



# KRAV MAGGA BLACK BELT

JOHN WHITMAN

# Forward

This book discusses Krav Maga as taught by the Krav Maga Alliance, a worldwide network of schools dedicated to teaching Krav Maga.

As Krav Maga has grown and spread, the number of organizations and opinions has grown as well. If you have trained in Krav Maga with a different organization, you might find some differences here. However, you'll probably find that most of our techniques and philosophies are the same as, or at least very similar to, the approaches found elsewhere. In a few areas, our approach differs in specifics, but probably not in principle.

The author of this book, John Whitman, is a 6th Degree Black Belt in Krav Maga. John trained in the early days of Krav Maga's growth with Darren Levine, who deserves massive credit for the expansion of Krav Maga in the United States. John received his 5th Degree Black Belt from the prestigious Wingate Institute in Netanya, Israel, where he was also the first person in the world to receive a Senior Instructor Diploma.

We invite you to study the material presented here and try it for yourself, first on a technical level, then under stress. Take what works for you and adapt where you see fit. Remaining loyal to a technique or name isn't important. Your only priority should be your own safety and the safety of those you love.

## Introduction

Krav Maga ("contact combat" in Hebrew) has become a well-known modern defensive tactics system. From its roots in Israel to its growth in the United States and around the world, Krav Maga is now one of the most preferred self defense systems for civilians, military, and law enforcement agencies because it is easy to learn and easy to remember under stress.

Krav Maga is a comprehensive system. That is, rather than specialize in one area such as ground fighting (like Brazilian Jiu-Jitsu) or stand up fighting (like Muay Thai), Krav Maga tries to be very good in all areas. The system

emphasizes simple movements and advocates fewer techniques that work in a broader range of situations, rather than having one technique for each separate variation of an attack. To do this, Krav Maga operates by a set of principles rather than by a set number of techniques. Here are a few of these principles:

### **Base Movements On Natural Instincts**

The human body is hardwired to react to outside stimuli, especially violent stimuli. If we build our defensive techniques to imitate, as closely as possible, those natural reactions, we will be more likely to perform a technique successfully under stress.

In addition, if we use the instinctual motion as the foundation of our techniques, those techniques will be easier to perform by the average person, since the movement is similar to the body's basic mechanics.

Of course, there are many techniques from other systems that are not based on natural instincts, and some of these techniques are very effective! But in most cases, they take longer to learn and are more difficult to perform under stress because they are farther from that basic movement. This doesn't mean they are bad techniques, it just means you have to commit more time to learn them.

### **Address The Immediate Danger**

Your initial reaction should effectively and immediately remove or minimize the imminent danger. Whether that threat is a knife plunging toward your body, a gun pointed at your chest, or hands on your throat, the first movement must reduce or eliminate that danger. This might seem like common sense, but you'll find many examples of self defense that make some initial set up movement first, then remove the danger. In real life, if you try to execute one of these movements, you will be injured before you can finish your defense.

### **Integrated Movements**

The fewer options you have, the faster you'll react. It's that simple. When confronted by a threat, you must react efficiently and aggressively to overcome that threat, and the last thing you want to do is run through a catalogue of choices. Krav Maga seeks to find one movement that works

against multiple variations of an attack so that there are fewer techniques in the system.

If your system has multiple options, you can train yourself to move through the catalogue of choices quickly, and the “lag time” might be insignificant. But now we are back to the idea of committing more time to training. Krav Maga’s goal is to minimize training time, under the assumption that the practitioner, whether soldier or civilian, has other important duties to perform.

### **Minimum Movement In Defense For Maximum Power In Counterattack**

By definition, if you are defending yourself, you are going second. The attacker has initiated. Your movement to defend **MUST** be smaller than his movement to attack, or you will lose that part of the battle. A punch defense must be a smaller, easier movement than a punch. A choke defense must be immediate and explosive in relation to the pressure being applied to the throat.

In addition, the movement cannot be so big that it slows down our counterattack. As you will read in the next section, counterattacks are vital! Our defensive movement must be effective, but it must also be minimal, so that we can turn our full attention to offensive movements. Offense wins fights.

### **Defend And Counter Attack Simultaneously**

This is as fundamental to Krav Maga as any other principle we’ve mentioned. Krav Maga is an aggressive system. While we train all of our self defense techniques from unprepared and unstable positions, we always move from defense to offense immediately, at the beginning of our techniques.

Training to make counterattacks simultaneous with our defensive movements gives us two benefits:

- 1) In training, this principle establishes a fighter’s mentality. We do not defend, we attack while making a movement to address the immediate danger.
- 2) Simultaneous counterattacks inhibit or eliminate the opponent’s additional



attacks, heading off any additional aggression.

This is why, in the previous section, we talked about minimal effort on defense for maximum power in counterattacks. Our defensive movements must be effective, but small enough to allow us to exert most of our energy in counterattacking. As we said before, offense wins fights!

### **Attack Aggressively Until You Are No Longer In Danger (Then De-escalate)**

Defend yourself until the threat is neutralized. This might mean that you give one kick to the groin, then run away. On the other hand, it might mean picking up a rock to use as a weapon until the attacker stops being aggressive. The details and degree of violence are circumstantial — but the willingness to use enough aggressiveness to stay safe is vital. In some situations, you might be able to de-escalate the situation verbally. Good! We are not advocating violence for its own sake. But even if we try to de-escalate, we are not in control of the attacker's behavior. For this reason, your ultimate safety depends on your willingness to use enough force to keep yourself and your loved ones safe.

Although we advocate aggressive reactions to violent stimuli, we do not advocate unnecessary violence. You are not allowed to beat someone simply because you think they deserve it. If they present an immediate physical threat to you or someone you love, you have a right to do whatever a reasonable person in your situation would deem necessary for protection. But once that threat is gone, you must de-escalate.

Because we must be able to recognize when the threat is neutralized, assessment is an important part of training, especially for Black Belts. At this level, you should be good enough to react decisively, and then de-escalate as the threat subsides.

### **Use The Strongest Movement Possible Against The Weakest Part Of The Attack**

We try to apply strong movements of the body against the weakest part of the opponent's attack. In our basic choke defense, we use an explosive movement of our hands, arms, and shoulders, against only the attacker's thumbs. Our basic gun defense applies a strong movement of our arm against

a relatively weak movement of the attacker's arm to resist.

In some cases, of course, the attacker's movement is not "weak" (a knife attack is a good example), but we use a strong movement of our body (the "360" defense, which employs skeletal structure and stability) against the weakest part of the attack (the wrist).

## **Krav Maga and Ground Fighting**

Krav Maga has always included ground fighting. Imi Lichtenfeld, founder of the Krav Maga system, was, after all, an accomplished wrestler. The system advocated basic ground skills long before the Ultimate Fighting Championship helped Gracie Jiu-Jitsu reach a global audience.

However, as more and more people are exposed to higher levels of grappling, Krav Maga's early approach to grappling became inadequate. The system has been forced to improve its ground techniques while remaining true to its own tenets. This can be a challenge — ground fighting against a skilled opponent becomes a maze of options depending on how your opponent moves or reacts. It is tempting to pile technique onto technique to address all the variations of a particular situation. But this conflicts with Krav Maga's emphasis on simplicity.

We've focused on several main guidelines to keep our ground fighting curriculum both effective and simple:

- Position and control are more important than submission.
- Strike from the top, grapple from the bottom.
- Dirty fighting should enhance your ground skills, not replace them.
- Do more ground fighting in the gym so you can do less of it on the street.
- Focus on the most common attacks and situations.

### **Position And Control Are More Important Than Submissions**

This concept is hardly new to Krav Maga. The axiom "position before submission" is common in the grappling world. For Krav Maga, however, it means a little more — because we will train on positioning much more than

submission techniques. We are not trying to win a tournament and we don't (necessarily) need to break arms or legs. We need to dominate the fight and get ourselves to a safer position so we can give ourselves more options, especially if there are multiple attackers or we can access higher force tools. You will learn good, solid attacks from the ground, but we will focus on reversing positions and escaping when we are on the bottom, and control and striking when we are on top.

### **Strike From The Top, Grapple From The Bottom**

This principle is meant to be good, solid advice, but not a rule set in stone. It is sometimes possible to strike from the bottom during a ground fight, and there are moments even during a street fight when a "submission" from the top might be a good tactic. But in general, striking from the bottom lacks power, so it's better to work on positioning or a choke, arm lock, etc. From the top, some submissions require either precision or a change of position, which can be risky, so we usually recommend "ground and pound" style fighting, and then disengaging when possible.

You will learn some submission-type attacks from the top position in Krav Maga, but we emphasize simpler control techniques.

### **Dirty Fighting Should Enhance Your Skills, Not Replace Them**

"I don't need grappling techniques. I will just bite him," some people say. Good. Bite him, if the situation calls for that level of force. But you'd still better learn positioning and movement both on the ground and in a clinch. Krav Maga's willingness to use visceral, "dirty" attacks is not an excuse to gloss over a fundamental area of a street fight. Learn how to maintain your balance and space in a stand up grappling situation, and how to control people from the top and the bottom on the ground, then add some vicious head butts, bites, horse bites, and eye gouges, if necessary.

### **Do More Ground Fighting In The Gym So You Can Do Less On The Street**

So, you don't want to practice ground fighting because you don't like being on the ground? I understand. Personally, I don't like having guns pointed at me. But that's exactly why I practice gun defenses.

If you don't like fighting on the ground, you'd better do more of it. You might hate every minute of it...right up until the moment your street fight goes to the ground and you realize you have the skills to deal with it.

### **Focus On The Most Common Attacks And Situations**

If you want to learn flying triangles and multiple arm bar variations, Krav Maga is not for you. If you want to learn a variety of strategies for attacking from half-guard in a tournament, we are not the people to train with. You will definitely need some of those techniques against a skilled opponent in competition. On the street, however, you will only need to be very good at the basics such as guard position, side control, full mount escapes, arm bars, chokes, and a few other things.

How good do you have to be on the ground? There's no perfect answer to that. The better you are, and the more you know, the better you'll fare. But since Krav Maga's mandate is to keep the system as simple as possible while still remaining effective, we have to draw a line somewhere. Krav Maga will most likely not prepare you for a Brazilian Jiu-Jitsu tournament beyond the white or possibly blue belt level, because we simply don't discuss some of the strategies you will encounter in that environment.

However, the ground techniques we do teach will prepare you for a street fight with the typical attacker, and will also give you the tools you need to deal with an opponent with ground fighting skills.

## **Firearms**

If you want to be a high level Krav Maga practitioner, you must learn to operate both pistols (semi-automatics and revolvers) and long guns (rifles and shotguns). A majority of Krav Maga practitioners tend to be advocates of responsible gun ownership, but some are not. It doesn't matter what your political viewpoint is. You will be learning how to disarm someone who has threatened you with a firearm. So even if you believe in stricter gun control, you still **MUST** learn how the weapon functions, if only in order to handle it safely after the disarm.

We have included here a bare minimum set of requirements for various levels of the Krav Maga Alliance curriculum.

### **Blue Belt (Level 4) Student**

At this level, the Krav Maga practitioner should have basic working knowledge of pistols (both revolvers and semi-automatics), including: the four basic safety rules of firearms; loading and unloading; proper grip; sight alignment; firing, and clearing basic malfunctions.

### **Brown Belt (Level 5) Student**

Brown Belt students should have more advanced knowledge of pistols operation, including: drawing from the holster; firing, reloading, and continuing to fire accurately under mild pressure; and basic CQB (close quarters battle) tactics with a firearm.

### **Black Belt (Level 6 And Up) Student**

Krav Maga Black Belts should have more advanced working knowledge of firearms tactics, including: basic shooting and moving; reloading under pressure; and shooting from cover or concealment. At Black Belt level, our training includes basic operations and tactics with shotguns and rifles as well.

At all levels, we train to use firearms both as “hot” and “cold” weapons. We also provide training in a variety of weapons popular around the world, so that we are familiar with firearms we might encounter in other countries.

Just as we believe in applying Krav Maga hand to hand techniques under stress, we apply our firearms training in simulated combat situations. We create “force on force” scenarios using simulation ammunition.

Firearms are an important part of modern defensive tactics training. Even in countries where firearms are banned, one might possibly encounter an armed assailant. While any such situation will be stressful and difficult, Krav Maga gives you the best chance of defending yourself if necessary, and you may end up holding the weapon in your hands. Be sure you know how to use it!

## **Training Drills**



Training Drills are a vital part of all Krav Maga Alliance training. While the techniques themselves are important, they are only the beginning of our understanding of self defense. Any real application of techniques and principles will take place under extreme stress, so from our point of view, the techniques are meaningless until they can be applied under stressful circumstances. Training drills allow us to create various types of stress under safe conditions.

In order to focus on specific areas of training, we divide our training drills into five categories, and we've included a few simple examples.

### **Fatigue Drills**

These are drills that tire the practitioner out, but demand that she continues training.

Examples:

Punch-Sprint-Push Up Drill: punch non-stop; on command, sprint to the other end of the room, drops down and does 10 push ups, then sprint back and continues punching; repeat two more times.

(for a variation, perform groin kicks instead, then sprint and do squats, then return)

“Tabata” Striking: choose a strike (straight punches, front kick, etc.); perform that strike non-stop for 20 seconds, then rest for ten seconds; repeat for 8 rounds.

Non-Stop Knees: hold the pad holder in a clinch (you may switch clinch positions any time); on command, deliver knees aggressively; when the instructor calls “Time!” continue clinch control, but stop giving knees until ordered to go again. The instructor should vary the duration of the strikes and the rest; the drill should continue for several minutes.

### **Stress Drills**

These drills cause stress by creating distraction, uncertainty, and a variety of stimuli. In most situations, the defender does not know what attack will

come, or when it will occur. Often, the defender must focus on one task and then respond to another, unexpected assault. Sometimes these drills are elaborate, involving multiple attackers, light and sound devices, and other types of training equipment. Sometimes, drills can be as simple as closing your eyes so you don't know when you'll be attacked.

**Eyes Closed Drill:** the defender stands with eyes closed, in a passive stance; an attacker can make any one of several attacks.

**Shark Attack:** the defender must deal with multiple attackers making multiple types of attacks with and without weapons; attacks happen one at a time, but they occur rapidly so that the defender has no time to reset himself.

**Straight Punch/Headlock** - the defender punches a pad non-stop; at any time, an attacker can attack with Headlock from Behind (or any other attacker from behind).

### **Aggressiveness Drills**

In these drills, the participant is given a task and told to complete that mission regardless of obstacles. These obstacles are usually physical but can sometimes be mental. A warrior's mindset is vital to surviving a violent encounter, and Aggressiveness Drills build that fighting spirit.

**Belt Drill:** one person holds a pad for the striker. The striker has a belt wrapped around his waist, and another person holds the end of the belt. The striker must punch non-stop while the belt holder pulls him back. The goal is for the striker to focus on achieving the goal of striking the target continuously.

**Barricade Drill:** groups of pad holders stand in pairs, shoulder to shoulder, holding pads. There should be three or four pairs, one behind the other. On the far side of the barricade, another person holds a pad for punching. The practitioner must break through each layer of the barricade, then strike the pad. The pad holders should offer some resistance, but allow the practitioner to get through. Precautions should be taken to ensure the safety of the pad holders.

