangler deprives you of air) will also be eliminated first (e.g., before I do anything else I must regain the ability to breathe) without immediately ending up in the next dangerous situation (e.g., getting out of a headlock, but in the process having the strangler behind you now or running backward into the next attacker). It is exactly this approach—no more, no less—that should guide Krav Maga instruction at every training.

It is about the right distance. If it is far, run! If it is close, fight! And with regard to prioritizing your own actions – always eliminate the biggest problem first!



Photo 18: What makes a good Krav Maga lesson? Fun team-building exercises!

Structure of Krav Maga Instruction



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STRUCTURE OF KRAV MAGA INSTRUCTION

Krav Maga instruction is generally structured like a **military training** unit, even in the civilian sphere. Soldiers will feel right at home here because it is about teaching techniques with a methodological guiding principle, also known in the military as a four-step method (demonstrate, explain, imitate, practice).

5.1 BASIC CLASS STRUCTURE

1. Prepare lesson, training space, and necessary equipment.
 - a) Review previous lesson and connect it to the current lesson.
2. Warm up participants with regard to the impending lesson. Ideally the warm-up includes preparation for the subsequent training unit and prepares the students for the same.
3. Present the problem and the setting of the attack.
4. Present the technique with quick and slow executions of the solution.

5. Break down the technique into individual steps or stages.
 - a) Prioritize danger.
 - b) Take action to eliminate danger.
 - c) Search and scan for secondary danger.
6. Demonstrate the preliminary exercise and explain the technique.
7. Lead participants in a partner exercise.
8. Summarize the technique drill.
9. Perform a stress and aggression drill.
10. Cool down participants.
 - a) Provide a preview of the next lesson.

5.2 GOOD PLANNING IS EVERYTHING

As previously described, a Krav Maga lesson is only as good as its preparation. The instructor plans the exact lesson sequence beforehand and adheres to his plan when possible. However planning is sometimes severely limited by the predicate “when possible.” In practice this means that during a lesson the plan must also be adapted to current conditions such as the number, previous experience, and progress of the students, or weather conditions, and can’t be rigid. Only instructors with extensive teaching experience can make these adjustments during class. Also see the narrative of my own experience on the subject in the previous chapter.

Instructors should have at least two, if not several, retrievable (in the head, better on paper, but also on a smartphone, tablet, laptop, etc.) plans instead of just one. What good is it when I put kicks on a lesson plan, only to have to instruct the students outside in icy conditions? The bottom line of this lesson would actually be that I need to aware of practicing any kind of kicks in weather like this. That’s when I scrap my plan and adapt with, for instance, shirt or wrist grabs: Someone holds on to you or your clothing, but for this I still need a specific, previously defined lesson plan, because there is nothing worse than standing in front of the class participants without a plan.

It is also fatal to finish with techniques planned for a lesson after an hour (e.g., with experienced participants and quick progress) only to realize that the class goes on for another two hours. For this reason good time management is just as important.

Hence the instructor must always prepare more lesson material than there is actual time for during a lesson. Furthermore, the instructor must be absolutely confident in the execution and demonstration of the technique. Of course it is permissible to have notes for the sequence or checkpoints of the technique and to review them during the class. It would be an embarrassing situation for an instructor if a student pointed out to him that he forgot or skipped over this or that segment in class which his colleagues, or worse he himself, might have lauded as extremely important during the previous lesson.

Example of Basic Class Structure

Required gear: Enough large pads and shields for each participant.

Previous lesson: Realistic kicks and defending against kicks.

Warm-up: *Preparation:* Teams of two, one kicks, the other evades. Also in teams of two, one strikes, the other evades. *Oiling and stretching:* Loosen up arms, move hips. *Mind preparation:* Zombie game (see page 114). *Power drill:* Hunt (see page 109).

Setting: You are involved in a bar brawl; there are different types of attacks that could take place, especially from punching and drunk attackers.

Technique: Punches. *Demonstrate via preliminary exercises!*

Straight punch: Internal rotation of the hip to put all of your weight behind the punch; quick recoil, then cover; don't drop the hand but rather pull it straight back. Don't signal the imminent punch via a prior motion.

Palm strike: Suitable for everyone, women with long fingernails, including beginners who have never thrown an actual punch (safety & training).

Hook punch: Small, quick movement; lift elbows at the last second; thumb points towards you.

Elbow strike: It is important that the recoil be quick; the hip is internally rotated; no pushing; the hand is open; the forearm bone (ulna) makes contact as in the outside defense.

Tactical advice: As you strike, move off the line of attack, ideally 180°.

Mindset: Don't punch the pad, punch through it; the target is behind the pad.

Drill: Combination punches and fast counter attacks (see page 111).

Technique: Rhythm and pace as attacker and defender (see "Rhythm and Speed" in chapter 3.3).

Simultaneous: Attack takes place simultaneously; also combine a punch with a kick.

Broken: Punches or hands meet in the middle on the way to the opponent.

Shuttered: Punches or hands meet close to the opponent's body (very quick punches).

Natural: Punches or hands alternate close to the opponent's body.

Not connected: No discernable rhythm; punches are unpredictable.

Drill: After a signal, punch the pad in different rhythms while moving off the line of attack and scanning for other attackers. In teams of two and without the pad, the attacker punches while the defender defends with inside (see page 146) or outside defense (see page 143).

Summary drill: The group is divided; one half is the defender and stands in the room with eyes closed, the other half is the attacker and walks around, looking for victims. Attackers attack defenders with a repeated punch (e.g., a straight fist punch). The first punch wakes the defender and he opens his eyes. He then parries the second punch (1-to-1 execution).

Main goal: Never give up. If you are unable to recall the technique 100% under stress you should do something else to get out of the situation. On the street, there is no second chance, and that is the realistic reference to Krav Maga.

Aggression drill: Slow fight (see page 105) applying what you learned today; first one defender against one attacker, then two attackers, then three attackers, and then four attackers; in between switch to fitness exercises.

Cool-down: Body tension: Get in pushup position, hold in the middle for 5 minutes.

Outlook: Next class will cover defense against a straight knife stab.

As you can see, preparing a training unit can be quite a bit of work but it is worthwhile for a successful Krav Maga training, and the more effort that goes into the preparation the easier future training units become.

5.3 EQUIPMENT FOR KRAV MAGA CLASSES



Photo 19: Any equipment you don't have, you don't need.

Based on the military motto “Anything you don’t have, you don’t need,” Krav Maga classes do not require any special equipment. Thus a Krav Maga lesson can take place anywhere in the world. However, with regard to the important aspect of safety in training, certain basic requirements for modern training, e.g. in an urban environment, are desirable. The **planned scenario** determines the necessary equipment. If I am planning the previously mentioned choke lesson, I can definitely forgo the large shields for kicking. But it would still be preferable to simulate this behavior not only by running away first, but also by kicking hard against the imaginary opponent from different distances—and not causing any injury to the training partner—so you don’t end up in the situation in the first place. This could be practiced at a slow speed without pads, but might make the lesson slow and could diminish the **training effect**.



Photo 20: Equipment for planned scenarios.

It becomes more complicated when teaching attacks that include **weapons**. If I don't have any wooden or rubber knives, foam sticks, or rubber guns at my disposal, I can demonstrate the attack with a real baseball bat or with a service weapon that has been unloaded, checked, and double-checked beforehand. But it would slow down the demonstration significantly, because one does not want to visit his students in the hospital after class and here, too, it is done slowly. Nevertheless, the argument can be made that carriers of service weapons in particular should also practice the safe use of their own weapon during Krav Maga training. In cases like these a combination of both is best (e.g., to complete the disarming of a blue gun with which the defender had just been threatened, by drawing his own unloaded, checked, and double-checked gun) in order to secure the attacker. Red guns are particularly well suited, but FX air guns used for practice ammunition with colored projectiles or soft air guns can also be used. Although strictly forbidden in some countries and certainly demonized in many textbooks, it is

my personal opinion that even live ammunition is justified in a controlled environment in official or military Krav Maga close combat instruction as long as it is done in close coordination with the unit's shooting instructors.

The fact is, Krav Maga begins when I can no longer speak and ends when a firearm might need to be used for its stopping power.

It is definitely not a Krav Maga instructor's job to go to the shooting range with his students. But combining training with professional shooting instruction and the appropriately trained instructors at a properly outfitted shooting range can make sense and increase the learning effect.

One example for such a scenario: Two people simulate an attempt to seize the firearm (here expressly a rubber gun or blue gun) of an official or military person (either a rubber shoulder arm at the sling or a rubber handgun from the holster). For various reasons, during the briefing of the scenario, drawing the weapon and shooting is absolutely NOT an option (no open field of fire, rules of engagement, etc.)!

Now the defender is forced to engage in close combat while constantly safeguarding his weapon. After a fixed period of time it is determined whether or not he was successful and the defender goes on to the shooting range or gallery (meaning he moves into firing position, which previously was not an option) and swaps the blue gun for his service weapon and completes his shooting exercises, explicitly removed from the stress of the previous (simulated) confrontation during Krav Maga training.

Thus the equipment needed is entirely based on the requirements of a desired learning result.

The following gear is recommended for Krav Maga training. My recommendations are of course based on statutory provisions and should only be available to appropriately trained instructors. This list is not intended to be exhaustive:

Training accessories

Hand pads, large shields, sand bags, dummies, floor mats and judo mats.

Weapon simulators

Tennis balls to simulate rocks, hand grenades. Rubber guns to simulate firearm threats, also, as appropriate, soft air or paintball weapons/RAM weapons, alarm guns, blue guns, FX weapons or soft sticks for attacks and threats with sticks, but also flexible bamboo sticks.

Rubber knives, wooden knives, chalk knives or Shockknife® training knife.

I am certainly not an advocate for learning through pain, but the more realistic the actual threat, the better the training effect.

Safety in training is of course always a priority and consequently all of the previous recommendations include the appropriate **protective gear**.



Photo 21: Blue guns and rubber guns for learning defense against armed threats

- ▶ Paintball masks/face guards/ballistic goggles,
- ▶ Full contact safety helmets,
- ▶ Jockstrap/protection for genital area,
- ▶ Hand protectors like Freefight/grappling gloves, boxing gloves,
- ▶ Shin guards/forearm guards,
- ▶ Proper footwear/safety foot and instep protectors,
- ▶ Whole-body protective suit like, for instance, Blauer Tactical Systems® or Redman Protective Gear®.

This list is not intended to be exhaustive.



Photo 22: Self-defense for women in a whole-body protective suit.

Techniques, Initiation and Checkpoints in Class



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TECHNIQUES, INITIATION AND CHECKPOINTS IN CLASS

At first glance it may be a little disconcerting, but **civilian Krav Maga** defensive techniques do not differ from the **official or military versions**. It has to be that way if Krav Maga as a system claims to build on **intuitive behavior** and claims to be easy to learn. Although a reaction is either intuitive or it is not, the threat situations and attacks differ greatly. The likelihood of a civilian in Germany being threatened with an assault weapon or stabbed to death with a bayonet is rather small. It is also unlikely for an armed soldier to be yanked at the wrist. But these defensive sequences are the same. For instance, a civilian could be stabbed with an iron rod and someone could reach for the soldier's weapon instead of his wrist.

Members of service (MOS) and first responders (e.g., police, judiciary, fire fighters) can potentially be exposed to anything from both areas. In addition the behaviors after a successful defense differ greatly. The civilian is instructed to run away and get to safety,

while a soldier should hardly ever do so. On the contrary, the soldier is supposed to completely incapacitate the opponent to prevent further fighting. And it should be added that the soldier could be heavily loaded and carrying a lot of gear. It is also likely that he won't have the use of both hands for defense, at least for a moment, and that he will be greatly impaired by his gear.



Photo 23: Law enforcement members restrain the attacker after completing the technique.

First responders such as a policeman or a, in most cases unarmed, correctional officer are urged to detain the attacker and take him into custody. Thus the military defensive techniques in Krav Maga barely differ from those in law enforcement, but the type of attacks and the finishing techniques differ so much that the training units are very different from each other.

6.1 DISTANCES—TIMELINE OF AN ATTACK

Although the timeline of a real attack certainly differs from training in laboratory conditions such as in a gym, it is still possible to practice different behaviors in training so they can be retrieved in a stressful situation because of the constant repetition. To achieve this the possible attack is divided into **distances**. In the civilian sphere this primarily translates to early recognition of danger and maintaining a **flight distance**.

The simplest example for this is crossing the street when I recognize that some loud hooligans will cross my path on my side of the street. But it isn't that simple in real life. That is why certain surprise effects with the objective of flight at a sufficiently large distance are included in training. Often, young students in particular are disappointed when the answer to the instructor's question "What do you do when someone approaches you with a knife in his hand?" is "I run away, warn others, and call the police." However, this behavior is the first of many that must be practiced.

Recognizing potential dangers and prevention is therefore a priority not only in Krav Maga for young children but for adults as well! When I recognize a threat early, I try to avoid it by fleeing. But how do I accurately recognize a threat? This, too, must be practiced, not only in class, but also in everyday life by keeping your eyes open and observing your surroundings. Furthermore, I look in advance for suitable means of escape for my family and me. When I enter a building I **scan it for escape routes** and strategically position myself near these exits. In addition I observe the body language of those around me and am very conscious of my own. The maxim is, don't be a victim.

Many people who take Krav Maga classes have already experienced terrible things and have sometimes been victims of severe violence. Most of them told me that they actually sensed something in advance with a funny feeling, or that they saw the threat coming toward them and, against their better judgment, did nothing to avoid it.

In this day and age, many of our instincts have withered or we no longer take them seriously. We should not feel inhibited to turn around when something feels funny, to take a closer look, and to move through life with open eyes. Just as we have conditioned ourselves to look over our shoulder in addition to looking in the side mirror before we change lanes in a car, we can also train ourselves to check our surroundings when we leave the house, get out of the car, or enter a restaurant.

And, not just as a matter of *moral courage*, we should also take a closer look for others—or at least not look away—and develop a general awareness of dangerous situations. The Krav Maga instructor should incorporate these exercises into training as well as make them a focal point. Scanning and making a quick, ideally intuitive, decision with respect to the correct reaction to this observation is a high priority in training and is not subject to any techniques.

6.2 TACTICAL MINDSET – STRATEGIC BEHAVIOR

As I mentioned before, I behave **strategically**, not only as a soldier or an MOS, but also as a civilian. As far as I know there is no statistic for the number of victims of acts of violence who recognized the threat in advance or should have listened to their gut feeling, but based on my own experience and my conversations with victims I have to conclude that this is often the case.

Jeff Cooper, who is considered one of the originators of modern handgun shooting techniques and is the founding president and lifetime honorary chair of the International Practical Shooting Conference (IPSC), has developed a simple, comprehensible type of gradation or subdivision of one's awareness, the **Cooper Color Code**.¹

1 H. Hoffmann (2008) *Feuerkampf & Taktik: Taktischer Schusswaffengebrauch im 21. Jahrhundert*. Blaufelder: dwj-Verlags GmbH

The **color code** as developed by Cooper has nothing to do with tactical situations or alert stages but with the state of one's own awareness. According to Cooper the most important point about a deadly confrontation is neither the weapon nor the technique, but one's own readiness to fight.² Cooper does not claim to have invented this, but he was the first to frame this within a color code.

