



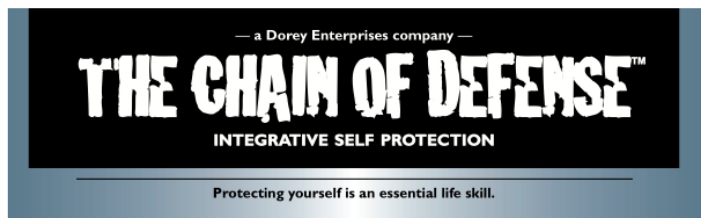
Full Self-Defense Curriculum



(distilled) PURE KRAV MAGA CURRICULUM
DAY 1 7.5 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Krav Maga History	1-16	1.00
Danger Analysis Reaction Time	17-18	
Vision, Motion Arms Distance Exercise	19-20	
Safety in Training	20-21	
Self Defense Protection & the Law	21-22	
Pressure Points (get in pairs)	22-30	
WARM-UP	30-38	.25
Primary Strikes & Kicks INTRO	39-40	1.00
Primary Strike Primary Strike with Lunge	40-44	
Counter (Rear) Strike		
COMBO DRILL		
Principles of Body Movement	45-47	.50
PUNCHING DRILL		
Front Hand Low Attack Punch & Low Defensive Punch	47-48	2.00
Rear Hand Low Attack Punch & Low Defensive Punch	48	
Backhand & Roundhouse Strikes Roundhouse Elbow	48-54	
Upper Cut, Elbow Strikes	54-58	
Rear Hand & Front Hand Knife Hand Strikes		
Hammer Strike, Palm Strike, Groin Slap	N/A	
COMBO DRILLS		.50
Front, Side and Knee Kicks Head Butts	59-63	2.00
Rear Kick	272-274	
Roundhouse Kick	275-280	
Outside & Inside Slap Kick Jumping Kicks	280-285	
Defensive Front Kicks	285-288	
Stomp Kick	289	
Defensive Back Kick	290	
Sheering Kicks	291-293	
COMBO DRILLS with Kicks and Punches		
Debrief Mock Lesson Reminder Prepare for Day 2		.25

Adapted from KRAV MAGA: Use Your Body As A Weapon (2014) by Boaz Aviram.



(distilled) PURE KRAV MAGA CURRICULUM
 DAY 2 / 3.25 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back Day Agenda WARM-UP		.50
Instinctive Defenses INTRO	65-67	3.00
Outside Hand Defense Intro & Drill	67-69	
Outside Defenses vs Strikes	70-71	
Inside Hand Defense Intro & Drill	71-73	
Inside Defenses vs Strikes	73-75	
Defensive Kicks	75-78	1.00
Inside Hand Defenses vs Kicks	78-81	
Outside Hand Defenses vs Kicks	81-82	
Toreador Pass	83	
FIGHTING DRILLS		.50
Tactical Consideration in Strikes and Kicks used in the Attack and Defense Reaction Time	83-84	.50
How to Practice Defense and Counter Attack Responsibly		
Instinctive Defenses/ Knockout Power/ Rhythm/ De-escalation	310-315	
Close Range Scenarios INTRO	85-86	2.00
Releases from Rear Holds	86-88	
Releases from Front Holds	89-91	
Releases from Front, Rear and Side Chokes	91-97	
Defense vs Knife Threat to Neck	97-99	
Releases from Head Locks from Rear	99-101	
Release from Head Lock with Knife to Throat	102-103	
Release from Head Lock from Side	103-104	
Release from Head Hold from Side	105	
Release from Neck Hold from Front	105-107	
Wire/Rope Chokes	N/A	
COMBO DRILLS		.50
Debrief Mock Lesson Reminder Prepare for Day 3		.25

Adapted from KRAV MAGA: Use Your Body As A Weapon (2014) by Boaz Aviram.



(distilled) PURE KRAV MAGA CURRICULUM
 DAY 3 / 6.75 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back Day Agenda WARM-UP		.50
Release from Front, Back and Side Hair Pulls	107-109	1.00
Release from Shirt Holds	109-110	
Leg Trips and Hip Throws	111-113	
Release from Nelson Hold, Hand Grabs	114-115	
Mouth Cover with Wrist Grab and other Wrist Grabs	115-119	
The Cavalier	119-120	
Arm Wrestling and Redirection of Opponent's Force Exercises	120-123	
Ground Defenses INTRO	125	2.00
How to Get Up from the Ground	130-131	
Back Falling (with Front Kick and Scissor Kick)	125-128	
Side Falling	128-129	
Forward Break Fall	129	
Forward Rollover	132-133	
Tactical Uses of Forward Rollover	135	
Side Rollover	134	
Backward Rollover	136	
Ground Defense vs Attacker Sitting on Top Striking Face	137-138	1.50
Ground Defense vs Attacker on Top Choking	138-139	
Ground Defense vs Attacker on Side Choking	139-140	
Release from Hands Pinned on Ground	140-141	
Release from Attacker on Top w/Torso Leaning Forward Choking	142	
Release from Judo Headlock	142-143	
Release from Head Hold and Choke from Sitting Position	143-145	
Club INTRO	147-150	1.00
Defense vs Club using a Club	150-152	
Attacking Opponent Armed with a Club	153-154	
Defenses vs Club with Bare Hands (Head/Side Body)	154-156	
Pre-emptive Defense vs Attacker with Club	157-158	
Defense vs Chain Attack	158-159	
COMBO DRILLS		.50
Debrief Mock Lesson Reminder Prepare for Day 4		.25

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(distilled) PURE KRAV MAGA CURRICULUM
 DAY 4, 5.75 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back Day 4 Agenda WARM-UP		.50
Knife Defenses Using Knife: Top Down/Underhold/Straight Stab/Inside-Outside Slash Defenses vs Knife Attacks Using Kicks Defenses vs Knife Attacks with Bare Hands: Top Down Underhold (close/in motion) Side with Low Stab to Ribs Underhold (center) Front Inverted Front Straight (low/center) Slash (close/in motion) Defenses vs Top Down, Underhold, Straight Stab Attacks Defense with Handy Object vs Slashing Knife Attack Knife Fighting Drills Principles of Knife Defense Knife Threat in Vehicle	161 162-166 166-176 177 178-179 180-181 182-184 184-185 185-187 187-193 194-196 196-200 200-201 201-203 204-206 207-208	3.00
Pistol Defenses Defense vs Pistol pointed to Chest, Head, Forehead, Side, Back, Back of Head, Temple Defense vs Head Hold with Pistol Threat Defense vs Gun Pointed to Head (Front & Rear) while Sitting Pistol Threat in Vehicle	209 210-222 222 222-224 225-232	1.50
Special Applications: Defensive Uses of Assault Rifle and Defenses vs Assault Rifle Defense vs Captor Pointing Assault Rifle at Hostages	233-242 243-246	.50
Debrief Mock Lesson Prep for Day 5		.25

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