**Distraction Drill:** the practitioner continuously strikes a target while another

person stands beside or behind him, hitting and slapping with a pad. The striker must ignore the distractions and focus on striking.

## **Vision Drills**

Vision drills teach the practitioner how to use peripheral vision to maintain awareness of their environment, and also include tactical decision-making regarding angles and direction of movement.

**Focus Mitt Recognition Drill:** this drill involves one focus mitt holder, one striker, and a third person standing behind the holder and slightly to one side. The striker must strike the pads non-stop. Any time the third person raises an arm, the striker must call out which arm (right or left) as moved while continuing to punch.

**Zombie Drill:** in this drill, a small group of people play attackers moving as a group toward the defender. The defender must move to stay on the outside of the group, never being caught in the middle, or moving between attackers.

The level of difficulty can be raised or lowered. In the easiest version of the drill, the attackers move forward with arms outstretched as if to grab the defender (like zombies). The defender simply has to push lightly on the arms and the “zombie” must move in the new direction for at least one step. In more advanced versions, the “zombies” become actual attackers making punches or attacking with weapons.

**Attack Recognition:** the defender stands and watches while the attacker makes punches to the air in very slow motion. The defender must call out the punch as early as possible. This drill must be done very slowly. The goal is to recognize motion very early.

## **Movement Drills**

Movement drills are the simplest sort of drills. They simply allow you to practice the mechanics of movement.

**Ground Movement Drill:** the defender lies on the ground in a ground position. The attacker, standing, moves around the defender in a circle while the defender practices moving to keep his feet between himself and the

attacker.

**Follow The Leader:** both the leader and follower stand in a fighting stance; the leader moves forward, back, left and right in stance while the follower imitates the movement.

## **Understanding The Techniques**

The following sections describe techniques for 1st, 2nd, and 3rd Degree Black Belt in the Krav Maga Alliance system.

Krav Maga is a system based on principles, so why have specific techniques? Techniques allow us to organize and exemplify the principles that we discuss, but it's important to recognize the techniques for what they are: examples of the principles, rather than the be-all, end-all of the situation. While the techniques shown here often give the clearest example of a principle, they are not the only examples. Variations are always possible, as long as they fit within the principles.

The danger of publishing a book of techniques — or, indeed, of showing a set of videos — is that the technique suddenly appears bound by those parameters. “The instructor showed me to do X, so I must do X.” If “X” represents a principle such as “redirect a firearm, then burst forward and control by putting your weight forward and down against it,” then I agree with the statement. But if “X” means “always use your left arm to redirect,” then we have begun to limit ourselves. Violent confrontations are dynamic events. Our response must be both aggressive and flexible.

As you study the techniques listed here, understand that we chose them to be the best and most understandable examples, but the situations are not static. Understand the governing dynamics behind them, and learn to adapt.

## **Black Belt First Degree**

The rank of Black Belt is the culmination of years of hard work and dedication. While Black Belt has some new techniques and requirements, it is

in many ways simply the test of all previous levels at higher stress and greater degree of difficulty. There's a popular saying among Krav Maga practitioners: "You never forget your Yellow Belt test or your Black Belt test." The Yellow Belt test is the first test, and beginners are surprised at how physically and emotionally demanding it is. The subsequent tests are all hard, but by the time they come around you know what to expect. Then the Black Belt tests pushes you to a higher level. You learn more about yourself and your ability to perform under stress. The experience is powerful and enlightening.

We also hope it is motivating, because we don't want Black Belt to be the end of your journey. It should simply be the next step. I recall receiving my Black Belt and thinking, "Okay, now I have to earn this." I'd just gone through a grueling test, but my only thought was that now I had to live up to a new standard. Black Belts should be examples. They should train harder, train smarter, and live better. Even if a Black Belt is not an instructor, he is still an example and an inspiration to those who are training with him, and he should help to show them the way.

## **General requirements**

### **At Least One Fight**

In the Krav Maga Alliance, we require everyone who wants to be a Black Belt to enter at least one fight in the ring.

This fight can be at any level (smoker, amateur, semi-pro, etc.). For safety reasons, we recommend that you enter a sanctioned fight with a recognized organization that guarantees qualified refereeing, on-hand medical staff, and all other standard safety precautions.

The fight can include protective gear such as shin guards and head gear along with the obvious requirements of gloves, mouth piece, and groin protection. Boxing, kickboxing, Muay Thai, and all variations of MMA are acceptable. Some fights do not count: old style point fighting, traditional martial arts tournaments, and grappling-only tournaments do not qualify. While we respect these events, they don't offer the same stress. Grappling competitions



such as wrestling, Sambo, and Brazilian Jiu-Jitsu are fantastic, and we highly recommend them, but they don't allow striking.

Why require a sport fight if we are teaching street self defense?

Because a ring fight, in front of an audience, against an opponent who not only wants to win, but genuinely wants to damage you, is the closest we can come to the stress of a violent encounter. Of course, it's not exactly the same. There are rules, and those rules take away some of the "street" feeling. But the stress is realistic, and that's what counts.

When you test for your Black Belt, you will fight other candidates and some fresh opponents who are there just to fight you. It will be incredibly hard — in some ways, harder than your ring fight! But no matter how hard the test, you will know, somewhere in the back of your mind, that your opponent will ease off if you get rocked. If you get hit and drop to one knee, he might punch you again, but his punch will lack some aggressiveness because he's your ally.

At this moment, some of you are reading this and saying "Not at my school! We show no mercy!" With all respect, I don't believe you. I've been the guy who yells at people to keep fighting when they are hurt. I have hit people when they are down...but I didn't hit them with full force. No one does, because we are not really the enemy.

In a ring fight, if you get rocked, your opponent will come at you harder and faster, because he smells blood and wants to win. And there will be dozens or hundreds of people cheering him on, rooting for you to fail. If you want to be a Krav Maga Alliance Black Belt, you need to face that, at least once.

### **Opposite Stance**

Black Belt practitioners must perform all techniques from an orthodox (right handed) and south paw (left handed) stance, and must be able to execute all basic techniques against a left-handed attacker.

In this book, we will not show all techniques from both stances. It would

simply make the book too cumbersome. But you should be able to perform every technique from Yellow Belt up through 1st Degree Black Belt from an opposite stance and/or against a left handed attacker.

This requirement includes basic focus mitt and Thai pad work. You must be able to move, strike, and defend from your opposite stance.

## **Advanced Kicks**

Yes, we have kept some of the advanced kicks in the system. No, most of them are not practical for a street fight.

So, the obvious question is, why have them at all?

The answer is simple, although perhaps not satisfactory for self defense purists. These kicks are fun and challenging, and the minimal amount of time we spend on them does not really detract from more practical training, while the mental break they give is beneficial. So much of our training is “blood and guts” serious that it’s good to take a mini-vacation now and then to work on something that improves our athleticism, even if we aren’t going to use it in a fight.

In addition, the athleticism required of these kicks is good for us. Speed, coordination, agility, balance, and flexibility are all components of overall fitness, and these kicks represent an interesting way to challenge all those attributes.

## **Jumping Front Kick**



This technique is used against targets in the center of the opponent's body, and it can add unpredictability to your attack. The technique is performed from a regular stance.

- Bend your knees slightly, then spring off both feet at the same time. Your jump should carry you slightly forward.
- While in the air, execute a Front Kick Vertical Target. Your base (non-kicking leg) should tuck up and under your body.

- If possible, recoil to land in your regular fighting stance. It is acceptable to land in an opposite stance.

## Jumping Round Kick



This technique targets the side of the opponent's silhouette. While not a fake, it is an unpredictable movement that can catch your opponent off guard. The technique is performed from a regular fighting stance.

- Bend your knees slightly, then spring off both feet at the same time. Your jump should carry you slightly forward and diagonally through the target.
- As you reach the height of your jump, roll your rear side through and deliver a right round kick. Your base (non-kicking) leg should tuck up and under your body.
- After the kick, recoil to your regular fighting stance if possible. Landing in an opposite stance is acceptable, but not preferred.

## Jumping Side Kick





This technique targets the center of the opponent's silhouette. Unlike the previous jumping kicks, this kick is performed with the leg closest to the target. The technique is performed either from a regular stance or from a sideways position relative to the opponent.

- If you are in a regular stance, take a short step with your forward foot to turn sideways to the opponent.
- Bend your knees slightly, then spring off both feet simultaneously. Your jump should carry you upward and slightly toward the opponent.
- At the height of your jump, make a side kick with the leg closest to the opponent. Your base (non-kicking) leg should tuck up and under your body.
- After the kick, recoil into a fighting stance with your kicking leg in front. Your stance will be somewhat sideways to the opponent as you land. As you recover, adjust your stance to square up to the opponent.



**Scissor Front Kick**



This technique targets the torso or face. Unlike previous kicks discussed in this section, for this kick, you should jump off one foot. The scissoring action functions as a distraction or feint. This technique is trained most easily by starting in an opposite stance.

- From an opposite stance, drive your left (rear) knee up and forward, emphasizing height.
- As you finish lifting your left knee, drive off your right foot and bring that knee up. Your legs will switch or “scissor” in mid air.
- Deliver the kick to your target, striking with the ball of your right foot.

- You can land in either a regular or opposite stance.

## Scissor Round Kick

This kick is similar in timing and rhythm to Scissor Front Kick, although it requires more athleticism. This technique is trained most easily from an opposite stance.

- From an opposite stance, drive your left (rear) knee up and forward, emphasizing height.
- As you finish lifting your left knee, drive off your right foot and bring that knee up.
- As your knee rises, pivot your hips in the air so that your right hip and leg roll upward and your left hip and leg roll downward.
- Deliver a right round kick as you make this movement.
- You can



land in an opposite stance or recoil to your regular stance.

# Jumping Spinning Back Kick

The Jumping Spinning Back Kick is the most athletic kick in this section, but also the most powerful. For this kick, you will start in your regular stance.

- From your regular stance, take a small diagonal step with your forward foot so that you are sideways to your opponent. Although this might “telegraph” your technique, the step reduces your turn, which makes the kick much easier and faster to execute. As you make this step, bend your knees and prepare to jump.
- Jump up and slightly forward. As you jump, turn to look over your rear (right) shoulder. Ideally, you should look around your shoulder rather than over it, and allow the motion of your head to turn your body in midair.
- Deliver a back kick to the target. As you kick, pull your non-kicking leg up beneath you.
- Recoil your foot and land in an opposite stance, then turn to face your opponent.

Drill: The secret of this kick is in the jump. Practice by stepping, then jumping and pulling your knees to your chest. This is simply a version of a “tuck jump.” However, you should allow your hips to shift so that you have turned around in mid air.

# Advanced Defenses Against Threats With A Hand Gun

All the techniques in this section are built upon basic Krav Maga gun defenses. If you are not familiar with those, we suggest training on “simpler” situations before studying any of these more difficult scenarios. You will find many of those techniques explained in the book “Complete Krav Maga.”

Any situation involving a firearm is extremely dangerous. For this reason, we recommend following a few simple, straightforward rules when considering using any of the techniques in this section (or this entire book, for that matter!).



## **Comply If Possible**

I know that sounds ironic coming from a system that advocates aggressive responses. If the attacker seems like he is interested only in your property, give it to him. Your watch, your wallet, and your car can all be replaced. Your life cannot.

Caveat: the problem with this advice is that we cannot tell you if and when the attacker might escalate from simple robbery to aggravated assault, battery, or worse. If you are ever threatened with a firearm, you will be the only person able to decide whether the situation warrants compliance or resistance.

We can only offer two simple pieces of advice:

- Have the skills and attitude to defend yourself if necessary
- Defend your life, not your ego or your property

To this basic advice we can add a few additional guidelines.

- If the attacker tries to relocate you or restrict your movement, defend yourself. While even this rule is not set in stone, in general, if the attacker wants to confine you or move you to a new location, he probably has intentions beyond a simple property crime. It is probably time to act.
- If you decide to defend, do so decisively and aggressively, and don't stop until the threat is neutralized, even if you are shot. People often survive gunshot wounds. Keep fighting.

## **Handgun Defense Principles**

Four simple principles inform all Krav Maga gun defenses:

- Redirect the line of fire by moving the weapon off your body and (usually) by adding a body defense to move yourself out of the line; the movement of the line of fire is always more important than the body movement.
- Control the weapon
- Counterattack aggressively
- Disarm the attacker and create distance

Note that these four principles (sometimes described as Redirect, Control, Attack, Take away, or R-CAT, for those who like acronyms) are not stages or separate movements. Most often, the Control and Counterattack occur simultaneously, or at least overlap.

In the vast majority of situations, we counterattack before attempting to disarm. In a few scenarios, we disarm before counterattacking simply because the opportunities to counterattack are limited, and counterattacking might compromise our control of the weapon.

## Gun - Hostage Situation



In this situation, the gunman holds the gun in his right hand to the right side of the defender's head (or behind the head), with his left hand wrapped around the defender's upper body or neck. He might also be pulling back

slightly to keep the defender off balance.

It might be natural to bring your hands up to the attacker's arm, as shown in the second picture. Don't offer too much resistance, but keeping your own arms up, and close to your body, is a good tactic because it moves your hands closer to the gun and out of his line of sight.

- With your right hand, reach up quickly and grab the barrel, turning it forward so the line of fire points straight ahead. If possible, add a small body defense by moving your head slightly backward. A thumbless or "plucking" grip is easiest.
- As you complete this movement, your left hand should slide behind the weapon, "capping" the back of the slide or hammer with your palm.
- At this point, you might try to deliver a head butt backward, although it is difficult to know where the attacker's head is, and you should not compromise your own balance.
- Pull the muzzle straight back while pushing forward on the back of the slide/hammer area. This leverage creates a lot of pressure on the attacker's wrist and hand. This movement must be very explosive and aggressive.
- Push the gun forward and away from the attacker while punching your hips slightly backward. These two motions together should put the weapon beyond the reach of most attackers.
- Deliver a right elbow to the body, and then another to the face. If possible, hold the gun in your left hand while delivering the elbows, so that you continue to keep the gun away from the attacker. This detail is good, but not vital.
- Move away to a safe distance.

# Gun - Kneeling Position



This is an extremely high risk situation. Your position is bad to begin with, and if you kneel for any length of time before being able to act, your legs may become numb. Our technique must account for possible lack of mobility or speed in rising.

If you are ever forced into this position, try to keep on the balls of your feet, rather than the tops of your feet. This will give you more mobility and

explosiveness.

- As the gun comes within reach, redirect the barrel with your left hand, and immediately catch the back of the slide/hammer area with your right hand, driving forward with your arms.
- Step your left foot forward and drive yourself to a standing position.
- Deliver a groin kick with your right leg as you stand. Note: if the gunman reacts quickly and moves backward, you might have to take one or two steps toward the gunman before kicking. Always move toward the gunman!
- Rotate the gun sharply with both hands to snap it from the gunman's grip.
- Move away to a safe distance.