The **Cooper Color Code** is subdivided in the following ways:

- ▶ **White**—unobservant and **unprepared**. When being attacked while in *white status* the only recourse is the attacker's deficiency. The probable reaction when confronted with something unpleasant is "Oh God, how could something like this happen to me?"
- ▶ **Yellow**—**alarmed but calm**. There is no specific threat but the thinking is "Today could be the day I might have to defend myself." One is aware that the world can be a potentially unfriendly place and one must be prepared to defend oneself if necessary. One keeps eyes and ears open, and realizes "I might have to shoot today." One must not be armed to assume this state of mind, but if one **is armed one should be at yellow status**. One should always be *in yellow status* when in unfamiliar surroundings or when dealing with strangers. *Yellow status* can last for long periods of time as long as one is able to keep one's options open. One pays attention to information from one's surroundings in a calm but vigilant manner. In Cooper's words "I could have to shoot." Or as we say in Krav Maga "It is possible that I won't be able to flee and may have to defend myself by using major force!"
- ▶ **Orange**—**specifically alarmed**. Something isn't quite right and attracts attention. One zeroes in on something to find out if there is a threat. The thinking changes to "I might have to shoot at HIM." During *orange status*, one sets a mental trigger: "If x happens, I have to stop him." At this point the gun typically still remains in the holster. *Orange status* causes a certain amount of tension, but also can be maintained for longer periods of time if necessary. One switches back to yellow if the threat proves to be unfounded.

2 J. Cooper (1989) *Principles of Self-Defense*, Boulder, CO, Paladin Press

▶ **Red—fight.** The mental trigger that was set up in *orange status* has been exceeded: "When x happens I have to shoot this person."

By the way, Jeff Cooper was the founding president and lifetime honorary chair of the International Practical Shooting Conference (IPSC).

This color code can be simply and easily adapted to Krav Maga instruction as follows:

During "white" status, I am just in the privacy of my own home. As soon as I leave my house, I shift to "yellow status". The change from "yellow" to "orange" can take place directly and preemptively in **daily life** like, for instance, in traffic. In the car on the highway, I constantly alternate between "yellow" (normal driving, little traffic) and "orange" (lots of traffic, traffic jam). In this scenario, "red" means flight or fight, one of the aforementioned principles of Krav Maga. In this case "red" could occur if I approach the rear of a traffic jam at a high rate of speed. The instructor does not have to name the color code in class but he should absolutely and continuously use it to prepare his students.

In class the instructor should be a permanent "orange" status. The only exception is when in teaching mode, and even then only with a certain amount of distance and the certainty of possibly having to immediately switch to red via orange. Say, for example, that the instructor asks someone to come to the front for a demonstration while he is still in **teaching mode** explaining, talking to the students, and preparing them for the demonstration of his defense against an attack that will follow the explanation. However, the student who was asked to come to the front for the demo doesn't understand this, intentionally or unintentionally. He attacks the instructor, who is still in "yellow status". Another example: The instructor tells the student: "Attack me (for the demo) with an outside punch", and the student responds with a forward punch or even a forward kick. If the instructor is still in status "yellow" he will be caught off guard in front of his students. It goes without saying that this should not happen. This means switching to "red status" during all demonstrations.

Although, as previously mentioned, Krav Maga begins when I can no longer speak and ends the moment I might have to shoot, there are major parallels between Krav Maga instruction and the strategic use of a firearm for self-defense (i.e., *combat shooting*). In both types of training, successful action via **controlled aggression and determination** during a confrontation presupposes the defender's appropriate conscious attitude. For instance, every completed defensive action in Krav Maga as well as in combat shooting is always followed by scanning the surroundings. Of course here the primary goal of **scanning** is to sweep the surrounding area for other potential sources of danger or attackers, but it also helps to eliminate the tunnel vision created by the stress of self-defense. With both Krav Maga and shooting, it is important to practice, practice, practice in order to securely internalize sequences so they can be retrieved in a controlled manner under great **stress**.

In Krav Maga training this can be adapted to the "fighting stance" as follows:

▶ Yellow—**passive stance**.

Alarmed and alert, feet are parallel and arms are lowered, in an inconspicuous, passive defensive pose.

▶ Orange—**semi-passive stance**.

Increased alertness, feet are parallel, arms are raised in a non-provoking defensive pose.

▶ Red—**fighting stance, ready stance, and outlet stance**.

Combat readiness, feet are shoulder-width apart and slightly staggered; in right outlet stance the left leg is in front with a slight internal rotation, the heel of the right foot in back is slightly raised, knees are unlocked, body weight is centered. The hands signal combat readiness and cover in a provoking pose.

6.3 CONTACT COMBAT – PHYSICAL ASSAULT

In all of the following descriptions we will assume, particularly with respect to civilian application, that flight is no longer an option. As a defender I am thus forced to react, meaning I must defend myself with any means at my disposal.

Using Common Objects

As trite as it may sound, many people find themselves in a defensive situation with only their bare fists, even though they are surrounded by many objects that could be used for effective defense. In Krav Maga training we differentiate them as follows:

Small objects	Keys, cell phone, coins, ashtray, etc.	Throw
Shielding objects	Backpack, purse, weapons	Block
Liquid objects	(Preferably hot) or sprays	Throw, spray
Static objects	Doors, tables, cars	Hide behind
Cold weapons	Knives, sticks, baseball bats, candlesticks, etc.	Hit, stab



Photo 24: Use a flashlight to blind the opponent.

First responders and soldiers in particular should use weapons as “cold weapons”. That is why large portions of Krav Maga training for members with both of these professional backgrounds are completed specifically with a cold weapon (training = unloaded, practical experience = impaired or underloaded) in hand or with everyday objects.

6.4 THREAT SCENARIOS AND ARMED ATTACKS

People always laugh when they hear that Krav Maga includes **defense against armed attacks**. “I’ll aim my gun at you and shoot. What good is your amazing Krav Maga then?” The answer is simple. Nothing! If someone wants to commit premeditated murder, and sneaks up behind me and stabs me in the back with a knife or gets within shooting range to shoot an unarmed person, no technique in the world will help prevent that.

That is why Krav Maga focuses on **threat scenarios** (i.e., someone threatens me with a knife or a weapon). He wants something. For instance, a thief will want my money or my car. In such a case the behavior and the defense should clearly be to hand over all your money and your keys, because he has a weapon and you don’t. Most likely you have theft insurance. But sometimes there are situations when, for example, my children are inside the car. Do you then hand over your car keys? A woman is threatened which could end in an attack or even a sexual assault. Does she go along without fighting? Here the answer is a resounding “No”! I don’t go along and I don’t hand over my keys. Thus we can be situationally forced to fight. Life is not just black or white, occasionally it is shades of gray.

That is exactly what the instructor must communicate to the students in class. To do so **Krav Maga uses role-play**, and acting skills are absolutely in order during the so-called crying game. Here the objective is to lull the attacker into a sense of security and convince him of his total dominance, and to do so to the point that I am able to act because of distance or the moment (i.e., create a situation in which I can launch my own attack). All threats and weapons must categorically be viewed as precarious which makes it all the more important to portray the correct distance as realistically as possible in training by using, for instance, shock knives or Airsoft paintball weapons.

The defender must be completely cognizant of the distance within which he can, for example, “fend off” a pistol threat by disarming the opponent. If he is not in a suitable position because of his own proximity or that of the attacker and he is no longer able to flee, he must bluff himself into a **“better starting position”** for his defense by crying “crocodile tears” in order to make his defense even less compromising and more rigorous.

6.5 MORE THAN ONE – MULTIPLE ATTACKS BY MULTIPLE ATTACKERS



Photo 25: Multiple attackers.

Again and again I am asked about private lessons and I always answer the same way: In my opinion private Krav Maga lessons definitely don't make sense. It might make sense in individual cases, such as in preparation for a Krav Maga level test or for covering a specific scenario, but not as ongoing training. The reason is simple: Krav Maga deals with situations in which I have to defend myself against not just one but multiple attackers, even if they are just potential attackers. So what I definitely don't want to do is focus, also

called “tunnel vision”, on just one attacker. Even if, at a party or in a bar, there appears to be just one hooligan, it is amazing how quickly apparent bystanders can take sides and the single perpetrator can turn into an aggressive mob. That is why Krav Maga training always includes defense against multiple attackers as well as just one.

General tactical behavior is very important here, which is why a Krav Maga technique always ends with checking and scanning the surroundings, meaning looking around for potential threats, as previously outlined under tactical behavior. A reputable instructor thus offers ongoing Krav Maga training (and I am not talking about individual units) maximally in small groups of at least two people, whereby the group’s composition must also be carefully considered. For instance, it would make little sense to train a father, mother, and son together. The parents would never attack the son in such a way as could happen in an attack under halfway realistic conditions, and thus would counteract the result of an efficient defense. The son would most likely also be unwilling to do deliberate “harm” to his parents.

However, this combination is quite suitable for tactical behavior training.

6.6 PROTECT THE ONES YOU LOVE – PROTECT YOURSELF AND OTHERS

Just as important as the component of multiple attackers in Krav Maga instruction is the component of multiple “victims”. As a *Kravist* I must learn to not only look out for myself and take myself to safety but also those with me, be it my family and friends or my colleagues or buddies. For this purpose Krav Maga training also offers good opportunities for behavior training in small groups.

Here all techniques are adapted to, or rather incorporated into, the training scenario for the protection of a third party. The learning goal is to always leave the site of the attack unharmed with the protectee and not focus on the attacker or the attack.



Photo 26: Protect your buddies.

The practiced material can also be translated into everyday life in a playful way within one's family. One of my favorite games with my family is a variation of I Spy that involves finding a specific location inside a crowded department store or in the airport. Together with my children I search for strategic places of refuge like, for instance, the large stone pillar near the green emergency exit sign. The first one to reach this pillar after a signal while toy shopping, is the winner and gets to choose the next "place of refuge". Since my daughter is only five and her brother is only two years old, they always team up against me and their mother. After actively scanning together, the little guy holds on to his sister's belt or lets her lead him. For us adults the one who chose the refuge leads, either by walking ahead or by pushing from behind. We all have fun and practice scanning, as well as mutual trust and fleeing together on tactically smart (at least when I can pick them) paths in a large gathering of people. There are no limits to the imagination.

Krav Maga – For Special Users and Uses



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KRAV MAGA – FOR SPECIAL USERS AND USES

As previously stated, the techniques for special users barely differ at all from traditional users of Krav Maga, except for the scenarios and the finishing behavior. Recognizing threats and prevention are always the highest priority.

7.1 KRAV MAGA FOR YOUNG CHILDREN, CHILDREN AND TEENAGERS

Modern Krav Maga self-defense instruction for children begins at age four, teaches self-evaluation of one's abilities, builds self-confidence, and teaches behaviors for conflict resolution. There is plenty of fun in learning and not only does it increase safety, it improves coordination, physical fitness, concentration, and self-confidence. Instruction includes:

- ▶ Cognition and prevention
- ▶ De-escalation
- ▶ Strategies for fleeing

▶ Self-defense against peers

▶ Self-defense against “stronger” people



Photo 27: Saying “No” or “Stop” increases self-confidence.

Above all the child is taught to avoid physical altercations and conflicts.

Krav Maga instruction for adolescents between the ages of 13 and 17 does not focus on learning effective self-defense techniques but rather assertiveness, tactical behavior, and assessing proportionality. Krav Maga is a modern self-defense system that is quick and easy to learn and teaches discipline and physical fitness. Our motto is “Don’t be a victim” because self-defense is not a form of martial arts!

Particularly with young children, parents should be heavily involved outside of Krav Maga classes, especially in daily assertiveness training. As an example, Grandpa comes for a visit, asks for a kiss, and tries to hug the child. The child does not want to and refuses.



Photo 28: Playfully learning to fend off attacks.

As the mother or father of that child I will not try to convince my child to hug and kiss Grandpa. I accept that my child does not want to do so, thereby boosting his self-confidence. As the father of two young children, I am not particularly happy when they don't want to hug or kiss my own father. But I am all the happier when my daughter, who was recently asked by a server at a restaurant to follow him to the kitchen for a lollipop after dinner, let him know with a firm "No, I will wait for the lollipop right here with my dad" that she won't go anywhere with anyone for candy. When the server insisted, she simply asked me if I could give her a lollipop at home and the matter was settled.

Good everyday practice for one's own children is the I Spy variation mentioned in chapter 6, where players look for places of refuge, green emergency exit signs, and generally the next means of escape. In Krav Maga for children we prepare the children for flight: "Listen to your gut" is the motto here. When something isn't right and you have an uneasy feeling, pay attention.

After practice we talk to the parents and initiate games with the entire family as a team. There are many opportunities in everyday life for training as a team and assigning parts, but in doing so I would never tell my children that the purpose might be to reach an exit and the car for safety in case of a fire. That is also how the techniques work in Krav Maga training for children.

We don't tell the children to punch the opponent in the nose, but we can teach the children by playing: Take something off his chest (shove away) and then quickly place it on his nose. It is about the playful introduction to the very complex topic of violence prevention, but also the use of force. But teaching a child to neutralize an adult with a shoulder throw is not Krav Maga. The following is an example of Krav Maga instruction for children.



Photo 29: Learning by having fun while training tactical behavior against an adult attacker.

The instructor stands in front of a group of children and uses roleplay to prepare them for the technique. He chooses the biggest, heaviest child and tells him "Defend yourself when I grab your wrist and try to pull you." The child defends himself, screams, kicks, tries

everything to break away, rarely with success. Now other children get to try. Here is a tip: The instructor should wear protective gear! Another instructor approaches the smallest child who hasn't had a turn. He whispers the technique into this child's ear: "Don't let him catch your wrist and just run away. If he still catches you, then bite. Bite his hand as hard as you can, and as soon as he lets go run to the exit as fast as you can." Then the "bad" instructor approaches the child and tries to pull him away, but he won't be pulled and will run away, or, if that doesn't work, he will bite. The "bad" instructor will scream and let go and the child runs away.

All the children laugh and are having fun when they get to bite the "bad guy's" hand and successfully break free from his grip on their wrist, or better yet, don't even get caught. So Krav Maga for children is really more roleplay than a study of techniques. It is mainly about recognizing potential dangers and reacting intuitively, and ideally preemptively. The self-defense techniques are defensive as a reaction to a possible attack.

7.2 KRAV MAGA FOR WOMEN

Teaching Krav Maga techniques to women is not much different from regular mixed-gender training. However, instruction for a women-only group is very different from regular training. Women are sometimes subject to different attacks (e.g., hair pulling) than men. They also intuitively react differently in these situations. Additionally the teaching material must be communicated differently than with men, more descriptive, more detailed. Women often don't want to envision an extremely violent attack in the abstract. At worst, they may have experienced them, a situation which requires sensitivity.

Based on personal experience, few women want to participate in self-defense training regularly and long-term. Many women think about taking a class or even just a workshop to feel safer. That this creates a false sense of security goes without saying. However relatively many women take Krav Maga classes (depending on the instructor and thus the group). This is most certainly due to the system's modern implementation, but also the sophisticated fitness partners. Here a woman can kill two birds with one stone, so to speak.



Photo 30: Krav Maga for women-only groups

Very few women identify with use of force and therefore don't necessarily want to be exposed to it in a self-defense class. Moreover, excessive training with very sweaty training partners is rarely popular, though there are exceptions. We have relatively many women in regular Krav Maga training, but my theory regarding this rather concerns the women who want to learn self-defense in a workshop. A good example here is the editorial desk of a well-known German television station that recently contacted me, inquiring if they could film a segment for a daytime program at our location. They had a protagonist who would take three training lessons in three different martial arts, namely karate, Wing Tsun, and Krav Maga, and would subsequently be attacked by a jiu-jitsu expert in order to figure out which of the three styles would best prepare her for his attacks.

