



PRACTITIONER

LEVEL P1

CURRICULUM

Version: Student - internal use

PRACTITIONER LEVEL 1

TECHNICAL PILLAR

Technical Pillar skills marked with * must be tested in the level test.

Other content is optional and will be chosen by the examiner.

1.1. Preliminary Information

1. What is Krav Maga (KMG)
2. Vulnerable points and target areas on the human body
3. Safety in training, code of behavior, training area, clothing, equipment
4. Being an effective training partner, realistic attacks, marking strikes, keeping control

1.2. Stance and Movement *

1. Passive and semi-passive stances
2. Ready stance – general outlet stance
3. Non-aggressive ready stance – palms forwards
4. Moving in all (8) directions – star drill
5. Pivoting on front and back leg – facing all directions
6. Scanning – passive and active scanning in all stages of a confrontation

1.3. Striking *

1. Theory and principles of attacks
2. Straight strikes with the hands and legs - from different stances
 - a. Double hand shove – to chest/chin
 - b. Palm heel strike – lead (jab), rear (cross)
 - c. Punch – lead (jab), rear (cross)
 - d. Straight strike with the fingers
 - e. Low stomp kick – down, angled forwards to thigh or knee (strike or push)
 - f. Kicking from the ground – stomping forward kick to knee or groin
 - g. Kicking from the ground – stomping side kick
3. Circular hand and leg strikes - from different stances
 - a. Hammer strikes – vertical, forward and downward
 - b. Elbow strike – horizontal inward
 - c. Knee strike – upward
 - d. Regular front kick to groin area – with instep or ball of the foot

1.4. Counter Striking *

1. Theory – ‘active’ (hand/leg) and ‘dynamic’ (body) defenses
2. Dynamic (body) defenses
 - a. Star drill (with or without stepping)
 - b. Turning the body - blading
 - c. Bob and weave
3. Outside defenses – blocking circular attacks
 - a. 360° outside defense
 - b. 360° outside defense and counter against (repeated) circular attacks with a knife
4. Inside defenses – deflecting straight attacks
 - a. Inside defense and counter against a straight attack (strike, push, grab)
 - i. Defending with the palm
 - ii. Defending with the forearm
 - b. Inside defense with the shin against a regular kick to the groin

5. Stop-hit and forward defenses
 - a. Educational stop
 - b. Double forward defense (forward arrow)
6. Active shielding (late response, cover and immediate counter or follow up)
 - a. Active shield forwards
 - i. Using one hand then counter
 - ii. Using two hands then counter
 - b. Active shield sideways
7. Use 1.4.2 – 1.4.6 to deal with any attempt to strike, push or grab

1.5. Preventing and Escaping Clothing Grabs

1. Against a one-handed or two-handed grab to clothing
 - a. Prevent aggressor coming too close or grabbing (early phase response)
 - b. Talk-down, monitor grabbing hand, other hand up and ready, or on aggressor's hand
 - c. Control grabbing hand, talk-down and educational stop
 - d. Defend and counterattack – in a dangerous situation

1.6. Ground – Falling, Recovery, Getting Up *

Train falling and breakfall through to getting up as one complete cycle (chain techniques).

1. Breakfalls
 - a. Soft breakfall – forward and get up or turn to your back
 - b. Hard breakfall – backward
2. Recover – ground defensive position
3. Scan and orientate, create distance with preemptive stomp kicks
 - a. Laying on the back
 - b. Laying on the side
4. Get up with finishing mode
 - a. Get up forward with attacks
 - b. Turn, get up and escape
 - c. Get up into ready stance
5. Trap and bridge – against an opponent sitting on trainee (mount, top)

1.7. Common Objects – Shield Type *

1. Basic considerations
 - a. Find and acquire an object
 - b. Hold the common object for effective use
2. Counter striking – stop or deflect various attacks (punches, kicks, circular knife, stick)

1.8. Third Party Protection – Immediate Intervention and Remove Third Party *

1. Attack the attacker – approach from the side
 - a. Strong shove to clear attacker away
 - b. As appropriate use a series of strikes with the hands and legs
2. Leading a third party to safety – using a 'C-grip'

TACTICAL PILLAR

1.9. Self-Defense and the Law – Know the Local Laws regarding Self-Defense

1. Key points prior to and during a confrontation
 - a. Aggressor has the tool, intention and ability to cause harm
 - b. Trainee has a genuine and honest belief the danger is immediate, substantial, and there is no alternative but to use proportionate and necessary force
 - c. Use of Force (scaling force) – appropriate use of force (impact and pressure), technique, target, and tool relevant to the situation and context, including preemptive action

1.10. Confrontation Stages and Timeline – Understand the Plan for all Problems

Always aim to respond early rather than react late.

ASAP: Scan, reposition – be situationally aware in all stages.

1. Pre-confrontation: learning and training, awareness, avoidance and equipping
2. Pre-fight/technique: prevent, escape, de-escalate, deter, preemptive actions, common objects
3. Fight/technique: from early to late phase responses, and adapting when the technique is not the ideal solution
4. Post-fight: finishing mode, search for exit, threat(s), friend(s), belongings, common objects

1.11. Multiple Opponents Drills – Understanding Tactical Behavior (2 opponents)

1. Tactical positioning with respect to the relative position of moving opponents
2. Early escape
3. Preemptive attacks or defenses – deal with the more dangerous aggressor first
4. Move away from the more dangerous aggressor – deal with the less dangerous aggressor first

APPLICATIONS, DRILLS AND SIMULATIONS

1.12. Summary Drills and Simulations – Optional Examples

1. Individual and combination of strikes on focus pads or heavy bag/shield, from different stances
2. Incorporating pre-fight and post-fight options – include variations and alternatives along the timeline for techniques in 1.4 – 1.8
3. Defending a series of attacks – with counterattacks and finishing mode
4. Against a returning attacker
5. Multiple opponents – 1 vs 4 drill
 - a. Against two straight arms (“mummy/zombie drill”)
 - b. Against a double-handed shove
6. Simulation for sudden attacks/ambush – antisocial, immediate violent incident
7. Simulation – escalation conflict, social violence incident

Focus on realistic behavior and action; this is the essence of being an effective attacker and an effective training partner.

1.13. Fighting Drills – Optional Examples

1. Pushing Fight – attacking and defending against a one- or two-handed shove to the upper body
2. Ground “Competing Drill” – escaping the opponent sitting on trainee (mount) – low force and resistance. When needed, simulate attacks to vulnerable areas.

MENTAL PILLAR

1.14. Combat Mindset and Action

1. Aggressive series of attacks – visualization with a predator mindset
2. Chasing drills
3. Power posture (vs weak posing)
4. Attacker-Disturber-Target (ADT)

1.15. Focus/Concentration

- ▣ Abdominal breathing

1.16. Relaxation

- ▣ Prone position (double 'A' shape)

PHYSICAL PILLAR

1.17. Strength Drills

- ▣ Push-ups – 10 repetitions (with striking/defending)
- ▣ Squats – 15 repetitions (with striking/defending)
- ▣ Sit-ups – 20 repetitions (with striking/defending)
- ▣ Plank – 30 seconds
- ▣ Pull-ups with a towel – 2 repetitions
- ▣ Sprawls with jab and cross – 15 repetitions in 3 minutes

1.18. Striking Drill – Heavy Bag or Kick Shield

- ▣ Powerful series of attacks and defenses – 2 rounds of 30 seconds with 1 minute rest

ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.
Additional P1 Curriculum to be used as part of the grading for the following country:

1. _____
2. _____
3. _____