Note: This technique can be done equally well on the opposite side. You can redirect with your right hand, catch the back of the slide/hammer area with your left hand. I would still recommend stepping with your left foot first, since it lines up your kick with his groin.

## **Gun from Behind being walked**



The basic technique assumes the gun is touching (or very close to) your back and the attacker is not using his free hand to restrict your movement. If he is also holding you with his free hand, you might need to resort to a technique such as Machine Gun Takedown.

Assuming that the attacker is not also restricting your movement, the defense is a variation of Gun From Behind, Touching, from earlier levels in the system.

- As the attacker forces you to move forward, try to walk naturally, without

the appearance of “setting up” the technique.

- As your right foot steps forward, use your arm and body to turn sharply back and to your left, redirecting the weapon.
- Burst forward to wrap the arm and deliver an elbow. (Note: it is quite possible the attacker will walk into your elbow even if you don't burst forward.)
- Continue counterattacking with knees
- To disarm, reach your right arm across without turning your back to the attacker; grab the muzzle with your pinky up and snap down sharply to break the attacker's grip; lift the weapon away from his finger; if necessary, use the muzzle of the weapon to strike the attacker in a hammer fist motion; disengage and create distance.

# Gun with Attacker Punching, Slapping, Etc.



This situation involves a discussion of tactics rather than technique. Assuming the attacker is facing you, the two techniques you will use are Gun From The Front or Gun From The Front, 2 Handed Technique.

However, it is very possible that you will not be able to defend immediately. If the gunman is pushing, slapping, or kicking you, the gun might not be in a position for you to grab it immediately. You must absorb some of these strikes without looking like you are waiting to defend.



As soon as the weapon is presented, execute one of the above-mentioned techniques immediately and aggressively.

This is a VERY IMPORTANT concept to train. Static threats are possible, but they should be considered the beginning of your education in gun defenses. In a real situation, the gunman will quite likely be more animated, moving himself and the gun around. Unless you believe you are about to be shot, you should wait for a moment. Absorb pushes and slaps, look and act compliant, and wait for your opportunity.

## **Gun - Attacker Pushing Live Side**



As mentioned earlier, if the gunman is punching and slapping you aggressively, with a lot of movement, the gun may not be within your reach, so you might have to wait.

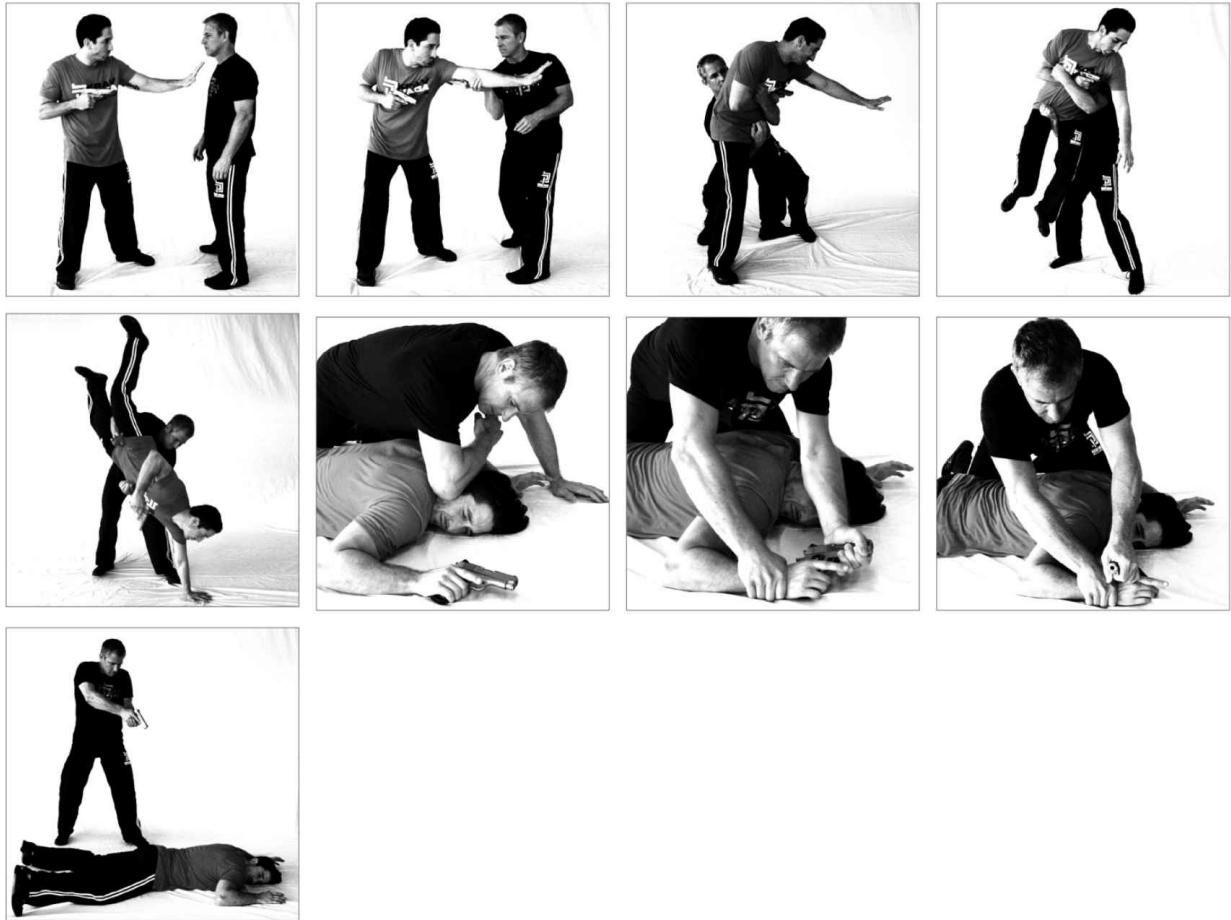
However, if the gun is presented while a push occurs, there is a possible technique. This technique assumes the gun is somewhat within reach and the attacker is using his left hand to push anywhere from your right side to the center of your body.

- As the attacker pushes you with his left hand, make an Outside Defense

with your right hand to redirect the push off your body. You should also blade your body with your left shoulder moving forward to help avoid the push.

- At the same time, redirect the line of fire with your left hand using all the principles from basic Gun From The Front. Note: the Outside Defense mentioned above should allow your body to blade, which creates the body defense used in this gun defense.
- Burst forward, driving the gun forward and downward while punching with your right hand.
- Keeping weight on the weapon, catch the back of the slide/hammer area with your right hand.
- Rotate the weapon sharply with both hands to break the attacker's grip; pull the weapon to you without retreating.
- Once the weapon is away from the attacker, move to a safe distance.

## **Gun Attacker Pushing Dead Side Machine Gun Takedown (Variation #1)**



In this example, the attacker holds the gun in his right hand and away from the defender, and uses his left hand to hold or push the defender away. Because of the angle, the defender cannot redirect the attacker's left hand, and must defend on the dead side. The solution is a technique known as Machine Gun Takedown.

The name comes from the technique's history. It was originally created to defend against sub-machine guns when the defender was forced to move to the dead side, where less of the weapon was available to control.

- When you realize you cannot directly control the weapon, but can move to the dead side, use your right hand to pull on the attacker's elbow. This will turn his body and help you to propel yourself forward.
- Burst in toward the dead side, slightly behind the attacker, as you drop into a low squat. Be sure your hips are very close to the attacker! Press your head

against his back, near the shoulder.

- As you burst in, wrap your left arm around the attacker's waist; try to wrap the attacker's gun arm against his own body, but if you cannot, don't worry. Reach your right arm between the attacker's legs, reaching up as though you want to grab his belt buckle. The crook of your elbow should be in his crotch.
- Keeping your back tight and straight, use your legs to lift the attacker slightly off the ground.
- Pull up with your right arm to invert the attacker and drive his head into the ground.
- Land on the attacker aggressively, striking the back of the head with elbows or hammer fist strikes; control the weapon if it comes out from under the attacker's body.

# Gun Attacker Pushing Dead Side Machine Gun Takedown (Variation #2)

Like the other Machine Gun Takedown variation, in this situation the attacker holds the gun in his right hand and away from the defender, and uses his

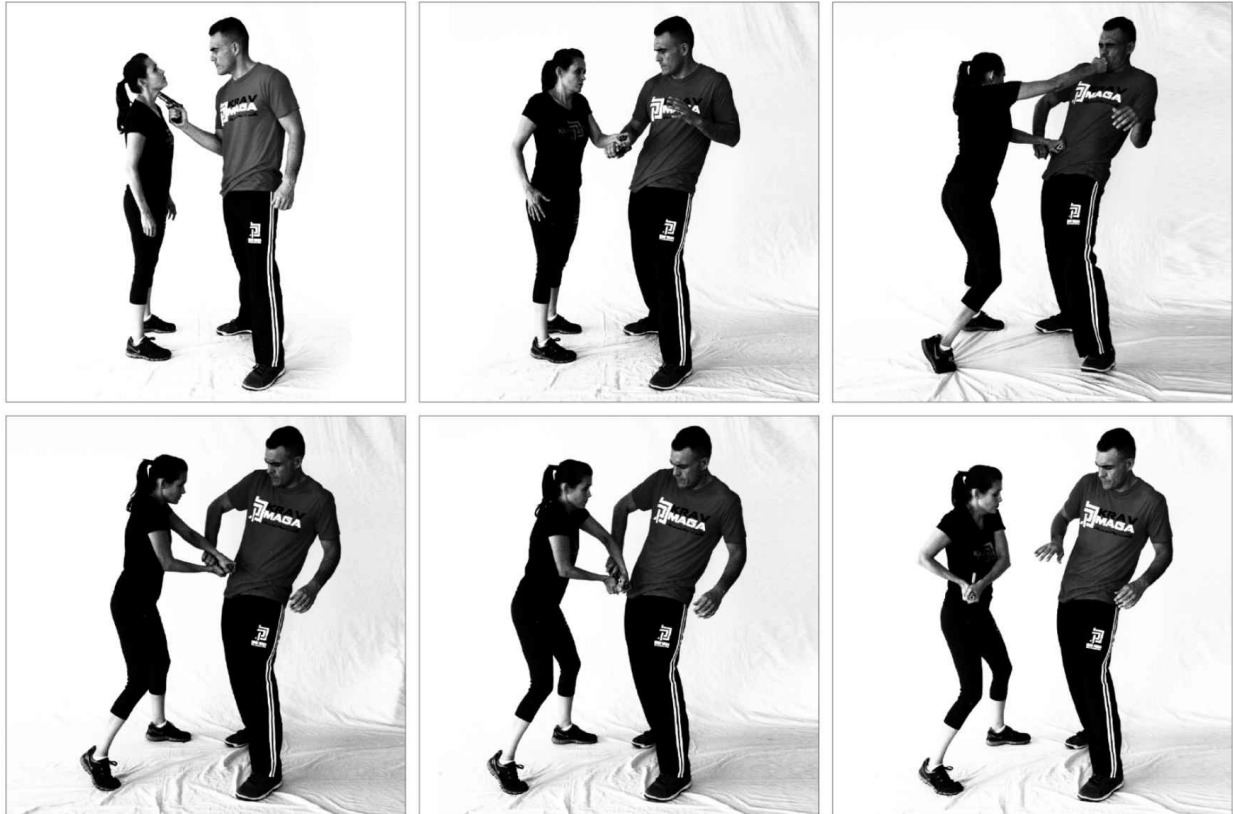


is left hand to hold or push the defender away. Because of angle, the defender cannot redirect the attacker's left hand, and must defend on the dead side. The solution is a technique known as Machine Gun Takedown.

This variation does not require the defender to have the lower body strength to lift an opponent off the ground.

- When you realize you cannot directly control the weapon, but can move to the dead side, use your right hand to pull on the attacker's elbow. This will turn his body and help you to propel yourself forward.
- Burst in toward the dead side, slightly behind the attacker. Be sure your body is very close to the attacker! Press your body and head against his back to maintain control.
- As you burst in, wrap your left arm around the gunman's arm and body; with your right hand, reach around and grab the attacker's face. Use the bridge of his nose as a handle and dig your fingers into his eyes.
- Pull the attacker's chin straight back (you can also pull with your left hand on the attacker's trapped arm to stretch him out), then step back.
- Drop the attacker to the ground and land heavily on him; deliver elbows and hammer fist punches.
- With your right hand, catch the barrel and snap the gun downward to disarm.

## **Gun Under Chin, various angles**



While there are several variations to this threat, the defense is built around two basic Krav Maga techniques: Gun From The Front and Gun From the Front, 2 Handed. These two techniques work against most hand gun threats, even (with some exceptions) if the attacker is using his other hand to control the defender.

Which of these techniques you choose depends on the location and angle of the line of fire. Always choose the movement that will move the line of fire off your body in the fastest, simplest way.

### **For Regular Gun From The Front**

- Use your left hand to redirect the line of fire; begin driving the weapon toward the gunman immediately in anticipation of his pull back.
- Move forward (even if you are already close, still think of leaning and moving forward so your weight stays on the weapon), driving the weapon forward and downward.



- Counterattack with a right punch to the face.
- Recoil your right hand and catch the back of the slide/hammer area for better control
- Rotate the gun sharply to break his grip; pull the weapon to your body; then move backward to create distance.

**For Gun From The Front, 2 Handed**



- Use your right hand to redirect the line of fire; begin driving the weapon toward the gunman immediately in anticipation of his pull back. NOTE: resist the urge to redirect the line of fire “backward” by rotating your body. The muzzle should move laterally relative to your body, then immediately toward the gunman.
- As you finish the redirection, use your left hand to catch the back of the slide/hammer area of the gun for better control. Both arms should be relatively straight, driving the gun just to the outside of the attacker’s body.
- Deliver a groin kick or knee with your right leg.
- Rotate the weapon sharply to break the attacker’s grip; pull the weapon toward you; then move backward to create distance.

## Gun From Behind, Hugging Technique



This technique is designed for a fairly specific, very problematic threat. The gun is held to the defender's back (as usual, we will assume the attacker is holding the weapon in his right hand), and the attacker's body is very close. In addition, the defender is unable to turn to his left, perhaps because the attacker's left hand inhibits his movement.

Note that if there were more space between the attacker and defender OR if the defender could turn to his left (the live side of the weapon), we would not need this technique. We could do something simpler. However, this situation requires the defender to turn to the dead side of the weapon with no space.