I do not wish to elaborate at this time on this inquiry and our reaction, but it is a good example of what many people imagine a self-defense course to be: "I go to class three times and then am able to defend myself against an attack from an expert." Though I personally don't believe that, I do think that anything that increases self-assertion is more or less good. This segment has been completed in the meantime and can be found on YouTube®. But it should not get out of hand to the point of thinking: I did Krav Maga training and nothing can happen to me now. It is the awareness that something could happen that is an important lesson in Krav Maga training. If you recognize the danger early enough, you can avoid it! Krav Maga for women focuses on training female intuition (i.e., listening to the inner alarm).

It is also about setting definite limits for the opponent. Unfortunately, in our modern civilization many people have lost the ability to listen to their inner voice. Victims of violent crimes often state that they had a premonition or an uneasy feeling prior to the attack. Krav Maga training for women specifically covers this topic. When I leave a restaurant at night and walk to my car in the underground garage and think I might have heard or seen something suspicious, I immediately change my plan and follow my gut. Of course the intention isn't to foster fears during training, but rather an awareness that something could happen. The following is an example from Krav Maga for women on the topic of distances.

During this roleplay a woman stands alone in the dark, late at night, at the end of a lonely bus stop. Suddenly a man emerges from the dark at the other end of the bus stop. This man is played by the instructor and the woman, who is a Krav Maga trainee, must indicate via a scale from 1-10 (1 being everything is fine and 10 being very uncomfortable) or by using the previously mentioned Cooper Color Code at what distance to this man she begins to feel uncomfortable and why. The instructor continuously moves closer to the woman without any action.

In training we often find that women tend to blame themselves, for instance: "Why is he coming closer? Is it because of the way I'm dressed?" The man plays along: "You are cute. I think I'll get a little closer." At some point the woman has to communicate to the man that he is crossing a line, be it via specific body language or verbally: "I don't want you to get any closer." If the personal space is then further violated—in Krav Maga this would definitely not be within an arm's reach—the only choices are fight or flight, depending on the situation. In Krav Maga training for women this must absolutely not be described violently as it can potentially get in a real situation. Hence I do not kick the attacker in the genitals to do permanent damage, but to incapacitate him so I can flee. I also don't punch the attacker in the nose to break it but so that his eyes water, allowing me to flee.



Photo 31: Fitness and self-defense in Krav Maga training for women. Don't give up!

The woman trainee must be able to identify what she has to do and why she has to do it at that moment. What matters here is the lowering of inhibitions since most women do not see violence as a solution. Therefore Krav Maga training for women must prepare

them in an empathetic manner for the possibility that, depending on the attack, there may be no other option than responding to an attack with extreme resistance. Of course here, too, preemptive behavior as well as self-confidence and assertiveness must be trained with a not-with-me attitude.

7.3 KRAV MAGA FOR PEOPLE WITH LIMITATIONS



Photo 32: Self-defense for visually impaired persons within a regular training unit with seeing participants.

Since Krav Maga adapts to the user and not the other way around, it, unlike many other self-defense systems, is unconditionally suited for people with limitations. So it doesn't matter if the person across from you has only one arm, is missing a leg, is in a wheelchair, or is blind. On the Internet you can find impressive results and films under the search words "wheelchair Krav Maga." Krav Maga teaches intuitive techniques. However, instruction is extremely dependent on a good instructor, his experience, and his ability

to adapt the techniques. A good instructor should know what Krav Maga is and that it is not at all based on some curriculum or technical thinking, but rather on its ability to be adapted, namely to the defender's potential behavior during an attack. It sounds logical, but I personally have experienced instructors who wanted to teach a blind woman to check and run away. The name of the game should be to think outside the box.

Furthermore, it is important to learn from each other. We are currently training a group of visually impaired people. Success doesn't just materialize here, rather it happens through active communication amongst each other. It is important to verbally explain the exercises in a way that is appropriate for visually impaired participants so they are able to follow along in class.

7.4 CUSTOMIZED KRAV MAGA – ADAPTED KRAV MAGA TRAINING



Photo 33: Krav Maga for rescue workers follows different proportionalities.

Of course the term **customized**, meaning the adaptation of a serial product to specific needs, is in no way limited to the previously mentioned training of people with limitations. This term is also very fitting for professional users. There are lots of Krav Maga courses for special users and environments such as the Krav Maga Air Marshal course, the Krav Maga VIP Protection bodyguard course, and more. Courses for rescue workers, especially ambulance crews, are currently becoming increasingly popular, albeit for the unfortunate reason that attacks on rescue workers are on the rise.

Based on the findings of a study done at Ruhr University in Bochum, Germany under the direction of Dr. Wolfgang Heinemann, rescue workers are increasingly interfered with, harassed, and attacked on the job. Attacks on rescue workers by intoxicated or aggressive people increasingly jeopardize the life-saving work of rescuers. Experiencing violence and fear while on duty imply a mental loss of action control (source: Rettungsdienst, 8-2011, 34. Jahrgang 706).

Using even just a few basic Krav Maga techniques gives members of the emergency medical services a very good chance of weathering an attack unharmed. The goal of this customized instruction is to provide professional rescuers with effective and simple methods for defending themselves against every type of violent attack, thus the use of self-defense techniques in accordance with personal protection and compliance with the law, particularly proportionality.



Photo 34: Self-defense class in an ambulance.

Ideas for Creative Krav Maga Instruction



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8

IDEAS FOR CREATIVE KRAV MAGA INSTRUCTION

In Krav Maga having **fun** is always a top priority. If the instructor, for whatever reason, doesn't have enough time for a proper, preliminary, preparatory warm-up, we start off with a game. In other words, throw them a ball. Moreover, as previously stated, Krav Maga is not a combat sport and, with the exception of level tests in certain organizations, there is no real opportunity for a student to test his level of knowledge. Therefore it is all the more important to put one's knowledge to the test in a fight, and hopefully not on the street in a self-defense situation, but in a controlled setting as an important part of instruction. In martial arts this is referred to as sparring. In a Krav Maga class this should be done as realistically as possible. In tight spaces, wearing jeans rather than workout clothes, on a slick surface, and of course not just one-on-one, but against multiple opponents and from all different directions.

Ensuring that the students remain injury-free during training is of course a top priority and makes it all the more important for the instructor to properly guide this class segment.

This is done with multiple opponents, changing opponents, rapid commands, (e.g., getting up off the floor during a fight), and also with drills for law enforcement and military on the firing range or shooting booth, as previously described.

A fight in Krav Maga training (i.e., sparring) should always be controlled and injury-free, but as realistic as possible. The purpose of sparring is to improve the training effect for the participants and not to hold a contest during which a winner is determined. It is therefore vital that the instructor monitors the fight, and as much as he would like to participate, in this case he should not be in the thick of it but direct the action from the outside and occasionally break it off early. Cautionary measures for the protection of the participants should be taken at every sparring. Protective gear like mouth guards, hand protection, shin guards, and shoes are important for all participants, but the environment should also be conducive to injury-free training.

Forms of sparring include:

1. **Slow Fight** – The opponents fight each other slowly. This does not only apply to a one-on-one situation but can and should involve multiple attackers against one defender. Slow means an attack and defense take place every two seconds, almost in slow motion. When reading this it is hard to believe how stressful this can be for the defender in a five-on-one situation. Here the focus is on learning the proper distances; direct hits are absolutely encouraged, but should be slow and controlled. The emphasis is on tactical behavior, particularly with multiple attackers: Get off the line of attack and don't get into the next one: Don't go through the middle of the attackers but move counter-cyclically along the outside. To the observer these slow movements look rather more like a dance and I have seen many a combat athlete stand and watch with a chuckle.

However, everyone starts out slow and although it is about internalizing motion sequences, it is also about early recognition of distances and attacks. To the defender the movement pattern of a straight right punch always looks the same, regardless of whether it is executed at full speed or in slow motion. In other words, as far as memorability is concerned, it makes no difference whether the punch is fast or slow to internalize motion sequences. These patterns must be recognized and defense strategies must be developed to counter them.

This development occurs much more quickly in a slow fight than, for instance, during boxing training in a ring. The inexperienced person scores one hit after another when sparring with an experienced boxer, without really understanding why. Maybe because he is quick and because he hits him in unexpected places. Even his coach, who is yelling "Guard!" from the corner of the ring, isn't much help here because he lacks knowledge about punches or punch combinations.

Because experienced fighters in Krav Maga occasionally meet up with inexperienced ones the slow fight is a good opportunity for relatively harmless copying and trying out of skills. But that doesn't mean that you can't come away with the odd black eye. Slow fighting is a good exercise for the previously defined Retzev concept. Slow fighting is meant to improve the flow of the attacks during a fight, and movements should be intuitive and automated without having to think about the next movement during a fight.

The environment can be a source of additional stress, for instance strobe lights and loud music along with restricted spatial vision. Also suitable here are obstructions that can occur in an actual fight situation and are announced by the trainer, such as losing the use of the right arm because it is broken, the left eye is swollen shut and covered with tape, or the nose is broken and taped up, just to mention a few.



Photo 35: Training in a dark room with strobe lights, loud music, and multiple attackers against one defender equals stress!

Also important in this context are the so-called aggression drills used in Krav Maga training to arouse or rather sustain the (positive) aggressiveness of students and train the Retzev principle, which was previously delineated under principles of Krav Maga. One example of such a drill is the continuous substitution of a fresh opponent in a full-contact situation. For instance, the defender fights for three minutes while a new, rested opponent is substituted in every 20 seconds to make his defense more difficult. For the student such drills are very challenging, but in my experience they also greatly improve his self-defense skills.



Photo 36: Aggression drill: A fresh opponent every 20 seconds.

1.1 Light Fight – attacks are faster, but just as controlled as in a slow fight. Here the speed is approximately 50% of available velocity, and the punches are light and controlled. In some combat sports this is referred to as semi-contact. By the way, for most students the light fight is the most challenging, and experienced martial artists and advanced fighters can be recognized by their ability to control their strength and speed.

1.2 Full-Contact Fight – attacks and defense are executed with up to 90%—yes, that's right—of available strength and velocity to always bear in mind the possibility of getting injured. True to Imi Lichtenfeld's guideline of nurturing positive aggression, here a one-on-one situation can quickly evolve into a contest, which is why in Krav Maga opponents change constantly, fresh opponents are continuously substituted in, and there are multiple attackers at once.

Of course things often get out of hand and in the heat of the moment the instruction to fight slow or at 50% or 90% intensity is often ignored. In case of the 90% directive it is even desirable, however, it is definitely the instructor's job to keep an eye on the intensity.

The faster the pace the more difficult the monitoring and adherence to safety regulations becomes so everyone can be released from training safe and sound at the end of the day. Intermittent fitness drills can be a good means of control to contain students, to steadily increase their fitness levels, and to allow the students to burn off energy without injuring their opponents. By the way, a good Krav Maga trainer assumes that the momentum will quickly increase here. Hence he directs the students to fight at 20% intensity, knowing that the fervor of the fight situation will cause the students to fight at 40% intensity. This means it can be assumed that the previously described 90% intensity is really a controlled 100% intensity.

2. Hunt



Photo 37: Ideas for creative Krav Maga instruction.

The hunt is good preparation for promoting the Retzev mindset and has proven successful as basic training for the distances of an attack. What looks like a kickboxing lesson from the outside (therefore also not recommended for trail lessons) constitutes the basic techniques concerning the distances of an attack. If the attacker is farther away and I have the opportunity, as a civilian I will run away while as a soldier I could fire, depending on the situation.

If the attacker is closer he may be within kicking distance. Here the exercise begins as a partner exercise with real kicks against a pad or large shield. Once I have bridged the distance with a kick, I check and back away. Now I think about what might happen after

the kick or rather what my distance is. If it's punching distance, then the attack proceeds with kicks and punches, and I quickly scan the surrounding area again for other attackers and back away.

After that I am at a distance for, for instance, a hammer fist, elbow blow, knee strike, head-butt, and bite, always in that combination over the entire distance, meaning kick, punch, hammer fist, elbow, knee, head-butt, bite.

Repeat the same sequence in reverse order during the release. Of course in cases of armed threats at close distances, grabs are also an option, depending on the situation.



Photo 38: Possible grab for the weapon at a close distance in military training.

Once these basic techniques are firmly in my head, I practice with them and test which one is my strongest weapon against the pad, always with the entire flow, meaning checking, releasing, and so on. At first I do so on the line of attack. At some point the instructor yells "Hunt!" and it is time for a skill assessment. At that moment the switch in your head must flip from practice mode to Retzev mode because here the objective is to move the pad holder from one corner of the room to the other as quickly as possible while observing all of the distances, and of course by using all of the newly learned

techniques (e.g., no pushing). Giving up is not an option here and this is a contest. The pad holders of course resist and won't go along. The hits must be effective. The training partner will feel little to no pain through the pad and may therefore put up unrealistic resistance. However, in a fight situation adrenaline may cause him to resist in the same way, which makes this exercise realistic again. But the instructor must constantly monitor the situation, especially when training with beginners. This great exercise promotes both a little competition and fighting spirit. This exercise also works with a weapon in hand.

Of course a combination with attacks from the side or defending against the pad is also a possibility. During this training it becomes apparent why we must move off the line, and subsequently it becomes apparent that it is better to move around the opponent instead of staying on a line of attack, which takes us to the next exercise.

3. Fast Counter-Attacks



Photo 39: Fast attacks on fast-moving targets in different directions.

This exercise also starts with teams of two. The defender stands and watches the aggressor, who holds a pad and walks around him at various distances, starting with 180°. As long as the aggressor holds the pad horizontally, the defender remains passive. But when the aggressor holds the pad vertically, the defender launches a series of attacks in due consideration of the distances until the aggressor holds the pad horizontally again. So if the aggressor stands at 120° with a distance of approximately 3-6 feet, the side kick would be the right choice, followed by a side hammer fist, turning towards the opponent with a series of punches, knee strikes, and head-butts against the pad. Now the defender closes his eyes and when the aggressor taps him with the pad, he immediately reacts as learned. The expansion then takes place with 360° attacks, including pushes with the pad from behind and with two or three pad holders at different distances, as well as from a ground position (i.e., recumbent). The instructor can also issue commands for close, medium, or large distances.

4. Give What You Got



Photo 40: A good warm-up game is Give What You Got.

Give What You Got is a great warm-up game as a prelude to a class and to work on mindsets and reaction ability, as well as learning distances and scanning. Back in my school days we called this game Burning Ball, only we didn't use a ball but an attacker chosen by the group who attacked other players with, for instance, a kick. If I am kicked I can kick back or extend the attack to someone else in closer proximity with maybe a punch, and this person either strikes back or finds a new victim. By the way, in a large group, the dynamics of this game cannot be underestimated, and I guarantee that you will rarely see students scan their surroundings for potential attackers and escape routes more frequently than this.

5. Hand Slapping

The children's game Hand Slap is an excellent introduction to any technique that requires quick reactions, such as armed threats with a knife or a handgun. In this partner game only the fingertips of both hands touch and the goal is to slap the partner's hands as quickly as possible. His goal is not to get slapped and to pull his hands away. Next the game starts with the hands no longer moving from the top down but from the bottom up, meaning one partner holds his hands palm up and expects to evade the slap while the other partner holds his hands at hip level and tries to quickly slap the other's hands. In this game it quickly becomes apparent that you shouldn't look into your partner's eyes but rather at his hands (later at the weapon) and that you must get in the right position and distance for a quick and uncompromising attack, otherwise you won't be quick enough and your opponent will pull back first which, in the case of an armed threat, could have fatal consequences.

