



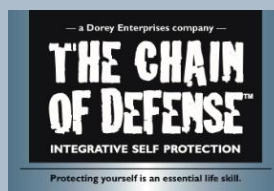
## Informational Flyers

# 12 core krav maga principles that will help you survive.\*

“KRAV MAGA IS EFFICIENT AND THEREFORE SIMPLE.  
IT IS NOT EFFICIENT BECAUSE IT IS SIMPLE.”

— Boaz Aviram, Krav Maga Top Expert

- 1- Know your capabilities. Never project them. Be efficient.**
- 2- Know the human capabilities & their hierarchy of efficiency.**
- 3- Know the capabilities of the best-trained opponent.**
- 4- Know the sequential execution of the motions for maximum efficiency.**
- 5- Train in the most efficient & effective attacks.. *before* training in defensive techniques.**
- 6- Know the Formula of Reaction Time.**
- 7- Strike or apply direct pressure on pressure points.**
- 8- Know how to execute an effective KO strike or kick.**  
This begins without projection, continues with acceleration into maximum speed and maximum weight shift at the point of contact by engaging the opponent's pressure point; and retracts to sustain maximum speed at time of contact.
- 9- Know how to effectively escape from a restraint.**
- 10- Attack preemptively – defend intuitively.**
- 11- Defend according to your opponent's position.**
- 12- Use your judgment.**



\*as adapted from “Krav Maga: Use of the Human Body as a Weapon Philosophy” by Boaz Aviram (2009).

# 10 ways to build self-defense skills

## **1- be proactive**

begin today and protect yourself. don't wait until the horrific happens.

## **2- walk confidently**

head up. shoulders straight. hands never in pockets or crossed. look confident without telegraphing that you know how to defend yourself.

## **3- know your pressure points**

engage your opponent's closest pressure point with the closest part of your body.

## **4- use your mind as your best defense**

defending yourself is not about physical strength; it is about your intelligence and knowing how to use your body as a weapon.

## **5- train yourself**

no excuses. practice without a partner.

## **6- never be complacent**

have a heightened awareness in every situation. violence can happen to you.

## **7- gauge your distance**

do not allow your opponent to get within an arm's reach of you; if you do, then you have lost control of your territory, and ultimately, your safety.

## **8- never look where you strike**

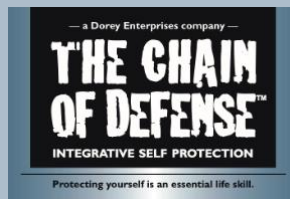
you can see the perimeter of the opponent's body by looking between the chin and sternum; do not give the opponent any indication of your first move.

## **9- know your self-worth**

lose the fear. know what you are capable of.

## **10- learn pure krav maga**

protect your life.. learn Krav Maga.



# 10 reasons to be proactive with self-defense before it's too late

## 1- RAPE

every 21 hours a woman is raped on a U.S. college campus.

## 2- SEXUAL ASSAULT

every 2 minutes someone is sexually assaulted in our country.

## 3- SEX TRAFFICKING

over 100,000 children & teens are trafficked in the sex trade in the U.S.

## 4- ABDUCTIONS

49% of all child abductions involve a weapon (gun and/or knife).

## 5- ROBBERY

someone is robbed every 1.3 minutes in the U.S.

## 6- MURDER

within the U.S., someone is brutally killed every 34.5 minutes.

## 7- VIOLENT CRIME

every 23.9 seconds there is a crime violently committed.

## 8- DOMESTIC ABUSE

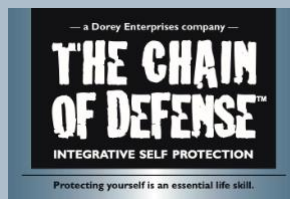
every 15 seconds a woman is beaten by her intimate partner.

## 9- SURVIVAL

getting to your attacker first increases your chances of prevailing.

## 10- FREEDOM

protect your life... learn Krav Maga.



# Krav Maga

## Instinctive Defenses



### **Outside Defenses:**

#### **DEFENDING AWAY FROM ATTACKER'S BODY**

Usually defend with same side of body. So, attacker's right arm, defender's left arm. Defend with inside/side of forearm and arm is ALWAYS at 90 degrees – angling your arm this way (sometimes referred to as a crow bar) will provide sufficient stopping force. This shows the defense-attack simultaneously in action. While you are defending against an attack, remember your attack should be to the attacker's BODY and not to the arm or part of the body you are defending against.

#### **DRILL:**

Step into the attack – this promotes importance of reaction time.

- straight punch - overhand punch - low punch

### **Inside Defenses:** DEFENDING INTO ATTACKER'S BODY

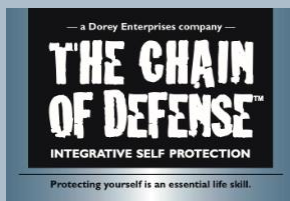
Usually defend opposite side of the body. So, attacker's right arm, defender uses right arm – across body. This is because your opposite side is closest to attacker's body; whereas, in OUTSIDE defenses – it is the same side that is closest.

ARM UP & TURNED.

#### **DRILL:**

Stand left leg in front – both partners. One attacks with straight punch, defend with left arm and immediately counter.

- low punch



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# Krav Maga Ground Defenses



## **1- attacker on top – punching you**

bridge. arm bar. punch to groin. get up. kick.  
continue attack til threat is removed.

## **2- attacker on top – choking you**

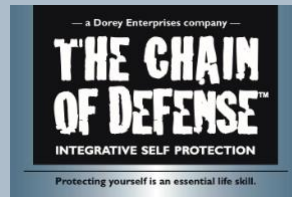
bridge. pluck. arm bar. punch to groin. get up. kick.  
continue attack til threat is removed.

## **3- attacker on top – your hands held down**

bridge. turn face to side. punch to groin. get up. kick.  
continue attack til threat is removed.

## **4- attacker on side – choking you**

left hand on one arm. bring right knee to opponent's chest.  
left leg over opponent's head and lock ankle on his neck.  
hold onto his right arm with both hands. kick to groin. get up. kick.  
continue attack til threat is removed.

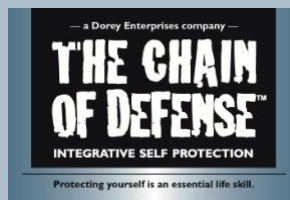


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# 5 Principles of Krav Maga Knife Defenses



- 1- The same body movement principles of using instinctive defenses against strikes and kicks apply even when your opponent has a knife.**
- 2- Defend according to the position of your opponent.**
- 3- Understand the 4 knife attacks: top down, straight/front, under/bottom up, slash and how to execute the 4 knife attacks.**
- 4- Defend, immobilize, and control the opponent's wrist.**
- 5- Control the knife BEFORE the opponent has the opportunity to retract the knife from his attack.**

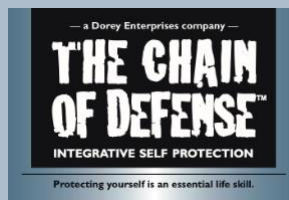


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# 5 Principles of Krav Maga Pistol Defenses



- 1- understand reaction time**
- 2- do not project your defensive intension**
- 3- train your body for minimum movement to reach barrel and move it away while pivoting your body away from pistol threat**
- 4- once barrel is pointed away from your body, control pistol, and immediately follow with a counter attack**
- 5- retract the pistol (away from self). take pistol.**



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