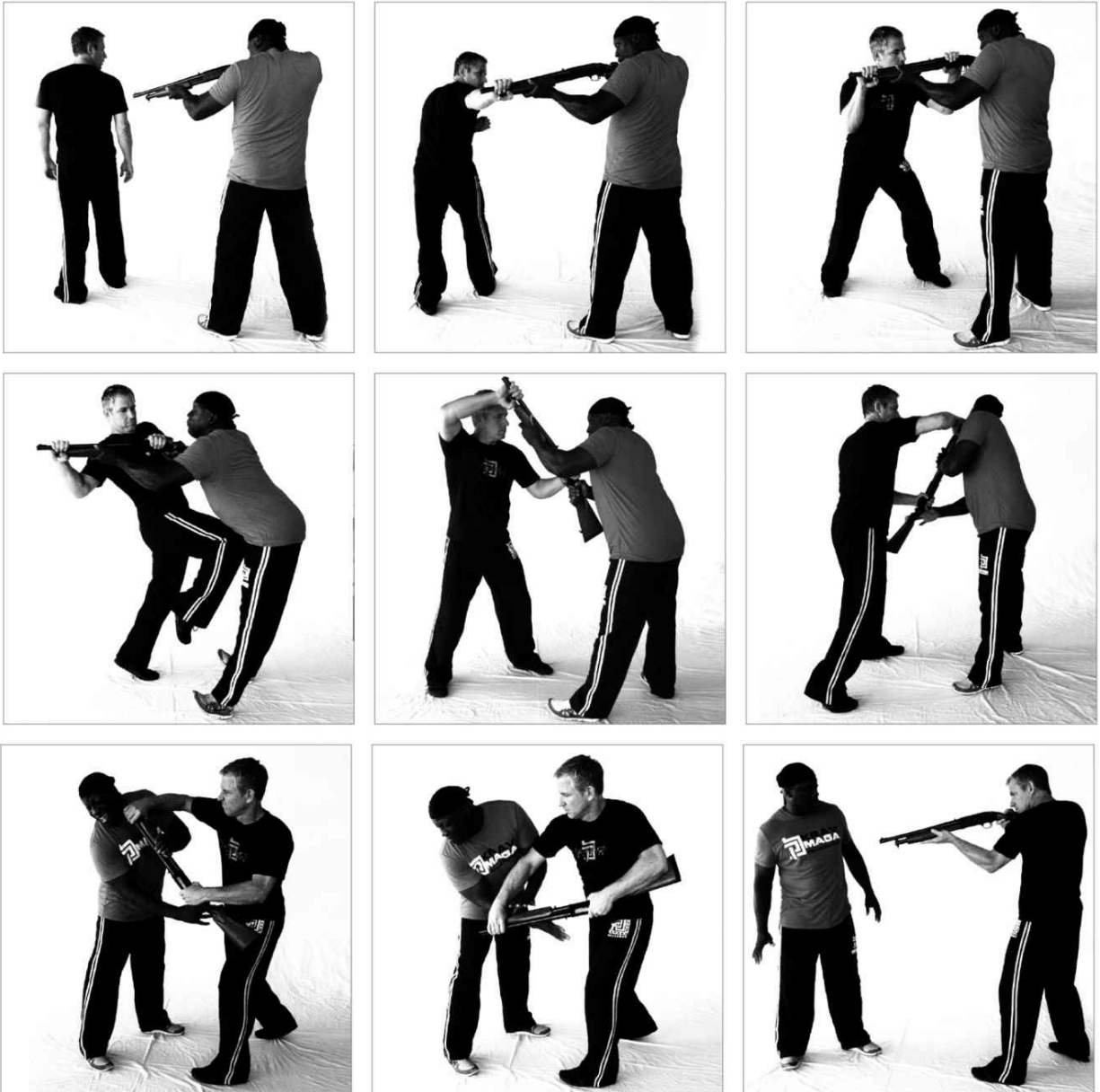
- Looking over your right shoulder, use your right arm to redirect the weapon and rotate your body. Be sure to keep your redirecting arm close to your body as you turn. Your feet should pivot in place.
- As you finish turning, wrap your right arm tightly around the attacker's body with the gun arm trapped in or near the crook of your elbow. Your left hand should "cap" the attacker's right elbow. Press your chest against the attacker's arm and body to maintain pressure.
- Deliver knees to the groin immediately and aggressively.
- As soon as possible, slide your right hand upward to find the weapon and grab the barrel; usually, this will be done with the fingers facing downward. Be sure to maintain pressure on the attacker with your chest by pushing with your legs!
- After you grab the barrel, slide your left hand along the attacker's arm to the wrist; again, maintain pressure on the attacker while you do this!
- If necessary, deliver additional counters such as knees, groin kicks, and head butts.
- To disarm, pull on the attacker's wrist and push the barrel toward him and slightly downward to create leverage.
- Pull the weapon to you, then move backward to create distance.

# **Advanced Defenses Against Threats With A Long Gun**

The term “long gun” refers to rifles or shotguns. In general, it applies to any firearm long enough to be held in both arms with the supporting arm reaching forward of the firing hand. (Hand guns are usually held in two hands, but those hands tend to overlap or connect with one another, creating one large, enveloping control point.) In addition, more professional attackers will brace the stock of the weapon in the shoulder well and use their cheek bone to help stabilize the weapon and line the eye up with the sights. This position, if used by the assailant, creates multiple points of contact and control of the weapon. In earlier levels of the Krav Maga system, we discuss basic defenses against threats with a long gun.

In earlier levels of the Krav Maga system, we discuss techniques for wrapping or hugging the long gun to our body for maximum control. However, the situations described here do not allow this level of control, so we must change to a different set of techniques.

# Long Gun from the Side or Behind at Distance - Live Side



In this situation, we make two assumptions: first, that the gunman is right-handed and second, that you look over your right shoulder. This will put you on the Live Side of the attacker's body.

- Look over your right shoulder so that you can see the threat and make sure there are no additional dangers.

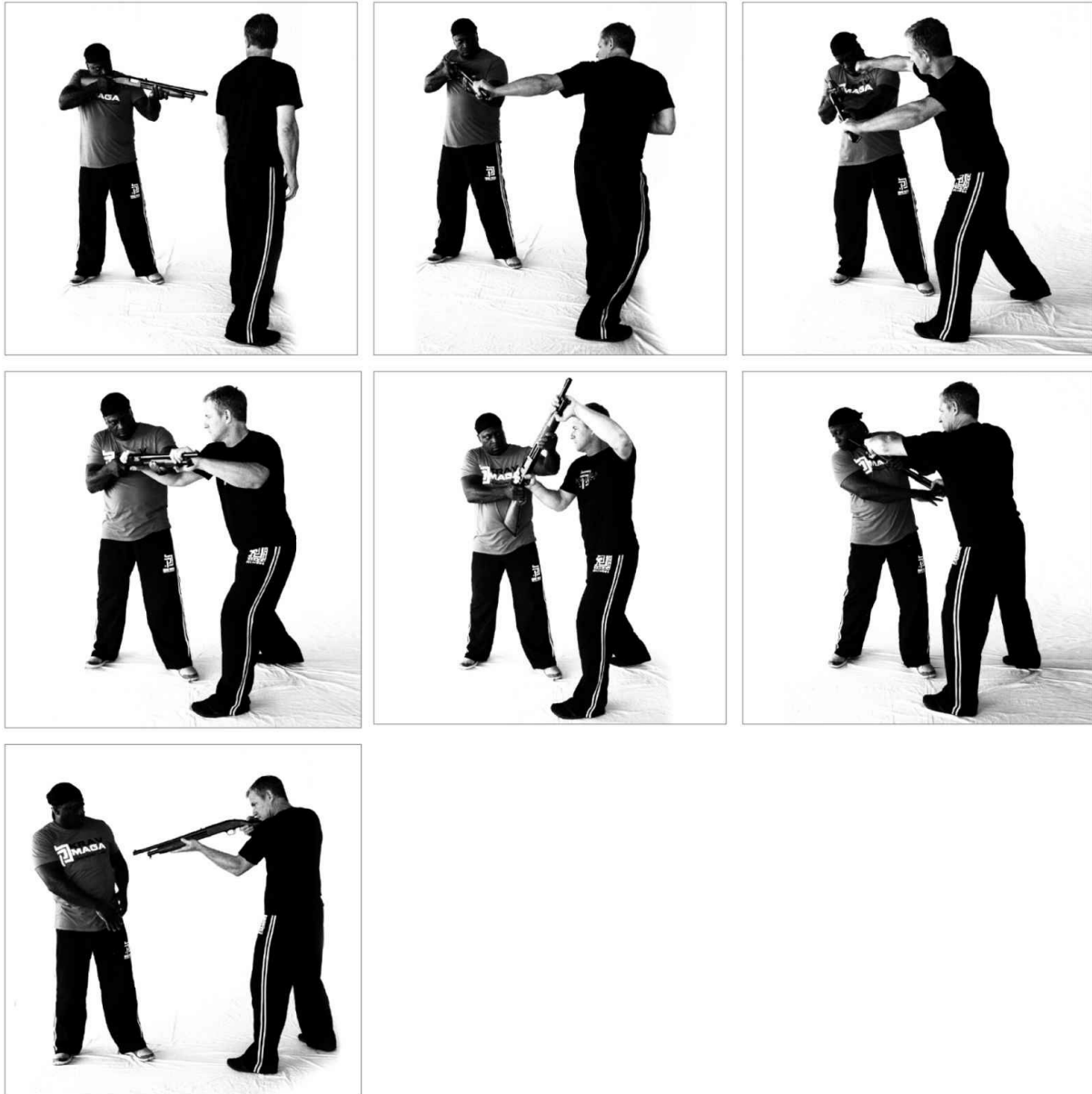
- Send your right hand backward in a straight line to redirect the line of fire; your thumb should be hooked to help ensure that some part of your hand gets control of the barrel. Keep your elbow close to your body as you initiate this movement — if your arm flares away from your body, your movement will be easier to detect.
- As you finish redirecting the line of fire, your hand should close on the barrel in a tight grip.
- As your arm moves, make a small body defense to take your body from the line of fire. However, this movement should turn you in toward the gunman. It should NOT make your weight fall away from the threat.
- Turn sharply inward and burst toward the rifle, reaching forward with your left hand. Make contact with your left hand and soon as possible to stop or slow the gunman's potential strike with the stock of the weapon.
- As you grab with both hands, keep your elbows low for better control. Your weight should be forward toward the gunman with your center of gravity a little low.
- Deliver counterattacks with knees and groin kicks (head butts are also possible).
- In a quick, explosive motion, drive the muzzle upward with your right hand and jerk downward with your left hand. This should remove the stock from the attacker's shoulder well, further reducing his control.
- Strike the attacker in the face with the muzzle or gun sights. The motion should feel very similar to an overhand right punch. Repeat several times, if necessary.
- To disarm, drive the muzzle downward along the attacker's right shoulder while guiding the stock toward your left hip. You can finish this motion with a circular movement inward to completely strip the attacker's hands off the weapon.
- Disengage and make distance, making the weapon ready to fire if necessary.





# Long Gun from the Side or Behind at Distance - Dead Side

In this situation, we make two assumptions: first, that the gunman is right-handed and second, that you look over your left shoulder. This will put you on the Dead Side of the attacker's body.



This position has all the complications of the previous (live side) technique,

with one additional problem: the gunman's left arm often prevents good control of the weapon. For this reason, we use a slightly different technique on the dead side.

- Look over your left shoulder so that you can see the threat and make sure there are no additional dangers.
- Send your left hand backward in a straight line to redirect the line of fire; your thumb should be hooked to help ensure that some part of your hand gets control of the barrel. Keep your elbow close to your body as you initiate this movement — if your arm flares away from your body, your movement will be easier to detect.
- As you finish redirecting the line of fire, your hand should close on the barrel in a tight grip.
- As your arm moves, make a small body defense to take your body from the line of fire. However, this movement should turn you in toward the gunman. It should NOT make your weight fall away from the threat.
- Turn sharply inward and burst forward. Drive the barrel down and away from you, keeping your left arm straight to help control the line of fire.
- As you burst forward, deliver a punch to the gunman's face with your right hand. Continue to keep weight and pressure on the line of fire!
- Recoil your punch and immediately reach your right hand UNDER the attacker's left arm and grab the weapon.
- If possible, deliver knees or groin kicks. Head butts are also possible if you are close enough.
- In a quick, explosive motion, drive the muzzle upward with your left hand and jerk downward with your right hand. This should remove the stock from the attacker's shoulder well, further reducing his control.
- Strike the attacker in the face with the muzzle, gun sights, or your left fist. The motion should feel very similar to an overhand left punch. Repeat several

times if necessary and possible.

- To disarm, drive the muzzle downward along the attacker's right shoulder while guiding the stock toward your right hip. You can finish this motion with a circular movement inward to completely strip the attacker's hands off the weapon.
- Disengage and make distance, making the weapon ready to fire if necessary.

# Long Gun - Strikes with Long Gun

Krav Maga teaches ten basic strikes with the Long Gun. Of course, small changes in angle and direction mean an almost infinite number of variations, but these strikes are a good starting point.



d starting point.

The first seven strikes are very similar to Elbows 1 through 7 taught in the beginning level of Krav Maga training. After that, the weapon itself allows

for some additional striking options.

Note that the pictures used here show a weapon with a pistol grip. The text below will include some small changes for shotguns and other non-pistol grip rifles. In general, if the weapon has a pistol grip, horizontal strikes will be made with the stock above the wrist/hand. If the weapon is more like a shotgun, the stock will be below the wrist/hand.



1. Horizontal Strike Forward - swing the weapon horizontally across the front, striking with the butt. The stock should pivot above your wrist and forearm when holding a pistol grip, and below the hand if holding a shot gun. Use your shoulder, hip, and leg to add power.

2. Horizontal Strike To The Side - if the attacker is on your live side, punch the weapon to the side, extending with your shoulder and using your legs for power. If the attacker is on your weak side, punch with the muzzle.

3. Horizontal Strike Backward - if the attacker is behind you, pivot back and strike with the butt of the weapon. Be sure to turn your shoulder and hip for more power. Note that this technique can be made over the other shoulder, using the muzzle, but the movement is a bit more awkward.

4. Horizontal Strike Back and Low - if the attacker is behind you and the weapon is being held low, strike horizontally toward the attacker's stomach area. Pivot your hip to achieve a more direct line of attack and for power.



5. Vertical Strike Backward — if the attacker is behind you and there is an opening to the face, strike back and upward with the butt, pivoting your hip and shoulder for power.

6. Vertical Strike Forward — swing the butt of the weapon upward to strike the attacker's chin. For greater range of motion, use a slight diagonal so the muzzle goes over your left shoulder.

7. Vertical Strike Downward — if the attacker is low, strike downward with the butt of the weapon, pivoting and bending your knees and hip to drop your weight for more power.

So far, the Long Gun strikes have been very similar to Elbows 1 through 7. The next three strikes are also available with the long gun.

8. Downward Slash — slash diagonally downward with the muzzle (essentially, the opposite movement from Strike #6).

9. Punch Forward — punch forward with the muzzle of the weapon. For greater extension, rotate the weapon trigger hand upward as you strike.

10. Mid-Weapon Punch — strike forward with the middle of weapon in a two-handed forward punch.

## **Defense Against Suicide Bomber**

Any attacker willing to kill himself in order to harm others represents an enormous tactical problem for the defenders. Many of the situations and

solutions regarding suicide bombers lie outside the scope of this book. However, there are a few areas we can discuss and where we can provide some insight and training methods.