6. Fencing Game

This game is a playful introduction to the defense against straight attacks (e.g., straight strike with the fist or a straight knife stab). Teams of two both fight with their fingers, first with only the left arm, then with the right arm, and later with both arms. The goal is to "stab" the opponent's upper body—only the upper body, not the face or genital

area—with a finger, but since a finger breaks easily, we use the fist for safety reasons. Using one hand, I can decide whether I want to defend or stab. Using both arms, I can simultaneously defend and stab. Intuitive defense is the Krav Maga technique in close-range fighting.

7. Zombie Game



Photo 41: Zombie Game.

In the Zombie Game multiple attackers approach the defender in slow motion with their arms extended and try to grab the defender by the neck. Slow means one attack every two seconds, as you imagine zombies to move. The defender avoids being grabbed, and due to the distance flight is not an option here. The defender should not go through the middle because that is tactically unwise. With multiple attackers I will have my back

turned to at least one of them at all times. However, the defenders don't need to be shown the defense, which is very intuitive by externally rotating one's body and pushing away the zombie arms.

Here different phenomena can always be observed with Krav Maga beginners. Usually they first try to take care of all the attackers simultaneously and in doing so disregard their tactical behavior, and in some cases even any common sense. Furthermore, tunnel vision plays a major role here. When stressed the field of vision becomes increasingly limited and the amount of stress people can experience during the Zombie Game cannot be underestimated. The solution to the problem is positioning yourself so you can have the attackers in your limited field of vision and to not move erratically backwards, but rather laterally off the line of attack.

Stress also leads us to the third problem that must be eliminated. The more zombies, the more stressful it is for the defender, or at least that's what he thinks. But as an onlooker you will notice that the attackers tend to behave like a horde of zombies, namely in a bunch and focused on the attack and the amount of available space, or rather the reach to the defender is limited and restricted by the other attackers. On the face of it, an attack by two zombies who attack in a two-second rhythm is much more dynamic and arduous to defend against than six zombies because they will impede each other during their attack, and for the defender two seconds can turn into four or more seconds of rest before he has to defend himself again. For the defender the solution to the problem is to tactically and thus counter-cyclically move around the knot of zombies; that is, don't always circle left, but also move to the right and try to get the zombies to hinder themselves. Of course the defender moves quickly and not slowly like the zombies.

Stress, tunnel vision, and tactics make this a perfect game for Krav Maga and the prelude to a lesson on, for instance, choking from the front and many other techniques (i.e., zombies performing slaps to the face or training for headlock attacks). On the whole the instructor is able to see the intuitive reaction to such attacks quickest here and can build on it.

Variations can be built in to prevent advanced students from getting bored—for example, intermittent fitness drills or the zombies attack every second instead of every two seconds—and I guarantee they won't!

When it gets stressful, the defender learns that in this situation the likelihood of being hit or choked by multiple attackers is extremely high. Even in the practice gym, he should realize very quickly that he is alone, no one will help him, and that he has to get out of the situation in one piece on his own. That is also why giving up after one or even multiple hits is absolutely not an option. The variation of zombie hands quickly moving forward and back adds additional stress because the attack can no longer be seen as static but due to all the movement is difficult to recognize. It is also good to add a combination of darkness and loud music, or even another person that must be protected from the zombies. Here, too, there are few limits to the Krav Maga instructor's imagination. In my experience, the Zombie Game is a real challenge even for fit triathletes, or in the words of a military instructor: "It kills even the toughest ones."

8. Circle of Death

The Circle of Death is particularly well suited as a closing exercise at the end of a Krav Maga lesson. The defender stands or lies in the center of a group of students with whom he earlier practiced the techniques that he now has to use to defend himself. His eyes are closed and he is attacked from different positions, angles, and also—depending on the technique—by more than one attacker.

For instance, say that students had practiced the side headlock and the correct defense against it during class. At the end of the day it's not the technique that matters but the release as a basic principle of Krav Maga. Thus the defender will be choked from behind or from the front and has to see to it that he frees himself first and then gets out of the crowd of people surrounding him. By the way, the first important checkpoint when attacked with your eyes closed is to open your eyes! That may sound trite but for many people it's not easy in a stressful situation. Also, the instructor divides up the attackers for the attack and if necessary also breaks it off. As always safety is the top priority.

Here, too, there are few limits to the imagination, and the first circle can be extended with a second circle. In this case, the defender walks around inside both circles. But the two circles, which are formed by numbered attackers, also move. The attack comes from one of the two circles when the instructor calls out the numbers. Here no one except for those called knows from where and from whom the attack will originate.

I used this circle, including the numbers system, at a security seminar for bouncers. The team of five security personnel had to separate two fighting brawlers (light fight) who were in the center of a circle of people, each of whom had been given a number and who were cheering on the fighters. The security people stepped onto the dance floor where the two opponents were wedged together in the midst of delivering a great ground fighting performance. As I called out various numbers, the spectators hampered the security people or even physically attacked them. In order to avoid a wild brawl the number I had previously called had to terminate action as soon as a new number was called.



Photo 42: Circle of Death.

9. Wall of Death

The so-called *Wall of Death* is also well suited to ending a Krav Maga lesson. The defender stands with his eyes closed and waits for the attack. When it comes he (hopefully) chooses the right defense and is able to get out of the attack situation safe and sound. Next he runs through a gauntlet of big punching pads that are pushed against him from the left and right. As an alternative he can run through a gauntlet in which people hit and kick him from both sides in a controlled manner. With great effort he struggles through the wall his training partners built for him, and at the end either the final opponent awaits him with a sparring drill or a juicy fitness unit based on the principle of never give up. For professional users it might be the shooting instructor on the way to the firing range. In these games, too, Krav Maga instruction as an integrated functional training for the body and the mind clearly differs from most traditional martial arts and combat sports.



Photo 43: Wall of Death. Never give up, no matter what happens.

10. Touching Game in a Wild Chaos (Balagan Style)

The Hebrew term **balagan** means **chaos** or **fiasco**, and it is a perfect introduction to preparing students for many Krav Maga lessons. Without touching anyone else, the *Kravists* run around helter-skelter in a restricted area. Then people begin to touch via gentle pats on the head or shoulder. The goal is to hit and find the mark without being touched. Next hit the stomach or thighs, step on feet, or pull or carry the training partner out of the restricted area. It can also be a combination of any of these things. There are hardly any limits to the instructor's imagination, depending on the technique he wishes to teach. Scanning skills and awareness of the students are considerably sharpened. The instructor prepares them for what might follow through demonstration and sometimes with a little pain.



Photo 44: Touching Game in a Wild Chaos.

11. Tabata by Mike Diehl



Photo 45: Tabata.

Tabata is characterized by its short duration and high intensity. Tabata training is an intense, short, compressed strength endurance or interval training, and due to the functional execution of its movements or rather functional exercises it is an ideal sport-specific workout. Game sports, combat sports, and military fitness—and thus especially Krav Maga—are characterized by their high intensity. Games that are used as a prelude to training sessions in particular tend to be short, which is why Tabata training is an especially good choice.

- ▶ Tabata helps to increase performance-limiting VO_{2max} , which is particularly important in game sports/combat sports and military fitness.

When to Train With Tabata

- Tabata can be used during any phase of training except for the regeneration phase.
- It is ideal before a purely tactical training unit as a combination of mental endurance and physical exhaustion.
- It is especially useful during the preparation phase!
- The two customary training units can be combined.
- Use time for regeneration!

Versatility of Tabata Training

- Circuit training in athletics
- Interval training (running)
- Diverse exercises integrated as the trainer sees fit
- Uses any type of equipment or body weight
- Familiar exercises
- Athletes should be rested and begin training with full tanks.

Why Tabata?

- Quick (fast training)
- Simple
- Intensive
- Effective
- Versatile
- Short but diverse training unit
- Advantageous for the trainer and leadership
- Little expenditure of time, leaving more time for tactical training and creating shorter training units
- Fit players become fit fighters

Complementary Sports and the Krav Maga Student as Customer, Colleague or Buddy



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COMPLEMENTARY SPORTS AND THE KRAV MAGA STUDENT AS CUSTOMER, COLLEAGUE OR BUDDY

Essentially **all sports** are useful for Krav Maga if they keep you fit and promote endurance and coordination. Particularly beneficial are nearly all **combat sports with physical contact**, but functional fitness like CrossFit or kettlebell training are also perfect complements. Fighting sports like boxing, kickboxing, and jiu-jitsu provide perfect foundations.

After an injury sustained in Luta Livre training and a resulting long forced break from ground fighting I looked for another reasonable complement to Krav Maga. I found it in sport shooting (ICPS), which I have grown to love and which has also brought me new and good friends. The combination of quickly reading a situation, the right tactic, and the

determination needed to master the courses with one's own adrenaline level in a fight is just the right complement for me and makes me very excited about this sport.



Photo 46: IPSC—Precision, Strength, and Speed.

To the instructor the student is often also a buddy, colleague, or even a friend. However, at practice that must be checked at the door.

Personally, I sometimes find it extremely difficult to muster the people skills required as a go-to person for different background histories (e.g., in women's training with victims of sexual violence) while at the same time acting as the dominant instructor in class, and recruiting members that keep the doors to our Krav Maga schools open.

My personal solution is to keep a healthy distance and still have the ability to listen, and to create clear boundaries for

the job of instructor. For some instructors I've met this has mistakenly led to blatant megalomania through validation (e.g., it worked on the street, your training was amazing, being perceived as a person commanding respect, etc.).

Passing certain belt tests or participation in seminars has also caused this phenomenon in some trainers. I will never forget entering a Krav Maga gym in Israel when a German instructor told me, "Hey, sorry, this side of the gym is reserved for the experts. Please go to the back." What matters—and that takes us back to chapter 3—is what makes a good instructor, namely that he leads by being a part of the group. He is not an invulnerable superman, but simply imparts the limited knowledge from his toolbox and prepares his students as well as he can. Besides, he won't be there when it really matters.

Military Krav Maga – Military Close Combat



Foreword

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2	Principles of Krav Maga
3	What Makes a Good Krav Maga Instructor?
4	What Makes a Good Krav Maga Lesson?
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MILITARY KRAV MAGA – MILITARY CLOSE COMBAT



Photo 47: Military Krav Maga–military close combat (1).

As previously mentioned, in terms of technique military Krav Maga (i.e., **military close combat**) does not differ much from the version for members of service (e.g., first responders, police, judiciary, fire department) except for the critical difference that the attacker isn't just detained but is incapacitated under consideration of the prevailing rules of engagement. Here the motto is "You don't win close combat. You survive it!"

As is the case to some extent in law enforcement training, in military Krav Maga the assumption is also that the soldier primarily holds his weapon as the common object and thus trains with his **weapon in his hand** as well as one-handed during Krav Maga training. But this is not the core element, particularly since the soldier must also be able to defend himself unarmed with just his hands.

The goal of close-combat or self-defense lessons for the soldier is to prepare him as quickly as possible for an emergency—meaning a combat situation—and to do so fast and without regular training irrespective of athletic background and previous experience, and preferably irrespective of gender, via cohesive, self-contained training units.

Military training courses also differentiate between **military close combat** and **unarmed self-defense**. Moreover, they differentiate between general close combat for all soldiers, which builds on the preceding system, and training for special forces and specialized soldiers.

Contrary to law enforcement Krav Maga, the critical difference here is that the proportionality of the defense plays only a minor part. Furthermore, the soldier may be better **protected** in his movements—not only in action but also during training—with **military equipment**, but certainly also more **restricted**, if not downright impeded by straps, chest rig, low-ride holster, heavy backpack, and so on. Moreover, it can be assumed that the opponent will most likely be equally well protected via body armor and gear in areas that could be attacked in law enforcement Krav Maga or in the civilian version; in fact opponents may be so well protected (jock strap/Bristol protective gear) that an attack on those areas is no longer possible.



Photo 48: Military Krav Maga—military close combat (2).

The military version of Krav Maga generally presupposes a soldier's absolute readiness to defend himself with all available means under massive use of potentially deadly force. The goal is always the continued execution of the mission.

Despite the opponent's potential combat gear, a defender can easily reach certain targets like the **neck area**, **joints** (particularly **elbows** and **knees**), **head** and **eyes**, and the genital area. In military Krav Maga training, **close combat in full combat gear** is trained exactly like close combat in light field uniform or even workout attire. It is trained with or without a weapon in hand, with simulated restrictions (e.g., poor visibility, with one arm, one leg) just like in a gym or outside in an open field.



Photo 49: Military Krav Maga–military close combat (3).

Military Kravists also train without a weapon in preparation for a hostage situation against armed or unarmed opponents, and situations involving third-party protection, meaning the protection of another person. Thus the **content** of military training is Krav Maga self-defense techniques and tactics for military deployment. In addition training includes exercises that include the use of common objects, namely handguns or shoulder arms,

as impact weapons against one or multiple attackers, and defense against knife attacks and firearm threats. Furthermore, training units include tactical behavior in conflict situations, teamwork during self-defense, behavior during confrontations or escalation with conflicting parties or aggressors, release techniques for physical attacks as well as techniques for self-defense and emergency relief in tight spaces (close-quarter combat, and under adverse conditions. Techniques depend on the progress of participants. Here the learning effect in injury-free training is always a priority for all soldiers.



Photo 50: Military Krav Maga—military close combat (4).

Never give up!



Photo 51: Military Krav Maga–military close combat (5).

In military Krav Maga, running away is generally never an option—except perhaps briefly to get in a better position—and neither is freezing, hesitating, or giving up!

In short, the methodology and teaching principles of Krav Maga training is precisely what Imi Lichtenfeld's system was developed for, namely to **prepare the soldier for an emergency** and for survival in combat as quickly and as permanently as possible, but with the least amount of training effort. The **goal** of military training is to provide the soldier with effective and simple methods to defend himself against violent attacks when in action.

In addition the training success is largely based on well-engineered action scenarios. The goal is to expose the soldiers to **realistic action** in training in order to ensure their ability

to access the correct techniques during action. The critical advantage of this version—outside the gym—is obvious.



Photo 52: Military Krav Maga—military close combat (6).

The techniques are taught even more effectively so the soldiers are able to recall them under major stress during action and in situations the soldiers can relate to, and bring

them to bear. The intent is to push the soldiers to the limit of their physical and mental capacity in order to strengthen their will to fight and to continuously increase the strength, speed and coordination required for self-defense and the protection of third persons. In addition, tactical behavior training—and with it accurate **assessment and appropriate reaction**—play a critical role in Krav Maga training. These courses of action for self-defense are demonstrated taking into consideration the different levels of escalation and with reference to the respective rules of engagement, and are also continuously practiced as drills and ratcheted up through training progress.

10.1 BASIC TRAINING



Photo 53: Basic training (1).

In basic training, students learn basic techniques, such as the correct, situation-appropriate stance as well as movements and how to fall correctly (forward, backwards, to the side with impact and without), and of course the correct kicking and punching techniques while taking into consideration the gear that is carried at any given time. Thus basic

training is the theoretical toolbox for the practical implementation of learned material in close combat from which the soldiers now take what they need for subsequent situations and are able to access depending on the attacker's distance.

The so-called *timeline* is the core element of Krav Maga training. It relates to one's ability to act depending on one's distance to the attack, depending on how quickly the attacker approaches.

a) Long Distance (> 23 Feet)

Different case studies done in the past, particularly those by US authorities and the University of Chicago from 1994 to 1995, showed that a determined, aggressive attacker with a close-at-hand or even drawn knife and with a potentially holstered weapon cannot be stopped effectively at a distance of less than 23 feet. The logical conclusion is that a soldier must be situationally able to effectively fight against an attack from a distance of less than 23 feet with a firearm, or stop the attacker. In civilian Krav Maga, flight would be the appropriate choice in this type of situation!



Photo 54: Basic training. (2) No matter how expensive the sights and optics are, none of that matters when defending against a real attack.

In the military version this means establishing one's combat readiness, drawing the weapon and occasionally shooting. However, we don't necessarily rely on the 23-feet

assertion, and we also don't recommend that a trainer teach his students this as the gold standard. There have been situations where the attacker was hit by multiple shots from a large caliber weapon and still kept stabbing the defenders, either due to an adrenaline rush or because he was under the influence of drugs. Krav Maga addresses this topic specifically, and along with establishing one's own combat readiness, it also always stresses the potential that this might not, for whatever reason, happen quickly enough and the defender must be prepared to defend himself with the *cold weapon* (unloaded or underloaded), without firing a shot.

Krav Maga begins at the point that the defender is no longer able to speak and ends at the point when the defender could shoot (actively and effectively). Thus Krav Maga training takes place in the realm of close combat. With or without a weapon in hand, we are prepared for the possibility that our weapon might fail due to the distance of the attack or a simple weapon malfunction, and we would have to defend ourselves another way.

b) Distance < 6.5-23 Feet

Kicks



Photo 55: Basic training (3).

In contrast to the civilian version, a soldier's kicking range is greatly limited by the gear he might be carrying. High kicks—meaning kicks above the genital area—are not an option due to combat gear, a heavy backpack, or bad weather conditions, and therefore have no place in military Krav Maga training. Even low kicks—for instance, as we know them from Thai kickboxing, to the opponent's thighs to wear the opponent down—are not justified. It is not about getting into a competitive situation and slowly wearing the opponent down by repeatedly targeting the same area of the body but to finish the fight as quickly as possible, or at least to survive!

Roundhouse kicks—meaning circular or arcing sidekicks—should not be used because there is a chance that the foot will continue to move if it does not connect and the defender could possibly get back in position with a quick turn. Under no circumstances do we ever turn our back to the opponent, not even for a fraction of a second! Therefore only the following kicking techniques are acceptable for military Krav Maga, and they are no higher than the attacker's stomach:

Regular front-kick—A controlled front-kick with hips oriented forward to keep an approaching opponent at bay, it is similar to taking a big step to negotiate an obstacle, whereby, if the technique is executed correctly, the foot also comes down in front instead of in back as is customary in some martial arts. The purpose of this kick is to either create a distance to the opponent that allows one to establish one's own readiness to fire or to continue one's combatives.

Defensive forward kick—A straight upward snap kick that pulls the entire body into the kick. The target is the opponent's genital area. It is a perfect kick for soldiers wearing boots, and very effective.

Side kick—A straight sidekick in which, as compared to the roundhouse kick, the body is already positioned sideways to the opponent prior to the kick. In Krav Maga this means not getting in position prior to executing a technique in order to be as quick as possible. So if the opponent stands sideways I do not turn around so I can kick him with a defensive forward kick, but rather act from my current position. That means if I stand with my side to the opponent the sidekick is my first choice. Correctly turning towards the opponent and continuing the action is an important part of training.

Defensive back kick—Contrary to the sidekick, during which I sometimes look over my shoulder in order to see my target, during the back-kick I stand with my back completely to the opponent. For time reasons we do a donkey kick. An effective target here is below the genital area, the knee, so the soldier doesn't have to lean so far forward and as a result might lose his balance. As with the sidekick, the motion ends with turning towards the opponent.

Bailout kick—Here the defender moves off the line of attack with a side lunge, immediately followed by a kick (chapter 3.3 "Rhythm and speed": Shattered). In a way the opponent's own forward movement will cause him to fall into the kick and the defender is thus off the line of attack, which is advantageous if the attacker holds a knife and uses it like an icepick. If I were to execute a straight kick he might still fall on me and injure me with this object.

There are some additional kick variations like, for instance, the **stomp kick** used on opponents lying on the ground, but these are not part of the basic knowledge for the Krav Maga toolbox, particularly because once the opponent is on the ground the thing to do is to quickly reestablish one's readiness to fire.

In addition to kicking there is of course also the option of using the shoulder arm for hitting and jabbing.

c) Distance < 6.5 Feet

Strikes

Regardless of whether or not the opponent is holding a weapon, when he is so close that I am no longer able to kick him, I have to strike him with my fist or palm (namely the lower part of the open hand) with a **palm strike** or jab. This greatly lowers the risk of injury to the knuckles particularly in inexperienced people and can still be just as effective as a correctly executed fist blow.

Strikes also include the **hammer fist**, which is a movement akin to pounding a nail into the wall with your fist. It doesn't matter if it's lateral, horizontal, or vertical, but here the distance is already less than with a regular strike, which means we are closer again. Here, too, a weapon in the hand can be used for the hammer fist.



Photo 56: Basic training (4).

When I am no longer able to strike or kick because of the distance, I use **elbow strikes or kicks with the knees**. Here, too, elbow strikes can be horizontal, vertical, backward, forward, sideways, or downward, analogous to the hammer fist.

An important part of Krav Maga training is how to **correctly turn** toward the opponent. I cover my face with my arm in a way that allows me to still see over it, and then turn. If I recognize the threat of an attack I strike with my elbow, or if the opponent is a little farther away, I use the hammer fist, **turn toward the opponent**, and continue my defense, or at least remain **combat ready** while scanning the surrounding area for additional aggressors.

If I am no longer able to kick due to the close distance I use my **knee**, but in Krav Maga we again do not use the roundhouse but rather bring the knee straight upward into the opponent's genital area.

For soldiers wearing helmets the **head-butt**—forward, to the side, and backward—is particularly well suited for close distances. At even closer distances **biting** can be an excellent option.

Depending on the situation we can use ankle and joint **locks**, but these usually take too long, and as was previously mentioned, in Krav Maga we don't assume to wrestle the opponent alone on a mat.

As I said before, training takes place in full gear or field dress, with or without a weapon in hand, and always with the left and the right (i.e., with the strong and the weaker side).

Only when these basics have been adequately learned and the soldier has acquired distance-related tools in his defense toolbox, and has mastered all of the processes with the tactical behavior mandatory in Krav Maga (e.g., recognizing threats, moving off the line of attack, correct positioning) as well as scanning (i.e., looking around at the end of each execution) does the actual Krav Maga technical training begin.

10.2 TEACHING AIDS – MILITARY KRAV MAGA

The techniques listed here are in no way complete and only serve as examples for possible scenarios in Krav Maga instruction. A book is never a substitute for training and is meant to provide the trainer with ideas for teaching aids irrespective of the technical execution, and to delineate the structure of military Krav Maga instruction and show how it differs from civilian self-defense.



Photo 57: Teaching aids.

Moreover, as was stated at the beginning of the book, the following images do not claim to demonstrate correct technique and are instead merely intended to serve as examples.

360° Attacks From Outside

Outside Defense

In this example the soldier blocks a knife attack with his left hand while moving his body away from the knife. Due to the distance and the fact that he wears a helmet, he also head-butts the attacker at the same time. Depending on the distance, a strike to the attacker's face or the larynx could also be an option here. Unlike the civil outside defense where the defender moves away from the attack, here the soldier moves toward the opponent because the subsequent motion sequences serve further attacks and not flight.

If the soldier has his shoulder arm in hand he can use it to block the attack with body defense in mind. I protect myself with the rifle but at the same time move my body away from the attack weapon. Then the attack is diverted to the side.

While the soldier moves around the opponent for tactical reasons as the situation demands, he immobilizes him as he moves off the line of attack (e.g., with a kick to the knee).

The knee, in order to destroy the same and stop the opponent from further combat action.



Photo 58: Outside defense (1).



Photo 59: Outside defense (2).



Photo 60: Outside defense (3).

Not only are the mat drills important in military Krav Maga, but as was previously described as a **summary**, the combined practice of the learned material at the end of the training unit and an explicit demonstration of the problem in a scenario.

The following is an example of a scenario for a summary, an exercise that summarizes the training unit at the end of a Krav Maga class.



Photo 61: Outside defense (4), (5), (6).

The soldier enters a room and is attacked from above with a stick. He fends it off and intuitively and successfully redirects the attack with his weapon and moves off the line of attack.

He creates distance with additional counters, tactically positions himself in the space, and establishes his readiness to fire.



Photo 62: Outside defense (7).

Inside Defense Against a Straight Strike With a Shoulder Arm in Hand

If the soldier is holding the weapon, he never lets go of it and blocks the approaching straight strike with his weapon. The attacker strikes (or thrusts a knife) a straight punch to the soldier's face, who parries the punch with his shoulder arm and moves his body diagonally forward, off the line of attack. His feet are then parallel to the opponent's.



Photo 62: Outside defense (7).



Photo 64: Inside defense (2).

The defender moves diagonally forward off the line of attack to be within reach for his counter with the weapon to the face. He thrusts the weapon to create distance while moving around the attacker and off the line of attack. Depending on the distance he could also kick the attacker.



Photo 65: Inside defense (3).

After successfully fending off the attack, the soldier moves off the line of attack while scanning and checking the surrounding area, either returning to his starting position or around the opponent, as the situation demands. He clears any potential weapon failures and uncocks the weapon.



Photo 66: Unauthorized reach for the weapon.

Another example of a straight attack would be reaching for the soldier's weapon.

Someone reaching for his weapon can become a life-threatening situation for the soldier.



Photo 67: Threat by unauthorized reach for the weapon.

At a greater distance and depending on the status, this situation could be resolved with a kick to the genital area or the knee.



Photo 68: Inside defense (6).

At a closer distance and depending on the threat level, the situation can be resolved by liberating the weapon from the grab with a rotating lever with subsequent aggressive counter-strike to the face or not, depending on the threat level of the situation.

In civilian training this technique is analogous to grabbing the t-shirt.

Physical Assault: Choking



Photo 69: Physical assaults (1).

While it seems unlikely that an armed soldier would be the victim of a choking attack to the neck, these types of attacks are very well suited to practicing and internalizing the principles of Krav Maga as described in the previous chapter.

The following example shows the soldier being choked. His first priority is to get air for further actions, which he is then able to implement.

This example shows a very aggressive stab to the opponent's face or neck with the weapon (i.e., using common objects).



Photo 70: Physical assault (2).

As always, every Krav Maga technique ends with scanning the surrounding area for additional attackers or neutralizing the attacker.

Getting air is also the first priority in a side choke attack,



Photo 71: Physical assault (3).

and only afterwards launching a counter-attack.



Photo 72: Physical assault (4).

This example shows a counter-attack to the face with a handgun or to the genital area with a shoulder arm.



Photo 73: Physical assault (5).



Photo 74: Physical assault (6).

These types of attacks are more likely to be perpetrated from behind than from the front, particularly if the choking is combined with pushing or pulling of the soldier's neck.



Photo 75: Physical assault (7).

Pulling or pushing someone to the ground with a side headlock is one of the most common attacks in civilian fights with multiple participants. Here, too, the soldier frees himself by using his weapon to strike the attacker in the neck, genital area, or the back of the head if the head stays down.



Photo 76: Physical assault (8).

The instructor cannot say this often enough in class, which is why I mention it again here:
The soldier finishes every technique with scanning!

Changing Weapons: Defending Against Weapon Threats and Armed Attacks

To give meaning to the admittedly unlikely attacks of an unarmed opponent on an armed soldier, all of the previous techniques are also practiced in reverse. So now the opponent is armed and the soldier momentarily does not have access to his primary or secondary weapon. The techniques should expressly NOT differ from the previous ones and that is precisely what Krav Maga training is about, it builds on itself. Thus the movement patterns should barely differ when someone puts me in a headlock from behind to strangle me at the carotid artery, puts a knife to my throat from behind, or strangles me with a rope to choke me.



Photo 77: Weapon threat: knife to the throat from behind (1).

In this example the soldier intuitively moves his hands as close to the attack as possible and then holds on to the attacker's hands to keep him from further choking or cutting him.



Photo 78: Weapon threat: knife to the throat from behind (2).

A knife attack from behind is an intimidation situation; the attacker wants something from me, he does not intend to kill me at this point.

Here, too, techniques are executed with priorities in mind. The reaction to a strangler with a rope must be quick, while a knife at the throat demands no uncontrolled quick or even jerky movements.

Techniques are not a priority here and in Krav Maga they constantly evolve anyway. While I was taught not long ago that I could defend myself against a garrote attack by

trying to put my fingers between neck and murder weapon, this technique has proven not viable during a quick attack in the field. Hence it is now recommended to hit the opponent immediately in order to keep him from continuing his action.

In both cases I turn with the attack because that is the intuitive and natural reaction when someone is pulling on my neck from behind.



Photo 79: Stop the opponent from continuing his action (1).



Photo 80: Stop the opponent from continuing his action (2).

So in contrast to the technique, the basic movement has not changed. It would not even be possible, particularly since the initial movement is based on a natural reaction.

On the Ground: Get Up as Fast as Possible!

I personally enjoy ground fighting with my sparring partner and trying to force him to give up by submission. It's impossible to imagine current MMA and cage fighting events without this type of ground fighting. It is a wonderful sport and has thrilled me for a long time, and still does. There is a reason that *grappling* or *submission wrestling* is also referred to as body chess; it has a lot to do with tactics, however, it has nothing whatsoever to do with tactical self-defense.

Krav Maga isn't about forcing the opponent to give up via clever tactics with joint locks and choking, but rather to get out of the ground-fighting situation as quickly as possible. The reason is simple. Self-defense is not a one-on-one contest on the mat and is usually not practiced in workout clothes or even a GI.

In military ground combat, if there is such a thing, the soldier is frequently greatly constrained by his gear. There can also be multiple opponents and for the adversaries the top priority in such a combat situation is to regain use of their weapons. I am therefore puzzled that modern armies today still tout arm and leg locks in ground position as the gold standard during ground-combat instruction. It is possible that one or another jiu-jitsu world champion could be successful in such a situation because his reaction has become intuitive after lots and lots of training. But a regular soldier would usually not have any success with that approach.

From Standing Up to Lying on the Ground

Everything that previously happened to me while standing—a side headlock, also called Kesa Gatame in Judo, or a knife attack from above—is also practiced lying on the ground. Here, too, the technique must be as close as possible to standing up!



Photo 81: From standing up to lying on the ground (1).

Here the most important goal is to quickly eliminate the problem and counter-attack, as well as to use the correct way to get up from the ground (i.e., with the head not too close to the opponent's feet to avoid getting kicked by him).



Photo 82: From standing up to lying on the ground (2).

Here, too, the initial movement and thus the initial intuitive reaction do NOT differ from the previous standing ones, armed or unarmed.



Photo 83: From standing up to lying on the ground (3).

Slipping one or even both of the ground fighters a rubber weapon has proven effective in training.



Photo 84: From standing up to lying on the ground (4).

One has to make sure that, for instance, the other can't pull the rubber knife or the blue gun, or tries to take it away from him while avoiding getting stabbed. Of course it is also an option to have several individuals work against one instead of a one-on-one situation.

In these types of training scenarios even experienced ground fighters change their previous patterns and react intuitively, namely by getting up. I'm getting out of this situation!

Weapon Threats:
No Quick Reactions, Try to Stay Calm



Photo 85: Weapon threats (1).

Defending against weapon threats is of course a sensitive subject in training and in an emergency situation. By threatening with a weapon the attacker tries to achieve massive intimidation.

Most of the time there is no serious intent to kill at that moment. That is precisely the component of Krav Maga scenario training with weapons. Even the best Krav Maga won't help if an attacker shoots from a distance. That is why we are dealing with a close-combat system. The following is an introduction and guideline to start a military Krav Maga training unit: Every reaction to a weapon threat requires a situation analysis and adjusted behavior, meaning recognizing and evaluating the threat situation.