Suicide bombers have used a variety of delivery systems, including duffel bags (less common in these more cautious times), belts, and vests. There are several types of triggering devices, but for our purposes we can divide them into two categories: trigger activation and deadman switches. Trigger activated bombs require the bomber to depress a switch to cause an explosion. In a deadman switch, the bomber presses a button or lever to arm the bomb. While the trigger remains depressed, the bomb will not explode. Once it is released, the bomb explodes. This is essentially how most grenades work: pull the pin while keeping the lever or “spoon” depressed, and the grenade will not explode. Once you release the lever (preferably while throwing the grenade toward the enemy), the grenade is armed and will detonate in a few seconds. See the next section for more information.

In a real situation, even if you recognize that someone is a suicide bomber (this is possible with awareness and training, but still difficult, especially in a civilian capacity), you will probably not know what type of triggering device he is using.

If your primary concern is protecting yourself, your only defenses are distance and cover. Your chance of sustaining injury decreases as you create distance because both the blast wave and the velocity and density per square meter of shrapnel dissipate. In other words, the force gets weaker and the shrapnel spreads out and slows down, so you’re less likely to get hurt. Obviously, if you can find a solid wall to put between yourself and the blast, do it.

If your goal is to minimize the attacker’s ability to do harm without worrying about your own safety, and if you have no time for more refined techniques, do the following: Take him down immediately and aggressively. The technique we use is the same technique for Third Party Protection v. Gun, Behind the Attacker and Third Party Protection v. Knife, Behind the Attacker. If the attacker seems to be holding the dead man’s switch in his right hand, overhook his right arm with your right arm and grab his face with your left hand. Take him back and down hard. (See the technique on page

XXX for details.) Be willing to smother the attacker with your own body to reduce the damage done to others. That's the job you've taken on.

The technique above is a simple, gross motor skill movement that is meant to stop the bomber's progress but offers little chance to control the explosive. The technique on the next page offers more control, but assumes a situation where control is possible.

## **Defense Against Grenade Or Suicide Bomber (Dead Man's Switch)**





This defense deals with an explosive threat with ordnance rigged with a “dead man switch,” which indicates any explosive that is live and prevented from exploding by a depressed button or pressure. The most obvious example of this is a typical anti-personnel hand grenade. The grenade explodes when a spring-loaded striker inside the device strikes a primer, which initiates a chemical reaction. The striker is held in place by a pin and a lever. If you hold a grenade and squeeze this lever, you can remove the pin and the fuse will not ignite because you are keeping pressure on the lever. However, once you release the lever, the striker will start the process, and the grenade will explode within a few seconds.

Some suicide bomber vests work in a similar fashion, only without the delay. In other words, if they release pressure on a button or lever, the explosion is instantaneous.

The practical upshot of these devices is that once the bomb is activated (in a grenade, once the pin is pulled) the only force preventing the explosion is the handler's pressure on the lever. If he is shot or killed, he will release that pressure and the ordnance will still detonate. Hence the term "dead man switch."

Note: dead man switches are less common these days, because the bomber is in danger of accidentally releasing the pressure too early. In addition, the technique described below works best in situations where the attacker is threatening to blow himself up, rather than immediately triggering the device. These situations are also becoming less common.

This weapon obviously represents a huge tactical problem for the defender. In the case of a gun or knife, if the attacker drops the weapon during a struggle, the danger decreases. In the case of a grenade, if the attacker drops the weapon, the threat actually increases! Therefore, we must neutralize the attacker and control the weapon without allowing him to release or even loosen his grip.

This technique assumes you are able to approach the attacker from behind.

- With your right hand, reach up quickly and grab the barrel, turning it forward so the line of fire points straight ahead. If possible, add a small body defense by moving your head slightly backward. A thumbless or “plucking” grip is easiest.

- As you complete this movement, your left hand should slide behind the weapon, “capping” the back of the slide or hammer with your palm.

- At t



his point, you might try to deliver a head butt backward, although it is difficult to know where the attacker's head is, and you should not compromise your own balance.

- Pull the muzzle straight back while pushing forward on the back of the slide/hammer area. This leverage creates a lot of pressure on the attacker's wrist and hand. This movement must be very explosive and aggressive.
- Push the gun forward and away from the attacker while punching your hips slightly backward. These two motions together should put the weapon beyond the reach of most attackers.
- Deliver a right elbow to the body, and then another to the face. If possible, hold the gun in your left hand while delivering the elbows, so that you continue to keep the gun away from the attacker. This detail is good, but not vital.
- Move away to a safe distance.

## **Defense Against Garrote**

A garrote is any cord, rope, chain, or wire used to strangle someone. As an attack, the garrote is usually made from behind. The attacker can either simply loop the cord over the defender's neck and pull (picture 1 below), or he might cross the sections behind the victim's neck, making a tighter and more difficult attack (picture 2 below).

Because you cannot influence the attack (unless you are so early that you prevent this attack altogether), we show one technique against either variation of the garrote attacking.

One note: in some cases, the garrote is made with sharp wire instead of cord. If the cord digs into your flesh, you obviously have an even greater problem to deal with. In our opinion, there is no adequate defense against a wire attack beyond what is shown here. You will just incur massive damage unless the wire has not yet dug into your flesh.



- As the garrote is applied and the attacker pulls you backward, pluck at the cord using the



same

technique we should for Choke From Behind.

- Note that if the garrote attack is the simple variation, the pluck will reduce pressure on your throat and carotid arteries. However, if the cord is crossed behind your neck, your pluck might actually increase the pressure on your neck and throat. This is unavoidable, but will be for only a moment.
- As you pluck, turn inward sharply and burst toward the attacker.
- Catch the attacker in a clinch — preferably a “plum” (Muay Thai clinch), but any clinch that keeps you tight to the attacker will do. Maintain close proximity; the attacker will have a more difficult time maintaining tension on the cord if you are very close.
- Counterattack with knees.
- Use one hand to loosen the cord or even slip it over your head as soon as possible.



# Defending Against 2 Attackers Armed With Sticks and Knives

Like several other techniques at Black Belt level, this situation is really more about tactics. The techniques involved will be Stick Overhead Defense and Knife Downward (or Upward) Stab Defense. If confronted by multiple attackers with these kinds of weapons, we have two very clear tactics to follow.

1. Try to deal with only one attacker at a time
  2. Try to deal with the stick attacker first, since his weapon is easier to deal with and also offers us potential solutions to the knife.
- When confronted by the attackers, move toward the assailant with the stick. Try to look unprepared and uncertain of your actions so that he will be less cautious.
  - Burst toward the stick attacker with the Stick Overhead Defense. As you make counterattacks, spin the attacker so that he is between you and the person with the knife.
  - If possible, take the stick and create more distance from both attackers
  - If the knife attacker continues to advance, strike him with the stick before he can reach you with the knife. Keep moving to maintain distance! Obviously, this is a “best case” scenario. Circumstances will often dictate which attacker you must engage first. If an attacker with a knife is much closer than an attacker with a stick, then you must engage him first. The knife is much more difficult to defend against and control, and disarms are equally difficult at combat speed, so it is far less likely that you will be able to disarm the knife attacker and then use that weapon (assuming deadly force is called for). However, the strategy above still holds true: defend and control, then spin the attacker so he is a shield between you and the opponent with the stick. If you do succeed in disarming the knife attacker and acquiring the knife, and assuming deadly force is appropriate, you could then make a regular stick defense, but use the knife as your counterattack rather than your

fist.

## **Off Angle Knife Attacks**

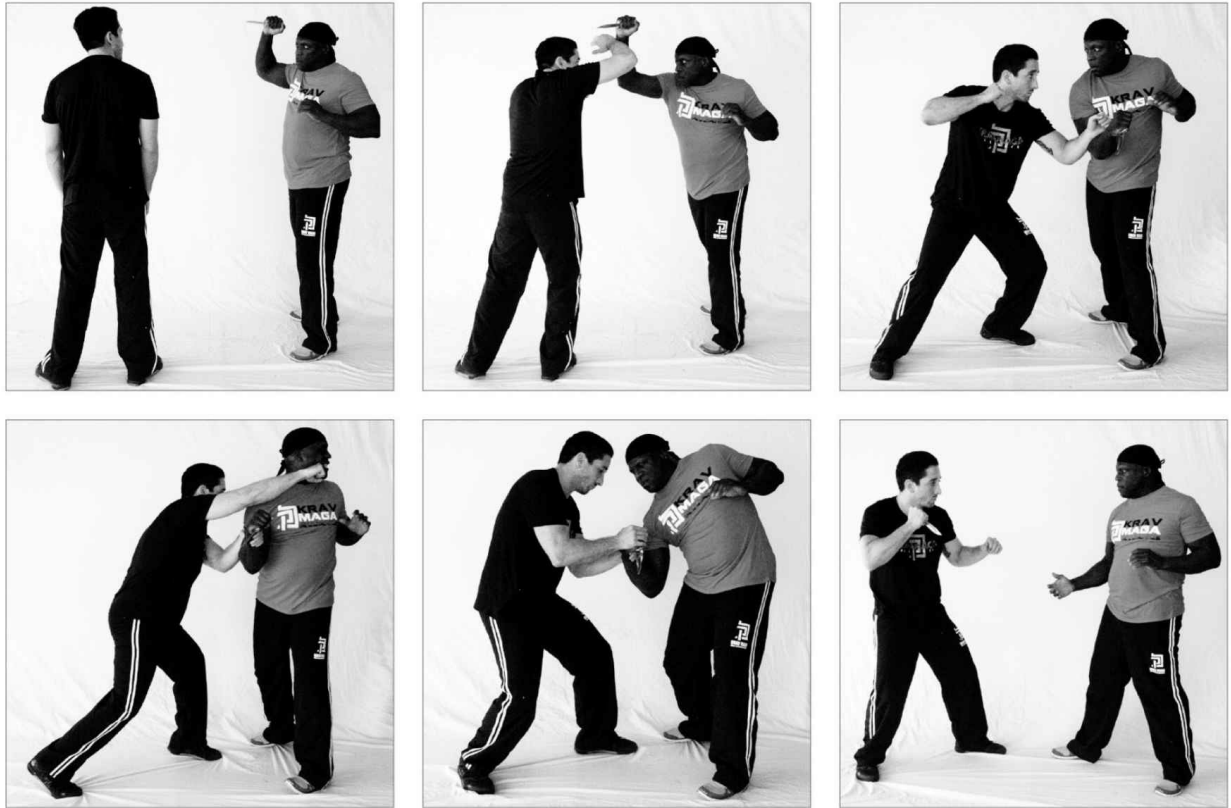
“Off Angle” attacks are even more problematic than regular knife attacks. The assumption is that the attacker (we will assume he is right handed for now), attacks you from your right side, and that you have no time to turn and square up to him. You might be able to defend with your close arm, but everything after that first defense is problematic because he can recoil his arm much faster than you can turn to make a secondary movement.

You might be better off simply blocking and creating distance...however, the attacker will probably be moving forward with determination, which makes creating distance problematic until you have hurt him, or at least made him worry about himself a little.

We advocate the techniques described below because the first two stages are aggressive: defend, then drive into the attacker to jam his arm and punch. At that point, you should consider disengaging to look for a weapon, a shield, or an exit.

However, we also use these techniques because, even if you cannot control the arm, your aggressive forward motion gives you an opportunity to trap the arm in the next movement. Even if the techniques described here don't work as shown and the attacker's arm pulls away from you too quickly, your body movement creates the possibility to wrap the arm up as in the regular Downward Stab and Upward Stab defenses.

## **Knife - Defense v. Downward Stab, Off Angle**



This defense assumes the attacker is right handed, making a downward stab, but is attacking from the defender's right side. If there is time, the defender can turn toward the attacker and make the regular knife defense. However, in most cases, there will be no time to turn, and the defender must defend with the closest hand.

- Make a 360 defense with your right arm. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure, with your outside elbow lower than the attacker's arm.

- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.
- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.

NOTE: This angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

## Knife - Defense v. Upward Stab, Off Angle



This defense assumes the attacker is right handed, making an upward stab, but is attacking from the defender's right side. If there is time, the defender can turn toward the attacker make the regular knife defense. However, in most cases, there will be no time to turn, and the defender must defend with the closest hand.

- Make a 360 defense with your right arm. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure with your outside elbow lower than the attacker's arm.
- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.
- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.

NOTE: This angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

# Knife - Defense v. straight Stab, Off Angle



This defense assumes the attacker is right handed, making a straight stab, but is attacking from the defender's right side. If there is time, the defender can turn toward the attacker make the regular knife defense. However, in most cases, there will be no time to turn, and the defender must defend with the closest hand.

- Make a 360 defense OR an Outside Defense with your right hand. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure with your outside elbow lower than the attacker's arm.

- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.
- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.

NOTE: This angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

## **Defenses Against Threats With A Knife**

We distinguish knife "threats" from knife "attacks" by the more static position of the knife. If the attacker stabs at us, it's an attack. If the attacker holds the knife near us in a threatening manner, it's a threat.

In certain circumstances, we can treat knife threats as attacks, and burst in using basic knife defense/counterattack movements. However, because the knife is sometimes held either at the throat, or at a mid-level height that is awkward for our basic defenses, we must add a few techniques.

As usual, for simplicity we will assume the attacker is right handed. All of our controlling defenses will follow a "grab the wrist/grab the fist" system. The defender's left hand will grab the wrist; the defender's right hand will grab the fist. Only the order of events changes.

The single most important element of the following techniques (aside from an aggressive counterattack) is to move forward. Don't allow the attacker to pull the knife out of your grip! Burst forward to minimize the effectiveness of his pull back, and counterattack aggressively.

One more note: I am a big believer in openness and honesty in discussing curriculum, so I feel obligated to say that these defenses are in flux. There are

some very good knife defenses out there that involve wrapping up the arm. I am a big fan of wrapping the knife arm whenever possible, and I admire the instructors and organizations working on those techniques.

The reason we have not yet changed to those “wrapping”-style techniques is that they work best when the knife is held very close to the defender, and are a bit problematic when the knife is held a little farther away; therefore, for the time being, we are presenting the defenses here. That being said, I think those wrapping variations are still quite good and are worth looking into!



# Knife Threat - Front, Dead Side



We use this technique when the knife is held some distance away from us AND if you have somewhere to move after the technique. This technique is meant to slow the attacker down and does not control the knife. You might be able to run out an exit, or get through a door and close it, or perhaps access a higher force option. Whatever its exact nature, the follow up movement should be immediately available to you.

- As the knife threat is presented to you, use your left hand, palm inward, to

slap the attacker's knife hand to your right.

- As you complete this movement, take a diagonal step with your left foot.
- Immediately deliver a groin kick with your right foot.
- Create distance immediately and move to safety or access a higher force option, if available and necessary.

## **Knife Threat - Front, Dead Side**



We use this version if the knife is held at any angle where we have more access to the dead side (the outside) of the attacker's arm. This might occur when the knife is held on the right side of the defender's throat, or positioned more to the right side of the defender's body.

- Use your left hand to grab the attacker's wrist and redirect the weapon to the right and toward the attacker; if the knife is near your throat, move your head off slightly to the other side at the same time.
- Almost immediately, grab the attacker's fist with your right hand, covering it like a glove.
- Drive the knife hand toward the attacker as you burst forward, delivering a kick or knee to the groin. Think of driving the attacker's weapon hand in toward his chest or stomach, and keep weight on the knife! If the attacker moves or continues to pull on the knife, keep moving with the knife and deliver counters when possible!
- If the attacker weakens, remove the knife by pulling on the wrist, pushing on the fist, and scraping the knife out of his grip.