The generally excepted rule of thumb in self-defense instruction is one arm's length distance to a weapon. At a longer distance, for instance with a cocked weapon, a realistic defense is no longer possible. It is just as important to give the attacker a sense of security and to convince him of his complete dominance, and then bridge the distance at the right moment, using some acting talent if necessary. In Krav Maga we call this the **crying game**. It means crying in front of the attacker, distracting him, and then using the element of surprise without hesitation.

A quick grab for the weapon or the weapon hand, in case of a knife, is the basis for defense. This presupposes close positioning of one's own hands, at the very least near the weapon.



Photo 86: Weapon threats (2).

Unlike the usual basic Krav Maga guideline of intuitive reaction, this is inconsistent, particularly since as children we already put our hands up during a game of cops and robbers when the bearer of the toy pistol called "Hands up!"



The correct hand position can be practiced very well with children's games such as "Patty Cake."

Photo 87: Weapon threats (3).



Photo 88: Weapon threats (4).

Not only is the correct hand position important from the onset during positioning but also the subsequent positioning of the body. As always, getting off the line of attack is critical in the case of a gun barrel.

Being aware of what makes a weapon dangerous is also a good basis for the defense against weapons. Usually a soldier does not need to be told that a knife is sharp and the bullet that leaves the barrel is deadly. But still sometimes we see hair-raising defensive actions in training. With a handgun and a shoulder arm it is important to direct the barrel away from the body. However, in military Krav Maga training it is also important that the barrel isn't pointed at one's buddies. By the way, this also applies to military training with a weapon in hand.

The right mindset is also important in the defense against a weapon. Once I have decided to react, I have to go for it. The likelihood of getting stabbed during a knife attack is very high. But the likelihood of dying the first time is relatively low. Due to the adrenaline rush during the defense the victim often doesn't notice that he was wounded until much later. This is an important reason to expand the scanning of the surrounding area to checking the own body during these scenario trainings. The main goal is to control the weapon or the attacker's weapon hand, and that must not be forfeited by changing the grip or even the technique. When training with a weapon in hand it is also extremely important that the weapon is always pointed in the attacker's direction and not that of one's own comrades.



Photo 89: Weapon threats (5).

This is where the previous basic exercises pay off. If the soldier already has both hands on his opponent's shoulder arm he will pull the knee strike or head butt out of his imaginary toolbox of basic Krav Maga drills. Whether the opponent should now be disarmed or not depends on the situation as well as the particular weapon threat and situational control. As a general rule, a handgun or rifle should be taken away. With a knife it might be enough to gain some distance to the attacker in order to draw one's own weapon. For professional armed persons and soldiers in particular the general rule is, if I have a weapon of my own I will use it and not the attacker's weapon after I disarm him. I never return

the weapon to the training partner during practice, so I also don't adopt this politeness during technical training. The weapon is never returned during training on principle.



Photo 90: Weapon threats (6).

In military Krav Maga the defense against weapons or release from weapon threat situations training also includes tactical training. It includes solutions for the individual or a team that take into account spatial conditions, constraints, and artificial stress like darkness or loud music as well as the type of threat.

Training can be integrated or limited to individual training elements like, for instance, timing and speed or teamwork, and can even be viewed separately as individual fitness drills. What matters is that at the end of each training unit the soldier recognizes the situational connectivity and the threat and views it as realistic and serious: "That could actually happen to me in action!"

Third Party:

Protecting Comrades or Team Tactical Behavior

Third-party protection—meaning the protection of third persons in military Krav Maga—is not about completing personal-protection tasks in a close protection unit but rather every soldier's basic duty to stand by his comrades.



Photo 91: Third party (1).

The special duties of a personal protection detachment are not part of regular Krav Maga military training and are reserved for customized Krav Maga for VIP and close-protection teams, air marshals, or, as was previously mentioned, for soldiers with special orders. Nevertheless, personal-protection techniques and tactics should be a part of all military Krav Maga training. The term *interoperability* describes the synergy of the military capacity to act overall, but also as a small team. Hence the teamwork of soldiers among

each other must be strengthened under training-induced stress. As previously mentioned, having fun and enjoying Krav Maga training together is just as much a prerequisite here as the interplay of previously defined processes.



Photo 92: Third party (2).

In the scenario depicted above, the aggressor threatens the comrade with a wooden slat. Both defenders are armed but reaching for the weapon could provoke the attacker to react and strike with the slat or, depending on the situation, stab with a knife, shoot with a gun, and so on. The person being threatened draws attention to himself (e.g., via the **crying game**) as the other soldier moves into a more advantageous position while the attacker's attention is on the victim. As the soldier moves the victim, meaning his comrade, off the line of attack he grabs the attacker's weapon and then immobilizes the attacker by striking him, in this example with the handgun.



Photo 93: Third party (3).

During this action the comrade moves into a better position and also draws his weapon. His behavior is tactical as he does this, keeping the third party out of the line of attack and out of danger.



Photo 94: Third party (4).

After that both are well-positioned and independently scan the surrounding area for additional attackers. Both learn to communicate and manage conflicts as a team, which should be part of all military close-combat training.

Summary of Learned Material at the End of the Class

As I mentioned several times before, the **summary** of learned techniques and tactics is an important part of every Krav Maga lesson. At the end of the day the soldier has to know why he did what and, while it doesn't always have to be logical, it must seem reasonable.



Photo 95: Summary (1).

The above example shows the **Marmara Scenario**. This scenario is based on an incident that took place in 2010, between Israeli soldiers and the largely Turkish crew of the Comoros-flagged passenger ship that sailed from Istanbul with a cargo of relief supplies for the Gaza strip and more than 400 activists on board. I do not claim that my account of the incident is politically correct and that's not relevant to Krav Maga. In effect Israeli soldiers, who were lightly armed and did not want to openly carry their weapons because of the previously announced peace mission, roped down to the ship from a helicopter and were received by the crew with a beating from knives, axes, iron bars, and other objects.

Actual information about the boarding of the Marmara by Israeli soldiers is based to some extent on contrary witness statements and on videos from the Marmara's on-board camera as well as from the Israeli navy.

This information and the videos can be found by anyone on the Internet, which is why I do not want to go into any more detail here. The videos show the soldiers as they rope down and are immediately met with massive violence.

But now back to Krav Maga training. The scenario exposes the soldier to mental and physical stress, whereby we are back to the fitness component, which symbolizes the stress on the helicopter and the subsequent roping down onto the ship's deck (e.g., push-ups, fighting drills, disorientation due to darkness); there are few limits to the instructor's imagination. The soldier is physically challenged while under stress, and at times also sees his comrades suffer. He is then surrounded by training partners bearing various weaponry, without arms, rubber knives, rubber batons, and so on, who are yelling and beating him (albeit in a controlled manner).

The order is explicit: No use of firearms, and drawing the concealed weapon in these close quarters would not be an option anyway. The soldier starts by defending himself with his bare hands.



Photo 96: Summary (2).

Here he once again benefits greatly from the basic training toolbox as well as his experiences in the Zombie Game, meaning the tactical behavior against multiple attackers.



Photo 97: Summary (3).

On command and after a period of time that will seem to him like an eternity, he reaches for his primary weapon, with any luck a rifle, and here, too, the use of a firearm is prohibited or the chaos of attackers and his own comrades makes it impossible to establish readiness to fire. So for better or worse he must defend himself with his shoulder arm while at the same time making sure that it won't be torn from his hands.

After a while he continues with his handgun, but here, too, he is confronted with the same problem as before and has to defend himself with the weapon as a *cold weapon*.



Photo 98: Summary (4).

The simulation of getting off the ship of course closes with a fitness drill. For most soldiers the question “Why do I need close-combat training when I have a weapon in my hand?” has been answered after a scenario like this. A Krav Maga training unit generally depends on the instructor’s practice and experience. The more experience he has with actual application, the more his students will be able to benefit in the form of training-appropriate scenarios. But the experience outlined in the introduction matters here, too. Being a good fighter doesn’t make you a good instructor or even a Krav Maga instructor, because close combat is also about the methodological and didactical imparting of teaching content.

10.3 MIKE DIEHL – MINDSET IS EVERYTHING

Mindset is everything... or how do I mentally prepare myself for a fight...?

In my job as an instructor at the special operations training center, I ask myself the following question every day: "Am I able to prepare the men entrusted to me for a conflict in which they have to fight to the death or get wounded?"

In my experience, the answer is often yes and no!

The human being is unpredictable. Sudden, hesitant action, subconscious hesitation, and human inhibitions borne from our culture and upbringing appear, and just like that the fight can be lost!

But assertiveness in certain situations can be trained, behavior can be portrayed as situation appropriate, and quick action, reaction, and decision making can be forced.

For me mental preparation was and is the most important means to surviving a confrontation and to persist in order to emerge as the victor!

But that only works if the individual fighter knows which physiological reactions can happen due to mental stress. These reactions are caused by our biological evolution.

This biological evolution took place way back in the past when, unlike today with all our crowded supermarkets and the security of our western culture, humans were in a constant struggle for survival. They competed with their predators and enemy tribes. Only the victors were able to feed their family and tribe, to protect them and to pass on their genes.

Man had to be able to fight or flee. This is where the fight-or-flight response comes from.

But what happens to us during such an exceptional situation? And this process is always the same...

We produce adrenaline and this stress hormone interferes with our systemic circulation, restricts our circulation, sometimes causes the bowels and bladder to spontaneously evacuate, speeds up our respiration and pulse, compromises our fine motor skills, and causes our ability to think and hear to partially fail.

It is the same for soldiers as in a fight on the street.

Our bodies react instinctively to threats because our most precious possessions—our health and our life—are at stake. Nature gives us maximum strength at the expense of our fine motor skills. These instincts and reactions are just not designed for performing fine motor activities like operating a weapon or using Eastern fighting skills.

The keyword here is drill. Intensive training and intensive repetition of motion sequences until they are automated are instrumental in Krav Maga. Just knowing the techniques is not enough because we tend to forget when stressed.

Sports scientists claim that being able to really successfully complete complex motor tasks requires up to 5,000 repetitions. Automating makes recall under stress easier during a fight.

And there we have Krav Maga as a training system: tough, uncompromising, easy to learn, and making use of the KISS principle (keep it simple and safe), and based on a fight-or-flight mindset.

Law Enforcement Krav Maga – Self-Defense in the Line of Duty



Foreword

1	History of Krav Maga and the Krav Maga Institute
2	Principles of Krav Maga
3	What Makes a Good Krav Maga Instructor?
4	What Makes a Good Krav Maga Lesson?
5	Structure of Krav Maga Instruction
6	Techniques, Initiation and Checkpoints in Class
7	Krav Maga – For Special Users and Uses
8	Ideas for Creative Krav Maga Instruction
9	Complementary Sports and the Krav Maga Student as Customer, Colleague or Buddy
10	Military Krav Maga – Military Close Combat
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11

LAW ENFORCEMENT KRAV MAGA – SELF-DEFENSE IN THE LINE OF DUTY



Photo 99: Law enforcement Krav Maga (1).

Current studies³ show that the number of violent attacks on Members of Service (MOS), such as first responders, police, judiciary, and fire department, go up every day. It is therefore no wonder that more and more police officers, correctional staff, and EMS staff are exposed to massive violence while on duty and want to protect or at least prepare themselves through self-defense training. For some years now we have seen a steady increase of professional users in Krav Maga classes, particularly law enforcement officers, who now make up a large portion of the participants, not only in law enforcement (LE) training, but also in classes for civilians. However, LE Krav Maga training is very different from civilian training, as well as from military classes.

LE Krav Maga is defensive self-defense instruction that is adapted to this type of service. The challenge in LE training is that the participants usually are not able to run away as practiced in the civilian version. They are not able to tactically remove themselves from the situation to which they had potentially just been called. They also cannot use the military close-combat techniques to incapacitate the thug before he is taken into custody.

While the solution in civilian life is to run away or kick the opponent in the genital area, and the solution in the military sphere is to permanently incapacitate the opponent with a strike to the larynx, both techniques are often absolutely out of the question for MOS. In fact the opposite is the case. MOS must hurt the attacker as little as possible, detain him and then take him away. In addition there are many other problems that occur in the civilian and military spheres that take place much more frequently here: The opponent is very inebriated or under the influence of drugs, there are lots of bystanders and it is impossible to tell friend from foe, the victim solidarizes with the opponent, everything is often recorded with cell phones, and so on.

3 Source: Study in Germany on the subject "Violence against police officers", Dec., 2, 2013

In my opinion the LE version and thus the training of this group is particularly difficult as they must detain the attacker without using excessive force.

The goal of training is to provide first responders with simple methods to defend themselves against any type of violent attack, while being aware of the use of self-defense techniques in contradiction between self-protection and the law, particularly proportionality. Training content includes Krav Maga self-defense techniques and tactics combined with **immobilizing** and **apprehension** as well as **transport techniques**. Exercises using common objects—such as a flashlight as a striking object against one or multiple attackers as well as defense against knife attacks and firearm threats—are also a part of training. In addition techniques for the protection of third persons (i.e., protecting colleagues or patients) should also be incorporated into classes.

Communication, body language, tactical behavior in conflict situations, teamwork during self-defense, behavior during attacks, release techniques during physical assault situations as well as techniques for self-defense and emergency assistance situations in close quarters are also included in the training content along with close-quarter combat under adverse conditions like low or no light. Techniques are determined by the progress of participants, whereby the learning effect in injury-free training is a priority. Car defense training units in particular—self-defense next to and in a vehicle—should be incorporated into classes.



Photo 100: Self-defense next to and in a vehicle.

11.1 SUCCESSES IN TRAINING VIA REALISTIC INSTRUCTION



Photo 101: Realistic instruction.

Similar to military Krav Maga, instruction for MOS is largely based on operational scenarios. But unlike many soldiers, for most blue-light training participants this is part of their daily duty and all the more reason to also hold LE training outside of ordinary gyms. Of course there is no reason why all of the techniques can't be learned and practiced within the safety of a gym.

The training should take place under realistic conditions as often as possible like, for instance, next to or inside the service vehicle or even at a (simulated) deployment site like a bar, outside or inside a disco, or in a sports stadium. The goal must be to make the training for LE participants as close to an actual operation as possible in order to ensure their recall of the correct behavior during an operation, and the "aha" effect (Why am I doing something and what do I need it for?) at the end of every training.

Contrary to a military lesson, LE training should not push participants to their physical limit. Although Krav Maga begins when I can no longer speak and ends when I may have to shoot, tactical behavior training—and with it the accurate assessment of the situation

and the appropriate reaction—plays an important role in blue-light training and therefore should also be practiced via role play. How do I behave towards an aggressive opponent individually or as part of a team? How do I position myself correctly? How do I coordinate with my colleagues without speaking? When is the right time for seizure? Who within the team behaves how in what situation? Although LE Krav Maga training is often team training, it should always be emphasized that, while you can rely on each other, you could also be on your own and have to be able to manage.



Photo 102: Law enforcement Krav Maga (4).

It is not helpful if I only learn how to immobilize someone on the ground or take him away in tandem with someone else if my colleagues are also occupied and unable to help me at that moment. It is also not helpful to have only learned to apply handcuffs to a cooperative opponent together with someone else in laboratory conditions, if I am suddenly on my own and my opponent is putting up major resistance, tries to draw his concealed weapon, or tries to take mine away from me. Modern LE Krav Maga training takes up these topics and covers them in class. In addition it continues to evolve based on actual findings in the field, and nothing can be done a certain way because it has always been done that way—or because it has been taught that way in the past—if it doesn't work in an emergency situation. Of course this basic principle does not only apply to LE instruction but to all Krav Maga training, regardless of the domain.

As in the military version, the 23-foot rule to establish readiness to fire—meaning to draw your weapon and sometimes fire—also applies in the official version. But here, too, we cannot simply rely on the 23-foot rule, and usually police officers or correctional staff or even EMS personnel are not that far away when they are attacked. Most of the time they stand much closer to the action than would be advisable for a soldier.

Moreover, as previously mentioned, there have been verifiable situations where the attacker was hit by several shots from a large caliber weapon and still continued to stab the defenders, be it due to an adrenaline rush or the influence of drugs. As in military instruction, LE Krav Maga training teaches, in addition to the priority of establishing one's own readiness to fire, the possibility that—for whatever reason—this might not happen fast enough, and the defender must be prepared to defend himself with the *cold weapon* without firing a shot.

Such a cold weapon does not always have to be one's own weapon. Particularly in LE training it is whatever I can grab, for instance the flashlight, the medical bag in the ambulance, or the irritant spray from the belt, just to name a few. De-escalation is a priority here along with mental preparation for a possible attack from the opponent, which could come at any moment. Roleplay is a great way to practice this mindset, with or without a weapon, and should prepare the trainees for the possibility that a weapon can fail due to attack distance or simple mechanical failure, and that we have to defend

ourselves another way. Recognizing that a fight can erupt without apparent cause and without warning plays a major role here, in contrast to civilian Krav Maga training, where recognizing and avoiding dangers is taught.

11.2 BASIC TRAINING

Distance < 6.5 feet

Kicks

Unlike the civilian version, the law enforcement student's movements can be restricted by gear such as a ballistic vest or a duty belt for equipment.



Photo 103: Law enforcement Krav Maga (5).

For this reason, along with weather conditions, so-called high kicks (i.e., kicks to the genital area) are excluded on principle. Kicks to the genital area are also very rarely proportionate and are hardly ever justified in LE Krav Maga training. Unlike military training, debilitating kicks or knee strikes to the opponent's thighs, we know them as low kicks from kickboxing, are also not authorized. It is also not about getting into a competitive situation and slowly wearing the opponent down with repeated kicks to the same place but about ending the fight as quickly as possible. Such kicks to the opponent's muscles are therefore not intended to wear him down, but rather to achieve a shock effect so the actual action (i.e., disarming or immobilizing and detaining the opponent) can be carried out.

Roundhouse kicks—meaning circular or arcing sidekicks—must be refrained from because there is a chance that the foot will continue to move if it doesn't connect and turning may prevent the defender from getting back in position fast enough. We never want to turn our back to the opponent. Thus only the following kicking techniques are used in law enforcement Krav Maga, and are below the hip and never higher than the attacker's stomach:



Photo 104: Law enforcement Krav Maga (6).

Defensive front kick—A controlled front kick with hips oriented forward, to keep the opponent at a distance, similar to taking a big step to negotiate an obstacle whereby, if executed correctly, the foot will come down in front instead of in back, as is common in some martial arts. It is particularly effective with a cold weapon in hand.

Side kick—In a straight side kick, the body is already positioned sideways to the opponent prior to the kick. In Krav Maga this means not getting in position prior to executing a technique in order to be as quick as possible. If the opponent stands sideways I do not turn around so I can kick him with a defensive forward kick, but rather act from my current position. That means if I stand with my side to the opponent, the side kick is my first choice. Correctly turning toward the opponent and continuing the action is an important part of training. Unlike in military training, the target here is not the opponent's knee but rather the thigh or at most the side of the ribs, while simultaneously leaning back with the upper body.

Bailout kick—Here the defender moves off the line of attack with a side lunge, immediately followed by a kick (chapter 3.3 "Rhythm and speed": Shuttered). In a way the opponent's own forward movement will cause him to fall into the kick and the defender is thus off the line of attack, which is advantageous if the attacker has a knife in his hand or strikes from above with an iron bar. If I were to hit the opponent with a regular front kick the opponent would fall against me or the iron bar would hit me due to the extended reach. Here it is advisable to first move off the line of attack and then act rather than acting first and then moving off the line of attack as quickly as possible.

Distance < 3.3 Feet

Strikes

It doesn't matter if you do or don't have a weapon in your hand; if the opponent is so close that I am no longer able to kick, I am within striking distance. In law enforcement training we practice the **palm strike**, meaning a strike with the heel of the hand. It looks less aggressive, can be executed directly from a defensive passive stance, and hurts the officer less, particularly since a punch—especially if executed by inexperienced boxers and without hand protection—can sometimes cause more damage to the puncher than the opponent. Moreover, this palm strike is a very good weapon and just as effective as a punch. Unlike in military Krav Maga, we do not strike the opponent directly in the face or on the nose if at all possible since we don't want to injure him, but rather want to be able to take him away, ideally without major injuries. A palm strike on the ear can shock the opponent more and generates the necessary seconds to detain and transport him without major use of force.

In law enforcement Krav Maga in general, strikes should only be used to achieve a shock effect or to create distance and consequently **multiple attacks**, namely striking an attacker multiple times, are only a part of actual self-defense in exceptional cases. A good example is the previously mentioned inside defense, but instead of striking the attacker I shock him with my entire hand on his face (Caution: Don't spread your fingers!) and bring him down with a joint lock.



Photo 105: Law enforcement Krav Maga (7).



Photo 106: Law enforcement Krav Maga (8).

Strikes also include the **hammer fist**. It doesn't matter if the blow is sideways, horizontal, or vertical with the weapon in hand, here the distance is already shorter than with a regular strike, which puts us in closer proximity. If I am no longer able to strike or kick because of the distance, I use **elbow strikes** or **knee strikes**. Here, too, elbow strikes are horizontal, vertical, backward, forward, sideways, or downward, the same as the hammer fist. The photo shows the police officer being attacked or pulled from behind. As he turns around, he lifts his elbow to protect his face and depending on the attack intensity (proportionality) and distance, he strikes with the elbow or with the hammer fist to create distance.



Photo 107: Law enforcement Krav Maga (9).

An important part of Krav Maga training is **correctly turning** towards the opponent. I cover my face with my arm so I can still see and then turn around. If I recognize the threat of an attack, I strike with the elbow, or if he is farther away I use a hammer fist and always turn towards the opponent (drill in training) and continue my defense, or at least continue to be ready to defend myself.

Depending on the situation, an important component of LE training is the **joint lock** against the opponent's joints, but here, too, never without first shocking the opponent, and never in a one-on-one situation in class so you don't even get in the habit of taking your time.



Photo 108: Law enforcement Krav Maga (10).

As previously mentioned, training mainly takes place with the same gear worn on duty, and also always with both the stronger and weaker sides, under stress, and with multiple attackers, or at least with interfering onlookers.

By the way, these onlookers are an important part of law enforcement Krav Maga training.



Photo 109: Protect your colleague.

It is particularly important in LE Krav Maga training to first teach the participants prevention and tactical behavior, along with the necessary tools for distance-related defense. Looking around and briefly scanning at the end of each movement either with or without an object in your hand is also mandatory here. Working as partners within the team is a priority. If training in teams of at least two people is an option it should also be used in LE training. Each team member must know when he has to do what. After that begins the actual technical training.

11.3 TEACHING AIDS—"BLUE LIGHT GROUP"

The techniques and depictions of possible attacks shown here raise no claim to completeness and are merely examples of possible scenarios of Krav Maga instruction for MOS. A book is never a substitute for this type of training and is meant to help the instructor generate his own ideas as teaching aids and for structuring LE Krav Maga classes independent of the technical execution, and show the differences between civilian and military self-defense or even military close combat.

360° Attacks From Outside–Outside Defense

Examples of outside defense range from the relatively harmless slap to attacks from outside with a knife. In LE training it is likely that I already have an object in my hand, in this case a flashlight. As in civilian training I block the stab from below while at the same time countering with a jab with the flashlight. I also push my hip back to offer as little attack surface as possible with this body defense.



Photo 110: 360° attacks (1).

In civilian training I might then push the opponent away and run as fast as I can, but that is not an option in LE training. Since the attack will most likely occur multiple times and the attacker will take multiple swipes, I stay at his knife arm and try to clasp it. The shock to the back of the attacker's head or a knee strike takes place at the same time to quickly bring him down with an arm bar and then detain him on the floor.



Photo 111: 360° attacks (2).

The next example is similar, a knife attack from above (i.e., the icepick knife stab). Here the defender blocks the attack from the side and at the same time moves his body and head off the line of attack. The example shows the simultaneous counter with the weapon in hand.



Photo 112: 360° attacks (3).

Whether it would be proportionate to shoot here is not at issue in training. I intuitively use whatever I have in my hand at that moment (e.g., a flashlight or my weapon).

Unlike the previous example, here I use it to create distance and establish my readiness to fire. As a general rule, an important part of an LE Krav Maga lesson is two types of defense or behaviors. In one, I counter the attack and detain the attacker, while in the other I counter but am in a less favorable position and am unable to detain the attacker, and therefore create distance and continue to act from there. The decision of when which type of behavior is the right one after an attack is generally not the trainer's but that of the LE participant.

Inside Defense Against a Straight Attack



Photo 113: Inside defense (1).

The example shows the police officer as the defender blocking the arm of the attacker who tries to grab his weapon. At the same time the defender moves off the line of attack, safeguards his weapon with his other hand, and takes a step back and to the side to create distance. This attack can also be executed as an outside, defense (see **outside defense** above) and regularly prompts discussion in class. To respond

to these, the instructor first has to tinker with the holster being used because many MOS believe that their own weapon is generally sufficiently secure from outside attacks. This must be disproven in class, and besides, I don't even want to let the attacker get that close to me.



Photo 114: Unlawful attempt to seize the weapon.

The next example shows the officer defending himself against a straight knife attack with the weapon in his hand. Here, too, there is no need to debate why you cannot shoot, because there can be various reasons such as an obstruction in the line of fire, weapon failure, or the speed of the attack. The defender immediately counter-attacks and thinks about it later, in this example with inside defense, and moving his body to the side off the line of attack. The counter strike with the weapon in hand immediately follows, proportionate to the type and intensity of the attack, not just as a shock, but to render the attacker harmless. If that is unsuccessful, disarming might follow.



Photo 115: Inside defense (3).

Important: If I already have my weapon as the common object in hand, I keep it there until the attacker is detained and secured.



Photo 116: Inside defense (4).

Threats With Firearms

In addition to threats and attacks with knives, threats with firearms should also be a priority in LE training. Analogous to the previously described inside defense, this example shows a gun threat from the front.



Photo 117: Threats with firearms (1).

The previously mentioned children's game "Patty Cake" could also be used here as an introduction to training the correct distance and required speed. Important with these types of threats is the right behavior under stress, namely not to react too quickly but rather wisely, and to get in the right position at the right distance to defend oneself. That also applies to firearm threats from behind. First I have to ascertain where the weapon is, and ideally I will even feel it against my body.



Photo 118: Threats with firearms (2).



Photo 119: Threats with firearms (3).

If I have a weapon of my own, I of course use it, always end the technique with scanning the surrounding area for additional attackers.

If you work as a team, the other person takes over securing the area and scanning for other attackers, and he does so when his colleague signals that he has the situation under control.



Photo 120: Threats with firearms (4).

Teamwork and Protecting Third Persons

The protection of third persons is very important in LE training. Contrary to military training, here the focus isn't just on protecting the own colleague, but also on other people in need of protection.



Photo 121: Teamwork (1).

In this example one's colleague is being threatened with a baseball bat. The defender moves into a tactically smart position behind his colleague and at the right moment pushes him off the line of attack.



Photo 122: Teamwork (2).

The colleague now takes over the safeguarding or helps depending on the situation. At the end of the technique both are in a tactically smart position relative to the attacker and secure him.

Physical Assault

Unlike in military training, physical assaults are not uncommon in LE training. Quite the contrary! In fact, while on duty it is unfortunately not uncommon for people to reach for one's clothing or even launch direct physical assaults.



Photo 123: Physical assault (1).

The example shows the attacker reaching for the shirt of the defender, who safeguards his weapon and protects his face; there is acute danger of head-butting or being grabbed around the neck by the attacker.

The best reaction here is the **educational block**. The technique itself isn't as important as separating the attack into priorities. First I must remove myself from the dangerous situation, pulling the choking hand apart or away, while with the other hand I interrupt the attack with a quick finger jab into the suprasternal notch (i.e., the small hollow at the front of the neck, also called the jugular groove). This severely shocks the attacker and delays his further attacks for those vital seconds during which the defender can get into a better position. It is not about rendering the attacker harmless but about creating the necessary distance. It is considered a softer solution to the attack problem. Depending on the situation and the intensity of the attack, a softer solution may not be appropriate, and if the attack is severe the reaction will also be severe and uncompromising.



Photo 124: Physical assault (2).

As always, the technique ends with a look over the shoulder and in this case it is appropriate to have one's own weapon in hand.



Photo 125: Physical assault (3).



Photo 126: Physical assault (4).

In LE training the 360° approach should be used for all possible physical assaults, and with or without an object in hand at that.

The importance of never going to the ground with an attacker and wrestling there must always be stressed. Instead he should be taken down to the ground solely with the goal of detaining and securing him there, shown here via a side headlock.



Photo 127: Physical assault (5).

Weapons Handling: Using One's Own Weapon as a Striking Tool

Unlike training on the shooting range—which in military training can also be done in combinations as needed—here the focus is on teaching LE participants the correct shooting stance. Techniques used in Krav Maga class should not be that different. For instance, here the correct handling refers to using the weapon as a striking instrument.



Photo 128: The cold weapon as a striking instrument.

Safeguarding one's own weapon during the turmoil of a fight should be practiced.



Photo 129: Weapons handling (1).

Finally it is important, particularly in law enforcement Krav Maga, to teach participants the techniques as a team and in a realistic setting. Kravists and MOS must understand that excessive violence breeds more violence.



Photo 130: Detain and immobilize as a team.

Of course realistic training can also take place in a gym, but here, too, participants must be able to recognize the relevance to their official work and be able to relate to it.



Photo 131: Realistic training in the gym.

11.4 SELF-DEFENSE FOR RESCUE WORKERS



Photo 132: Self-defense for rescue workers (1).

The difference between Krav Maga instruction for emergency personnel and law enforcement officers is that participants are not armed, can't handcuff the patient, and are generally less mentally prepared for an attack. However, they are no less in danger as they go about their jobs every day since they are often the first responders on the scene of an incident. Violence against emergency personnel is also on the rise. According to current studies on this topic, the majority of paramedics feel they are targets of not just verbal abuse—which has become a regular part of their daily work routine—but also specific threats and even massive violence. Krav Maga instruction for emergency personnel is customized LE Krav Maga training and the personal safety of emergency personnel is thus a priority.

The goal of training is to provide emergency personnel with effective and simple methods to defend themselves against every type of violent attack and thus the use of self-defense techniques in contradiction between self-protection and the law, and of course here, too, within the scope of proportionality. Another part of training is the protection of third persons, be it male or female colleagues or the patient himself (e.g., in the case of a suicide attempt). Prevention as well as implementation of recommendations for action to de-escalate is a top priority in training.



Photo 133: Self-defense for rescue workers (2).

Just as in regular classes the reaction to a dangerous situation as well as the defense against the attack or the attacker should be proportionate and depend upon the situation. The most important rule for successful Krav Maga training is realistic instruction. Instruction next to and inside the emergency vehicle and the use of everyday objects also lends itself well here. The conflict situations that could occur include domestic violence, brawls, and patient transport as well as threats.