# Knife Threat - Front, live Side

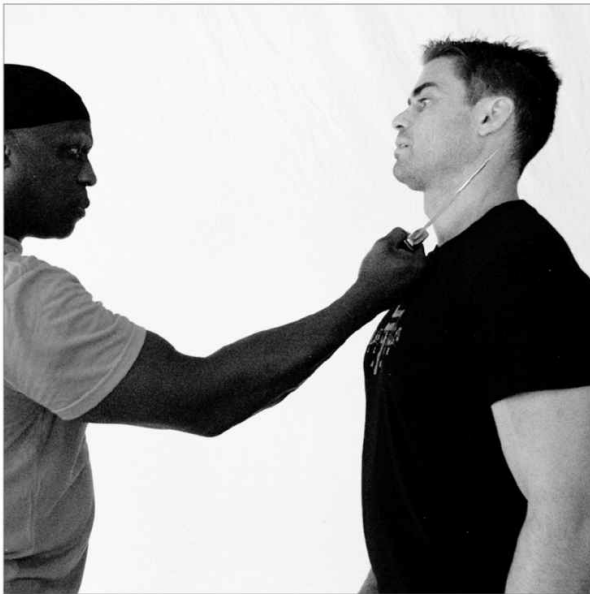


We use this variation if we have more access to the live side (inside) of the attacker's arm. This occurs when the knife is held toward the left side of the defender's throat, or more toward the left side of the defender's body.

Note that this technique is almost exactly the same as the "dead side" technique. The primary difference is the sequence of arm movements. It is now "fist, then wrist."

- Use your right hand to redirect the attacker's fist toward the left and forward; if the knife is near your throat, move your head off slightly to the other side at the same time.
- Almost immediately, to grab the attacker's wrist with your left hand.
- Drive the knife hand toward the attacker as you burst forward, delivering a kick or knee to the groin. On this side, it's good if you can drive the knife slightly to the outside of the attacker to create leverage on the shoulder. Keep weight on the knife! If the attacker moves or continues to pull on the knife, keep moving with the knife and deliver counters when possible!

## **Knife Threat - Front, live Side variation**



The previous two knife techniques were variations on a simple theme, with the only real difference being the order of grabbing (wrist then fist or fist then wrist). These two variations will work against most knife threats. There is one angle and proximity of threat, however, that requires a slight variation in technique.

If the knife is pressed against the left side of the defender's neck, and the attacker's hand is very close to the body, you will be unable to fully catch the attacker's fist. In this case, make the following variation:

- With your right hand, push the weapon to the left; your hand will cover the side of the attacker's hand. Move your head off slightly to the other side at the same time.
- Immediately catch the other side of the attacker's hand with your left hand.
- Be sure to push the attacker's hand forward (toward him) and to the outside.
- Deliver counterattacks as with previous techniques.



# Knife Threat - Front, head trapped



All the previous knife threats state that, if the knife is held close to the throat, the defender should move the head or neck away from the knife as he makes the defense. However, sometimes the defender's head might be immobilized, such as if the attacker grabs your head or pins you against a wall. In this case, you might have to change the defense to avoid slicing your own throat.

The defense below should be used if the knife is pressed to your throat and you cannot move your neck away from the blade.

- Slam both forearms down onto the attacker's elbow and forearm, and hug the arm to your body. Assuming the attacker is right handed, it will be better to have your left arm above your right arm, although this is not vital.
- At the same time, punch your chest forward and lift your chin slightly.
- Deliver knees aggressively.
- With your left hand, catch the attacker's wrist. With your right, cover the attacker's fist.
- Make a disarm as discussed in the other Knife Threat techniques.

## Knife Threat from behind

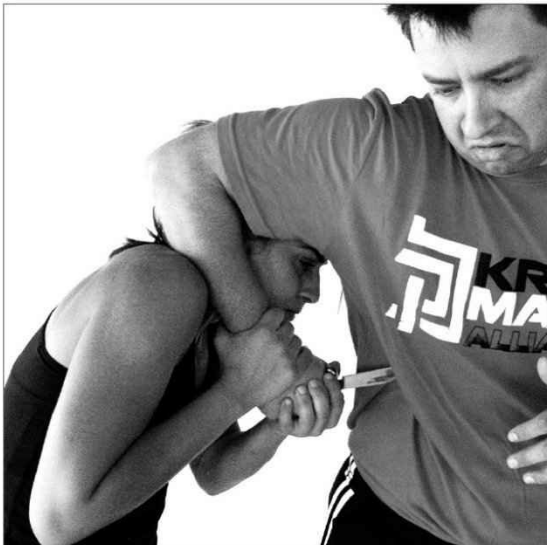
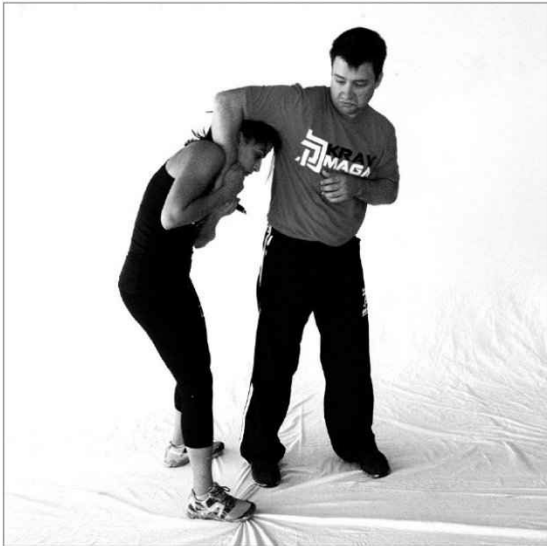


If an attacker puts a knife to your back, make a defense similar to Gun From

Behind. In fact, we would use the same initial defense against almost any threat from behind as long as the weapon is touching the body.

- First, glance back to make sure the attacker's other hand does not pose a threat.
- Sweep your left hand backward and close to your body to move the knife off line; let the movement of your arm turn your body so that your left shoulder rotates toward the attacker.
- Burst toward the attacker with your left foot stepping to the outside of the attacker's right foot; your left hand should reach forward in case the attacker pulls the knife back.
- Pull your left arm back to your chest with your hand in a tight fist to trap the attacker's arm; simultaneously deliver an elbow to the attacker's face or throat.
- Deliver knees while maintaining control of the knife arm and the attacker's body.
- NOTE! The disarm described below is the least important part of the technique. If your goal is simply to make him drop the knife, then maintain control of the arm and continue with counterattacks until he lets go. You can even bite his arm if that will make him release the weapon. The disarm below is shown only if you believe he is no longer resisting with any strength, and if you need the weapon in your own hands.
- To disarm, reach your right hand to the attacker's hand, covering it like a glove; be sure the knife blade is pointed downward.
- Rotate your left shoulder sharply toward the attacker to create leverage on his wrist and shoulder.
- You might be able to remove the knife at this point. If not, slide your left hand to the attacker's wrist, then make leverage on the attacker's wrist and scrape the knife out of his grasp.

# **Knife Threat - Hostage Situation**



In this situation, the attacker stands behind the defender holding a knife to his throat. The attacker might also use his left hand to hold the defender's left arm or shoulder.

The technique we use is a variation of Headlock From Behind.

- Using both hands, pluck at the attacker's right wrist to take the knife away from your throat. As you make this motion, raise your right shoulder slightly — this will raise the attacker's right elbow and help pull the knife hand downward.
- Keeping the knife trapped to your chest, aggressively rotate your left shoulder inward to make more space.
- Slide your head free. As you do so, slide your left hand to cover the attacker's fist and adjust your right hand to hold the attacker's wrist.
- Keep your right shoulder pressed against the attacker's forearm; keep your head pressed against the attacker's bicep and tricep (upper arm); keep his elbow higher than his shoulder, if possible. Also, keep your elbows against your own abdomen for stability.
- Use your legs and abdominal muscles to drive the knife toward the attacker to keep him on the defensive.

## **Knife With Attacker Grabbing With Off Hand**



We sometimes refer to this as a “prison stab.” It is a very common, very aggressive version of an upward stab. The attacker uses his left hand to grab the defender’s left arm or left shoulder (usually by holding the shirt) for control while making short upward stabs to the body. In many cases, the attacker is on the side of, or behind, the defender. The attacker’s left arm makes it difficult for the defender to control the knife, which means a regular defense against an upward stab is difficult to perform.

- As the stabs begin, make 360 defenses while simultaneously counterattacking. Because of position of the attacker’s left arm, you might make overhand right punches instead of straight punches. You might use palm heel strikes instead of regular punches if the attacker’s chin is tucked, to avoid injuring your hand.
- Be aggressive. Your instinct might be to get away from the knife, but this puts you on the defensive and reduces the power in your blocks and counterattacks. Yes, you are in extreme danger, but go on offense!
- Use your right arm to break free using one of two movements: 1) if the

attacker's left arm is relatively straight, punch through his elbow to break free; 2) if his elbow is bent, catch above the elbow and pull to make him release you. If you misread the position of the attacker's arm and make the "wrong" movement, you should still be able to disengage. The movements suggested above simply describe the most efficient movement.

- Move away from the attacker as quickly as possible; run, look for a shield or weapon, or prepare to engage.
- Note: it is possible to transition immediately from defense to offense as you break free, but dangerous. This discussion shows only breaking free to create space.

## **Black Belt Second Degree**

If you thought your 1st degree Black Belt test was hard, wait until you go for Second. It's the same test, except that it's longer and includes a whole collection of additional techniques.

The primary areas for 2nd Degree Black Belt are:

- Knife v. Knife
- Stick v. Stick
- Weapons on the Ground

A candidate for 2nd Degree Black Belt must show that he has maintained proficiency in earlier techniques and also mastered various techniques in the areas above.

### **Knife v. Knife**

This family of techniques deals with situations where both you and the attacker have an edged weapon, usually a knife.

Before we train in the area of knife v. knife, we must state our philosophy plainly: there is no such thing as knife sparring. It simply does not exist, especially for civilians. I say this because the idea of "dueling" or even



“fighting” implies that the opponents exchange and break off, then exchange again. For the average civilian in most situations, this should not happen. If there is a pause in the action, you should run! Knife attacks are dangerous and unpredictable, and even experienced knife fighters can get severely injured. In this book, we will use the term “knife fighting” because it’s a convenient phrase. However, please remember that if there is any distance between you and your opponent, or if he hesitates at all, you should use that opportunity to escape or to access a better object you could use as a weapon or a shield.

“But what if my loved ones are also in danger?” you might ask. This is a fair question. If your family and friends are in immediate danger, you should not be sparring, you should be attacking.

My point is that a knife v. knife situation will most likely be brutal and short. You either go on immediate offense to save yourself and others, or you react defensively and run away as soon as possible.

### **Knife Fighting Stance**

We recommend one particular knife fighting stance: keep your strong side (knife side) forward with the blade upward; hold your knife arm slightly open to drive most attacks toward your live side, and tilt the blade slightly inward to cover your body.

There are many other stances and grips. We recommend this one because it keeps your knife between you and your opponent. The “blade up” grip allows for maximum reach.

### **Checking**

Many knife v. knife systems advocate “checking” or controlling the attacker’s knife arm with your empty hand. While we have no objection to this for those of you who have more training, this book does not include checking techniques. Checking movements usually encourage the defender to stay close to the attacker and, while this might be necessary and even desirable in some cases, the general assumption in this book is to react, cause damage, and make distance to maintain safety. We do show a brief control position when we are on the attacker’s dead side, but we do not stay in that

position for long.

### Single Or Multiple Counterattacks?

The techniques in this section describe counterattacks (of course, it's Krav Maga!) but do not discuss multiple counterattacks and finishing movements. For the purposes of this discussion, we will assume that you are defending yourself and are not obligated to kill your opponent.

There is a time and place for additional strikes. If that is the case, and the situation calls for you to continue attacking to maintain your own safety, then continue with stabs after the initial technique, and move on angles that increase your advantage. Be aware that you will stay within your opponent's knife range. This is extremely dangerous. Therefore, this book will discuss individual counterattacks followed by movement out of danger.

If you count up the techniques in this section, you will find seven movements. However, the truth is, they are all variations on two themes plus one slight alteration. It's Krav Maga — we like to keep things simple!

The techniques are divided into Live Side and Dead Side movements. We use Dead Side Movements any time we are on the outside of the attacking arm and Live Side movements when we are on the inside of the attacking arm.

# Knife v. knife - Long Stab



The “long stab” technique is simple and, in some cases, quite effective. It can be used to keep an attacker at distance if he is trying to come close with short stabbing and slashing movements.

In the description below, it is used as a surprise technique. This can be effective if the attacker is unaware that you have deployed a knife. If the attacker thinks you are unarmed, his overconfidence might lead him to advance incautiously.

Keep in mind that the “hidden knife” strategy isn’t always the best. Sometimes, brandishing your own knife might cause him to hesitate, giving you time to create more distance and run.

- Keep the knife hidden behind your forearm, but do not hide your forearm itself. Hiding your whole arm is too obvious a sign.
- As the attacker advances, make a long straight stab to the attacker’s throat. Bring your other hand up to prepare to defend if he is able to stab.
- Recoil the stab immediately and create more distance.

## **Knife v. Knife - Live Side Downward Stab**



Close-up:



- As the attack begins, use your blade to block at the attacker's hand or wrist. Your wrist can be turned so that your knife blade faces out and away or downward, depending on the position of your arm as the attack begins. (see closeup photos).
- Think of the block as a 360 defense, with the knife blade acting as your forearm. There should also be a small element of redirection to the block.
- As you finish the block, immediately burst in diagonally and slash at the

attacker's face; keep your left hand up and ready to block a counterattack.

- The transition from block to counterattack should contain a small movement that cuts the attacker's hand or wrist. Do not exaggerate this movement! The block is more important than the small cut you can deliver afterward.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

# Knife v. Knife - Live Side Straight Stab



- As the attack begins, use your blade to block at the attacker's hand or wrist. The tip of your knife should be point upward.
- Even though the attack is straight, think of the block as a 360 defense, with the knife blade acting as your forearm.
- As you finish the block, immediately burst in diagonally and slash at the attacker's face; keep your left hand up and ready to block a counterattack.

- The transition from block to counterattack should contain a small movement that cuts the attacker's hand or wrist. Do not exaggerate this movement! The block is more important than the small cut you can deliver afterward.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

Close-up:





# Knife v. Knife - Live Side Upward Stab

- As the attack begins, use your blade to block at the attacker's hand or wrist. The tip of your knife should point outward to the left.
- Think of the block as a 360 defense, with the knife blade acting



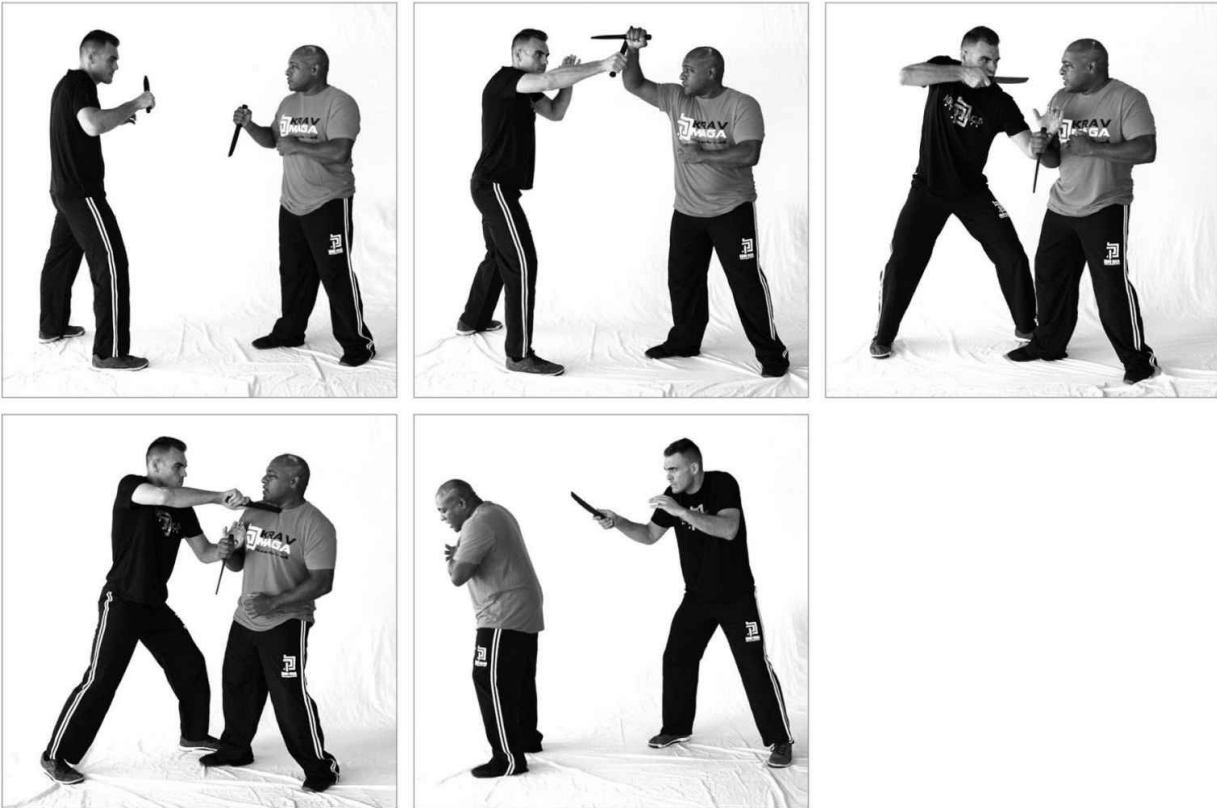
ng as your forearm. There should also be a small element of redirection to the block.

- As you finish the block, immediately burst in diagonally and slash at the

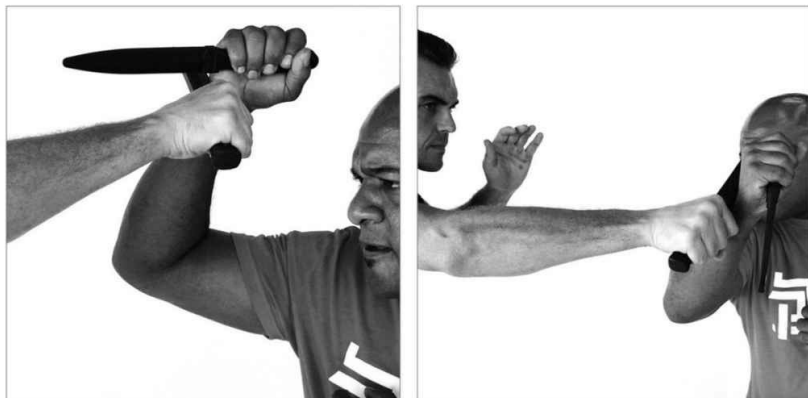
attacker's face; keep your left hand up and ready to block a counterattack.

- The transition from block to counterattack should contain a small movement that cuts the attacker's hand or wrist. Do not exaggerate this movement! The block is more important than the small cut you can deliver afterward.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

## **Knife v. Knife - Dead Side Downward Stab**



Close-up:



- As the attack begins, use your blade to block at the attacker's hand or wrist. The tip of your knife should point upward and to your left.
- Think of the block as a 360 defense, with the knife blade acting as your forearm. There should also be a small element of redirection to the block.
- As you finish the block, burst in with your left side advancing. Your left

foot will become your forward foot. Use your left arm to jam the attacker's arm against his body. Keep your elbow down. Your arm should push forward, not downward.

- Stab at the attacker's face with your knife.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

## **Knife v. Knife - Dead Side Straight Stab**



- As the attack begins, use your blade to block at the back of the attacker's hand or wrist. The tip of your knife should point upward.
- Think of the block as a 360 defense, with the knife blade acting as your forearm. There should also be a small element of redirection to the block.
- As you finish the block, burst in with your left side advancing. Your left foot will become your forward foot. Use your left arm to jam the attacker's arm against his body. Keep your elbow down. Your arm should push forward, not downward.

- Stab at the attacker's face with your knife.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

## **Knife v. Knife - Dead Side Straight Stab (Low)**



This is the one technique that varies from the others. If the straight stab is much lower than your defense, then you have two choices:

1. Treat it like an upward stab — this is often a viable option.
  2. Roll the blade downward as described below.
- As the attack begins, roll the blade of your knife downward in a short arc so that the blade redirects at the back of the attacker's hand, as shown in the photo on this page.
  - As you finish the redirection, burst in with your left side advancing. Your left foot will become your forward foot. Use your left arm to jam the attacker's arm against his body. Keep your elbow down. Your arm should push forward, not downward.
  - Stab at the attacker's face with your knife.
  - Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

## **Knife v. Knife - Dead Side Upward Stab**



Close-up:



- As the attack begins, use your blade to block at the attacker's hand or wrist. The tip of your knife should point upward and to your left.
- Think of the block as a 360 defense, with the knife blade acting as your forearm. There should also be a small element of redirection to the block.
- As you finish the block, burst in with your left side advancing. Your left foot will become your forward foot. Use your left arm to jam the attacker's arm against his body. Keep your elbow down. Your arm should push forward, not downward.



- Stab at the attacker's face with your knife.
- Move away on a diagonal OR, if necessary, continue with counterattacks from a dominant angle.

## **Stick v. Stick**

If you have already studied the section entitled Knife v. Knife, you will find the movements here quite similar. This is intentional. Krav Maga tries to create a single principle (or set of principles) that work in multiple scenarios. To a great extent, this applies in Stick v. Stick and Knife v. Knife.

### Stick Fighting Stance

We recommend a “strong side forward” stance (i.e., if you are right handed, stand with your right foot forward and your right hand leading). That is the stance you will see used in this section. We like this stance because it keeps the stick forward so that you can use it in defense. However, this stance does reduce power. (This is less of a concern in Knife v. Knife, where the blade does more of the work and power is less important.) If you prefer a “strong side back” stance, that is also possible with these techniques. Just be aware that your defense is farther away from the attack.

### Single Or Multiple Counterattacks?

The techniques in this section describe counterattacks (of course, it's Krav Maga!) but do not discuss multiple counterattacks and finishing movements. For the purposes of this discussion, we will assume that you are defending yourself and are not obligated to completely destroy your opponent.

There is a time and place for additional strikes (especially if you are in the military in a combat situation). If that is the case, continue with counters after the initial technique, and move on angles that increase your advantage.

### Tactical Difference Between Knife And Stick

There is an interesting tactical difference between Stick v. Stick and Knife v. Knife, especially regarding movement and safety distance. In Knife v. Knife, if I feel that I am at a disadvantage and that the opponent is better than me, I

move out of knife range. However, with Stick v. Stick, if I feel that the opponent is a better stick fighter than I am, I might move closer to him to minimize the stick's effectiveness.

The techniques are divided into Live Side and Dead Side movements. We use Dead Side Movements any time we are on the outside of the attacking arm and Live Side movements when we are on the inside of the attacking arm.

# Stick v. Stick - Live Side Downward Strike



This single technique is the most commonly used and will cover most typical attacks (assuming both attackers are right-handed).

- As the attacker makes a downward swing, raise your stick up at a downward angle.
- Block the attacker's stick, but allow some give in your defense so that the attacking stick slides down your stick. This gives the defense an element of

redirection. Think of the shock absorber in a car — there is enough tension to maintain stability, but enough bounce to allow for a comfortable ride.

- Your left hand should be raised to protect your face.
- Immediately roll your wrist and burst forward diagonally with a counterattack to the attacker's head. Continue with additional counters as you move around the attacker.
- This defense works for any attack from nearly 0 degrees to 90 degrees (horizontal). However, note that as the attack becomes more horizontal, the defense requires more “block” and less “redirection.”
- Note that you do not need to “check” the attacker's hand or stick with your left hand unless you intend to stay close.

## **Stick v. Stick - Live Side Straight Strike**



This attack is much less common. The attacker will “jab” at the defender with a linear, spear-like strike.

- As the attack begins, use your stick to redirect the attacker’s stick to the outside.
- Your stick should be held at an angle so that you can reach forward if you’re early while still offering maximum height in case the jab is higher than you anticipated. Keep your wrist firm while making the redirection.

- Immediately make a backhand swing to the attacker's head and step diagonally forward. Continue with additional counters as you move around the attacker.
- Note: if the jab is very low, you must treat it like an Upward Strike (see below).

## Stick v. Stick - Live Side Upward Strike



Upward strikes are very uncommon except in training scenarios, but we like

to cover all angles!

- As the attack develops, block the attack with your stick facing upward. The movement of your arm should be similar to a punch rather than a swing.
- NOTE: it is possible to defend some upward swings with the stick pointed downward; this may occur if the angle of the upward swing is just a little below horizontal.
- This block will have less redirection than the defense against a downward swing.
- Immediately make a backhand swing to the attacker's head and burst diagonally forward. Continue with additional counters as you move around the attacker.

## **Stick v. Stick - Dead Side Downward Strike**



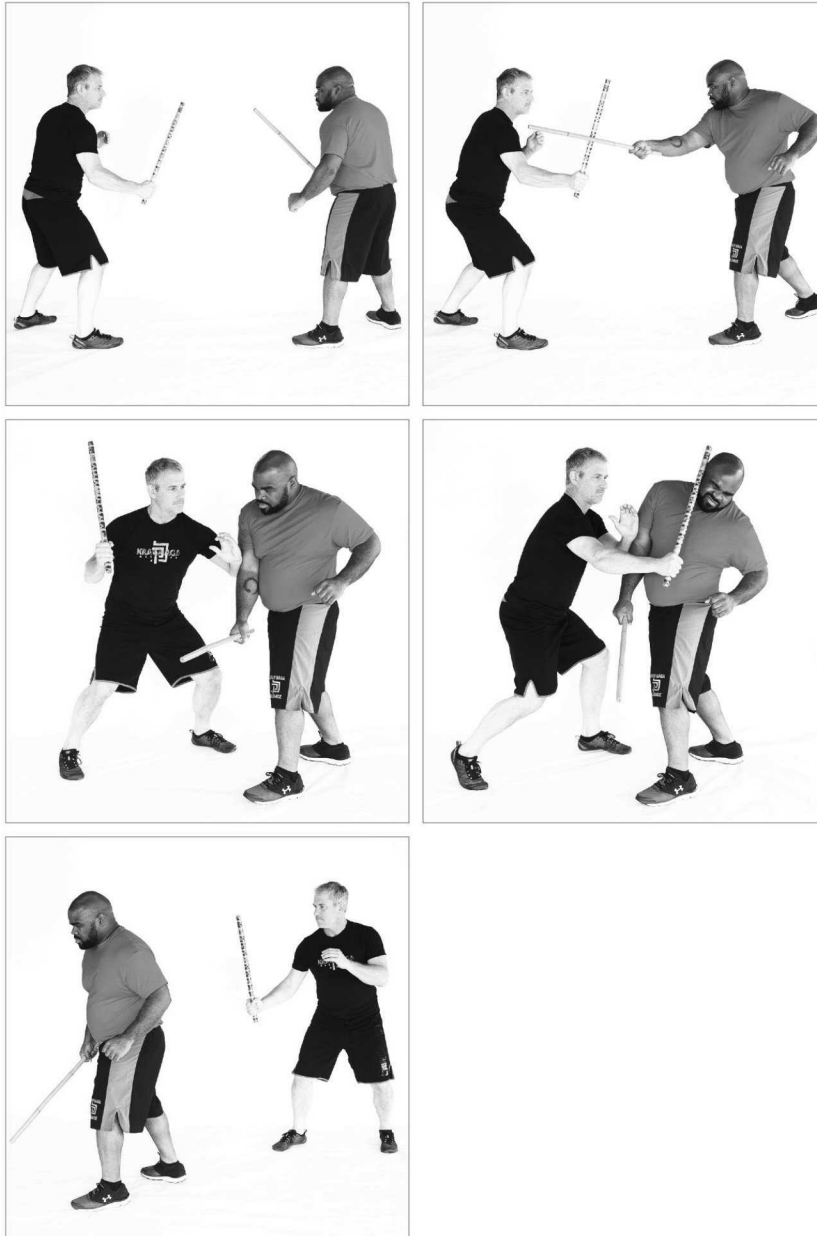
Like its counterpart, Stick v. Stick - Live Side Downward Strike, this is a commonly-used defense. It can be performed against any attack coming from the defender's right.

- As the attack develops, extend your stick to block the swing. Turn your body slightly to redirect the attack (this is not always possible and depends on the angle of the attack).
- Immediately burst forward, bringing your back foot in front and using your left hand to block or jam the attacker's arm against his body.



- Counterattack with your stick to the attacker's head. Note: a full swing is preferred, but if you are too close, you can use the butt end of the stick.
- Continue with additional counterattacks while controlling the attacker's arm.

## Stick v. Stick - Dead Side Straight Strike



This attack is very uncommon. The attacker will “jab” at the defender with a linear, spear-like strike.

- As the attack begins, use your stick to redirect the attacker's stick to the outside.
- Your stick should be held at an angle so that you can reach forward if you're early while still offering maximum height in case the jab is higher than you anticipated. Keep your wrist firm while making the redirection.
- Immediately roll your wrist and burst forward diagonally with a counterattack to the attacker's head. Continue with additional counters as you move around the attacker.
- Note: if the jab is very low, you must treat it like an Upward Strike (see below).

## **Stick v. Stick - Dead Side Upward Strike**



Upward strikes are very uncommon and probably will never be used by an opponent in a street situation.

- As the attack develops, block the attack with your stick tilted slightly downward. The movement of your arm should be similar to a punch rather than a swing.
- This block will have less redirection than the defense against a downward swing.

- Immediately turn your wrist to the right and blade your body toward the dead side, then burst forward, jamming the attacker's arm with your left arm.
- Counterattack with a strike to the head.
- Continue with additional counters as you move around the attacker.