Krav Maga instruction should be conducted as team training. Here it is important to boost the serious topic of self-defense by making training fun and to sensitize emergency personnel in a playful manner and provide them with options for prevention, for their own defense and that of their colleagues. In general training for conflict management should include specific recommendations for action, particularly on how to approach people.

The following example shows two-man team training against an outside strike (slap) of one colleague. He fends off the strike while his partner subdues the attacker. As soon as he signals that he has the situation under control, the other colleague scans the surrounding area for other attackers.



Photo 134: Self-defense for rescue workers (3).



Photo 135: Self-defense for rescue workers (4).

Tactical behavior and communication within the team are also an important part of Krav Maga instruction here. If the colleague doesn't give a signal, both members deal with the attacker and overpower him as a team. Emergency personnel usually do not carry handcuffs. This presents the difficulty of detaining a potentially very aggressive attacker until the police arrive and take over.

The Krav Maga techniques consist of a series of holds and joint locks to subdue the attacker similar to regular law enforcement training for police officers. Realistic scenarios based on experiences and insights from everyday professional life

should also be implemented in training (e.g. via roleplay amongst colleagues). The intent is to solve difficult situations together. Not only does this strengthen team spirit but it also makes the class more dynamic.

Relief forces generally already have their own set of behaviors based on their experiences and have also developed diverse defensive measures for themselves. Several ambulance crews told me during training that when a patient attacks, they brake sharply after signaling the partner in the back of the ambulance so he can hold on. The idea is to build a creative Krav Maga class based on already existent measures and insights, as long as they are not misguided.



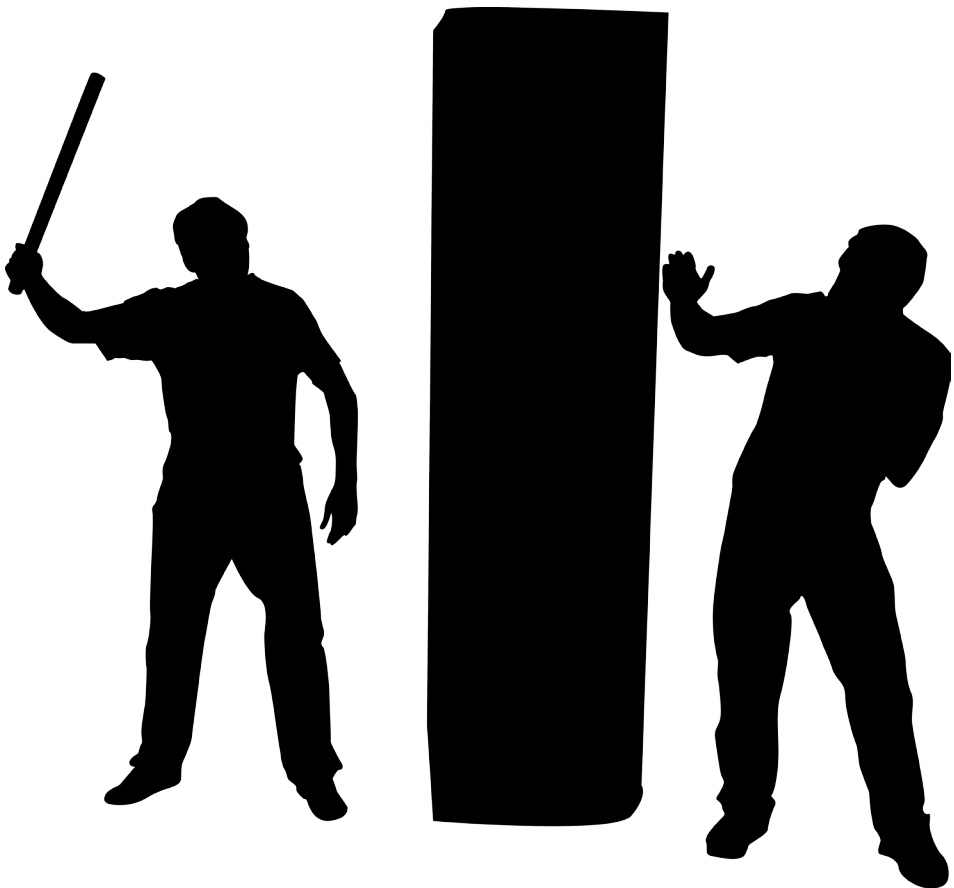
Photo 136: Self-defense for rescue workers (5).

In keeping with the previously mentioned guidelines, stress during training or at the end of training is an important prerequisite for internalizing the learned material.



Photo 137: Self-defense for rescue workers (6).

Training Scenarios and Teaching Combinations



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TRAINING SCENARIOS AND TEACHING COMBINATIONS

As a matter of principle Krav Maga classes should also be combined with other or additional educational offerings, or at least tie in with them. **Reality-based self-defense**—self-defense under realistic conditions—is standard practice here. For instance, in the military and official sphere it could be combined with firearm training. In rescue worker training we teach them how to behave around dogs with the assistance of experienced canine officers.



Photo 138: Training scenarios (1): aggressive dogs.

Prevention and tactical behavior are a top priority in this training, along the realization that the situation can escalate and I have to defend myself.



Photo 139: Training scenarios (2): behavior training dos and don'ts with dogs.

Because Krav Maga continuously evolves and adapts to modern types of attacks the demand has steadily gone up in recent years. This is apparent not just in the constantly increasing offerings from diverse providers but also in the use of the name Krav Maga as a synonym for self-defense made in Israel. As previously mentioned, good, sustainable Krav Maga classes result from creative instruction that participants can relate to, accompanied by a learning effect.

One example would be the defense against someone who tries to steal your cell phone as he passes you. Now we're not going to practice how to defend the phone at all cost, but this is an attack that actually happens quite often and that everyone can relate to. In fact, I have taught this lesson several times and it is extremely well suited for practicing tactical behavior along with inside and outside defense against straight attacks or outside attacks.



Photo 140: Training scenarios (3): someone tries to grab your cell phone.

In general, training should take place as often as possible at different locations and under different conditions. This applies to all spheres, no exceptions! In the civilian sphere discos, bars, or pubs is just as appropriate as the parking lot with their own car. If that is not an option, I set up and equip my own training space.



Photo 141: Training scenarios (4): bar fight, knife at the throat.

Below my first location was an old but fully furnished pub with a large counter, barstools, chairs, and even pool tables. We were able to train there occasionally and those lessons were not only comprehensible, but also very realistic to all participants.



Photo 142: Training scenarios (5): bar fight.

We are also fortunate in that two of our current locations have a large open area and even a drivable hangar and our own underground garage for self-defense training in cars.



Photo 143: Training scenario (6): self-defense next to and in the car.

Lessons like these are a highlight for all participants because they focus on the following: "I want to learn to assert myself in everyday life and to defend myself in an emergency."

Self-defense in local public transportation is also a nice option for Krav Maga training that is grounded in reality. Buses, trains, or even planes lend themselves well for training under realistic spatial conditions.



Photo 144: Training scenarios (7): taking of a hostage on a plane.



Photo 145: Training scenarios (8): self-defense on the beach.

Finally, in addition to solid technical qualifications, it is important for a good Krav Maga training unit to never lose sight of the following basic rules.

Krav Maga classes depend on the instructor's creativity and ability to adapt the training to realistic scenarios, as well as the resulting group dynamics. Krav Maga is not a combat sport but an easy-to-learn, purposive, modern self-defense that must function under realistic conditions, off the mat. It teaches participants self-defense against current types of attacks in a way that is fun with little training effort, and can be learned quickly by anyone. To make it realistic, self-defense is practiced in many different circumstances and in all possible spaces, and with every technique the goal must always be fight or flight under stress.

In doing so Krav Maga depends on constant progression, for its self-defense techniques as well as its self-defense instruction.



Photo 146: Training scenarios (9): taking of a hostage on a bus.

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Definitions

A	Aggression drill	Physically demanding fitness drill to increase aggression potential.
C	Cavalier	Wrist lock.
C	Checkpoint	Important control point that must be observed when executing a Krav Maga technique.
C	CQB–Close-quarter battle	Close combat in tight spaces.
C	Close-combat Krav Maga	Non-sports like close combat is the extremely close physical conflict between opponents that in Krav Maga is fought with any means necessary. The primary goal is to survive, ideally unharmed or at least survive violent attacks of any kind. The secondary goal in the civilian sphere is flight, in the official sphere detainment of the police's opponent, and in the military sphere preventing the opponent from continuing to fight.

C	Cold weapon	A weapon, for instance a handgun or a rifle, that is not used to shoot but as a striking or stabbing instrument.
C	Combatives	Umbrella term for all attack techniques in Krav Maga.
C	Common objects	Everyday items that can be used for self-defense.
C	Crying game	Giving the attacker a sense of security by any means necessary, such as crying, to convince him of his total dominance and thereby improving one's position and distance to be able to use surprise and act.
C	Cool down	Exercise at the end of a training unit to bring participants back down to daily life from the occasionally aggressive training.
D	Dead side	This term refers to the defender's position relative to the opponent. The defender is on the <i>dead side</i> when he has positioned himself to the side of the attacker's shoulder or, better yet, behind him. This makes it more difficult for the attacker to use his arms and legs.
D	Defense	Fending off an attack.
D	Defense against weapons	This refers to either defense against a weapon attack (e.g., with a knife or a stick) or resolving a weapon threat (e.g., with firearms).
D	Defensive	Krav Maga techniques are a reaction to an attack and must be proportionate, but defensive does not always mean that I wait until I am attacked and can already see the punch coming toward me. It also means to act preventatively by defending myself or even attacking.

D	Distances	Attack distances, or defense distances for bridging, to be answered with flight (large distance), kicking (medium distance), and striking (close distance). Krav Maga begins when I can no longer speak and ends when I might have a chance to run away, or might be able to shoot in the military sphere.
D	Drill	Physically demanding and intensive repetition of training segments and techniques for internalization.
D	Dry drill	Preliminary practice.
F	Fun in training	A basic prerequisite for a good Krav Maga training unit is that the participants have fun learning the material.
G	Ground fight	In Krav Maga this applies only as the top priority (multiple attackers) is to get up from the ground and on your feet as quickly as possible.
I	Imi "Sde-Or" Lichtenfeld	Founder of Krav Maga, May 26, 1910, Budapest, Hungary – January 9, 1998, Netanya, Israel.
K	Krav Maga	Hebrew for <i>contact</i> and <i>combat</i> .
K	Kravists	Krav Maga students.
K	KRAVolution	Refers to the development of a person interested in Krav Maga into a Kravist, meaning a Krav Maga student. Krav Maga is a mindset about one's defense preparedness and not a series of techniques.
L	Law enforcement Krav Maga	Krav Maga instruction for police and correctional officers, also expanded to EMS, fire department, and other first responders.
L	Lesson	Krav Maga training unit.

L	Lesson plan	A schedule of how the instructor plans the class to proceed, with notes on the individual techniques if necessary.
L	Level testing	Some Krav Maga organizations do level testing of individual techniques according to the student's level, similar to belt tests in traditional martial arts.
L	Life side	The defender is on the life side relative to the attacker's position when the opponent stands facing the defender, putting the defender front and center to the opponent who is easily able to use his arms and legs to continue the attack.
M	Military Krav Maga	The original form of Krav Maga is close-combat instruction for soldiers.
M	MMA	Mixed Martial Arts.
M	MOS	Members of Service.
M	Multiple attacks and multiple attackers	For example, a knife stab is usually not static but is repeated multiple times. That is the basis for Krav Maga technique and thereby instruction. The attack hand does not stop moving but rather moves back and forth multiple times, repeating the attack.
N	Natural punch combinations	Uncontrolled attacks by, for instance, a drunk individual.
P	Palm strike	Krav Maga strikes are often executed with the heel of the hand and can be done by untrained persons even without gloves and without fear of injury to the hand.

P	Principles of Krav Maga	1. Hard against soft, soft against hard. 2. Hand defense & body defense = total defense. 3. The block is also the counter. 4. Tactical behavior. 5. Mindset, flight or fight. 6. Use common objects. 7. 360° view – look around for other attackers. 8. Retzev – permanently continue the attack, only attack vulnerable points. 9. Move off the line of attack. 10. Look for other attackers/threats!
P	Protect the ones you love	Protection of third persons, particularly family members, friends and colleagues, and comrades.
R	Rubber gun, rubber knife	Weapons or objects made of plastic that are used in training to prevent risk of injury from, for instance, real, neutralized weapons.
R	Rules	Exist in combat sports but not in self-defense. In Krav Maga training there is only emphasis on injury-free training, but the techniques are neither fair nor governed by rules.
R	Rhythm and pace	The rhythm and speed of strikes.
S	Safety first	Hard but safe training with respect to spatial requirements and protective gear.
S	Scanning	360° view, looking for other potential attackers, also referred to as <i>watching your six</i> in international military jargon, meaning looking clockwise behind you at 6 o'clock instead of in front of you at 12 o'clock. Scanning or checking means also checking one's own body after completion of a technique like, for instance, checking for cuts or stab wounds after a knife defense.

S	Scenario	Acting out an attack or defense situation, often also referred to as a <i>mugging</i> in training. The idea here is to simulate a situation and an attack under conditions that are as realistic as possible.
S	Self-defense is not a combat sport	In contrast to other self-defense or combat-sport systems, Krav Maga is not characterized by elegance, esthetics, or fairness but rather by easy-to-learn techniques. These are practiced under major stress and must be based on natural reflexes.
S	Speed of the attack	Attack as fast as you can without repositioning yourself or getting in an awkward position.
S	Stances	Standing with correct posture for the situation, e.g. passive stance —unobtrusive and passive-defensive (hands down), but alert and ready to defend. Semi-passive stance—increased alertness, hands are raised defensively without signaling a readiness to fight. Fighting stance —combat stance, ready to fight—hands are raised.
S	Storyline	A comprehensible, preferably realistic scenario prior to demonstrating a technique to introduce it in a way that is believable to students.
S	Strike	Blow in Krav Maga (e.g., the palm strike, meaning a strike with the heel of the hand). This can often be seen as a natural reaction, for instance, when people have to quickly support themselves against a wall or fall down. Here the hands often move forward and the heel of the hand strikes the wall or ground. Inexperienced individuals in particular often do a harder palm strike than a blow with the fist. Compared to the latter the palm strike carries a lower risk of injury to one's own hand or knuckles. It is generally executed like a punch, in a stable position (i.e., don't fall into the strike and make sure execution is controlled).

S	Strikes, shuttered	Slightly staggered, fast punches (e.g., chain punch).
S	Strikes, simultaneous	Strikes that occur at the same time (e.g., two simultaneous strikes).
S	Strikes, broken rhythm	Fists meet in the middle on their way to the target.
S	Strikes, unpredictable, not connected	Unconnected but controlled and deliberate individual punches.
S	Summary drill	Summarizing exercise at the end of a class that is realistic and stressful.
V	Victim	The motto for every Krav Maga training is "Don't be a victim!" Next to the teaching of techniques the main focus is self-assertion and a confident demeanor.
V	Voice control in class (instructor)	Speak when you are unable to move, and move and demonstrate when you are unable to speak. Make sure your instructions are clear, unambiguous, and brief.
W	Weight class	Only applies to combat sports and not self-defense, which should be practiced against an opponent from a distinctly different weight class.

PHOTO CREDITS

Cover and inside photos:	Carsten Draheim
Photo, pg. 12:	Nick Hein
Photo, pg. 17:	Yaron Lichtenstein
Cover design, inside layout:	Sannah Inderelst
Typesetting:	www.satzstudio-hilger.de
Chapter headings illustrations:	www.enitiative.de /Dunja Krefft
Editing:	Anne Rumery