## Stick v. Stick - 2 Hand Blocks and Counters



In some circumstances, we hold the stick in two hands to block. The most obvious example of this is when the “stick” is actually a rifle being used as a cold weapon. However, the same techniques might be used with an actual stick if the defender has no time to react with a one-handed stick defense or if the defender feels that a stronger defense is required.

**Hand Position:** hold the stick with the strong or base hand in overhand grip (palm facing downward) and the other hand in an underhand grip (palm facing upward). This hand placement simulates the position the hands might be when holding the stick just before initiating a one-handed technique. ALSO, this position simulates the hand position if the defender is holding a rifle.

Training with both hands in an overhand grip (both palms down) is a less

likely position to hold a stick and entirely inappropriate for holding a rifle.

**Hand Position:** the two-handed blocks are all built on the same positions as 360 Defense from Level 1 of the system.

**Finger Position on Impact:** for almost all the defenses mentioned here, open the fingers just prior to contact, momentarily controlling the stick in the crook between thumb and index finger. This reduces the chance that an errant stick will strike you in the fingers.

**Head Position:** as you make the defense, lean your head slightly forward. This will take your head offline if the attacker's stick breaks and the top piece flies toward you.

**Block/Redirect Hybrid:** most of these defenses involve block/redirect hybridization, where the two-handed defense blocks the attack. However, as soon as you feel impact, pivot the stick so one end travels forward toward the attacker. This has a dual effect: it allows a faster transition to the counterattack and it creates a bit of redirection along with the basic block. The "block/redirect hybrid" is more obvious and effective against downward swings than horizontal or upward swings.



Defense #1: against a downward attack, extend the stick upward and tuck your head. Block and redirect the stick, then counterattack either with the stick or with a groin kick (both are shown).

Defense #2: against a downward angled attack, extend the stick at an angle and lean your head slightly inward. Block and redirect the stick, then counterattack with the butt end of the stick.

Defense #3: against a horizontal attack, extend the stick to the side and lean slightly inward. NOTE: depending on the angle at which the stick is initially held, you might feel more comfortable extending the stick with the far-side arm higher. This is acceptable if it feels faster. At this angle, there will be very little redirection. Counterattack using the butt end of the stick.

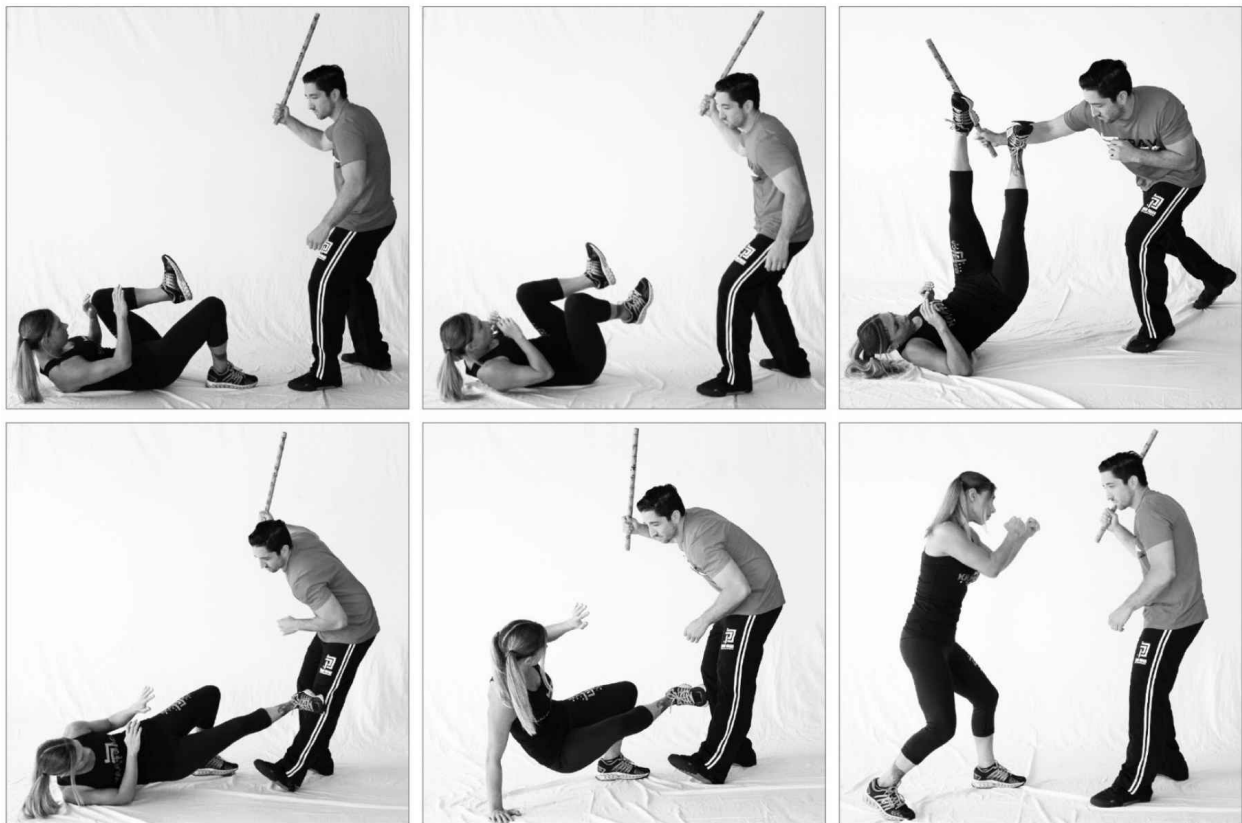
Defense #4: this defense is similar to #3, except that you will almost always make this defense with the near-side hand upward. Against an upward angled attack, extend the stick downward at an angle and lean your head slightly inward. Block and counterattack with the butt end of the stick.

Defense #5: against an attack rising upward at a slight angle, block with the near side hand upward. Counterattack using the butt end of the stick.

Defense #6: against an attack rising upward at approximately 45 degrees of angle, block with the near side hand upward. Counterattack using the butt end of the stick. Note that this angle of attack is very uncommon.

Defense #7: against an attack rising straight upward, block with both hands parallel. Counterattack either with either end of the stick OR by punching the middle of the stick to the attacker's face.

## Stick On Ground, Attacker Standing



This is a difficult situation because the attacker's reach gives him an advantage. Your priority should be to get up as quickly as possible, but as you get up, you will be in danger of exposing your head or arm to strikes from the stick.

This defense is designed to limit damage from strikes before you can get to

your feet.

- Try to keep your legs between your body and your attacker.
- As the strike descends, raise both legs and block the strike with the bottoms of your feet. This is especially effective if you are wearing shoes. Think of stomping upward at the arm.
- Preferably, you should block with both feet against the attacker's arm, but this is often difficult. The arm might be out of reach.
- If you cannot reach the arm, try to block with your outside foot (usually, your left foot against a right handed attacker) on the stick and your inside foot against the attacker's hand or wrist.
- The attacker's stick and arm will be moving very quickly, and it is possible you will miss. If this happens, the stick is likely to swing below your defense, striking you on the backs of your legs. This will be painful, but the damage is negligible and you should still be functional.
- As an additional attack, if you block successfully, you might kick the attacker in the shins before getting up.
- As you get up, be prepared to burst forward to close distance, using the overhead stick defense, even if you are not in a fully upright position.



# Knife on Ground - Threat, Attacker in Full Mount

Knife Held Toward Right Side Of Throat:



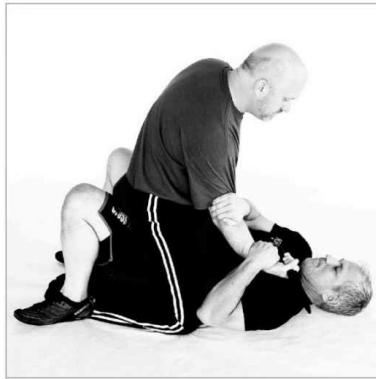
Being on the bottom in Full Mount is a difficult position and adding a knife makes this situation exponentially more dangerous. This technique assumes the attacker is holding a knife to your throat and not actively stabbing you.

If the attacker holds a knife to your throat, use your left hand to redirect and control the knife and your right hand to control the attacker's elbow, as follows:

- If the attacker holds the knife to the right side of your throat, use your left hand to redirect the blade to your right, grabbing the attacker's wrist and pinning it to your chest.

- If the attacker holds the knife to the left side of your throat, pluck the attacker's wrist to your left and pin it to your chest/shoulder area.
- In either case above, simultaneously trap the attacker's right arm above the elbow with your right hand.
- With your left leg, trap the attacker's left foot.
- Bridge with your hips to roll the attacker over while maintaining control of his arm. You **MUST** keep pressure on the knife hand with your left hand so that the knife does not move back toward your throat as you bridge.
- Counterattack with head butts and elbows, if possible.

Knife Held Toward Left Side Of Throat:



# Knife on Ground - Attacker in Full Mount



This situation is one of the most difficult and problematic that we can imagine. Because it is so difficult, we will describe the basic principles first, then discuss several variations to increase the possibility for success.

- As the attacker stabs, reach your left arm up to block the attack. Do NOT make a complete block; you want the knife arm to slide down your arm. Think of making an imperfect 360 Defense.

- When you reach up, do so with your shoulders as well as your arms, as you will need every bit of reach you can create.
- As the knife arm slides down, wrap your left arm around it as high as possible.
- Trap the attacker's left foot with your left leg.
- Bridge your hips to roll the attacker over. As you roll on top (and inside his guard) maintain your arm wrap, weight, and pressure on the attacker's arm.
- Counterattack with head butts and elbows.
- If a disarm is necessary, consider biting the attacker's arm to make him drop the knife. If that is not possible, slide your right hand down toward the attacker's wrist, then slide your left hand down, pushing the attacker's wrist to the ground. Smash the back of the hand onto the ground and scrape the knuckles on the ground as well. If the knife is still in the attacker's grip, use your left hand to scrape it free.

NOTE: It can be incredibly difficult to trap the attacker's arm and execute the bridge. The attacker does not need to commit his weight forward. He can sit back in his top position and still do a lot of damage.

To help tip him forward, you can buck your hips while he stabs and drive your knee into his back.

Also, the attacker might not necessarily be stabbing your chest, shoulders, or face. He might be stabbing your stomach. Because of the angle, it will be very difficult to block this attack. You might end up trapping the knife arm during or after a stab. This is brutal, but the situation is terrible and no defense will be perfect.

Remember, you must do anything possible to trap the attacking arm, then execute a "trap and roll" by bridging with your hips.

# Knife on Ground - Attacker in Guard; Scissor Sweep

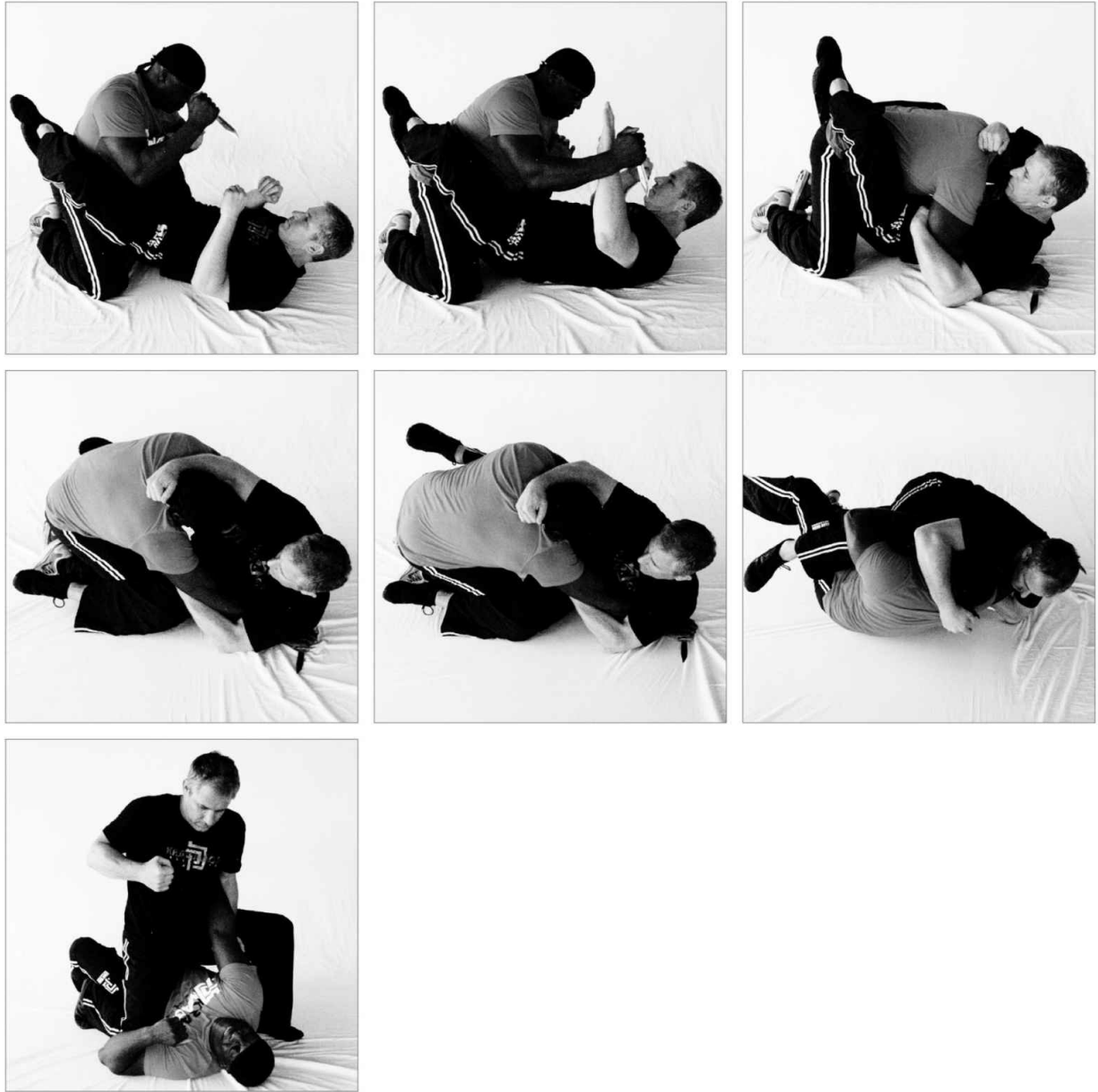


- As the attacker stabs, reach your left arm up to block the attack. Do NOT make a complete block; you want the knife arm to slide down your arm. Think of making an imperfect Knife Defense or 360 Defense.
- When you reach up, do so with your shoulders as well as your arms, as you will need every bit of reach you can create. Because the attacker is in your

guard, you can also use your legs to pull him forward and down.

- As the knife arm slides down, wrap your left arm around it as high as possible.
- Wrap your right arm around the attacker's neck to hold him down. If vulnerable targets are available, consider biting from this position.
- Keeping control of the attacker's arm and head, open your guard and shift your hips out to your right and turn onto your left side.
- Insert your right knee and shin against the attacker's ribs. Keep your left foot low to the ground near the attacker's right knee.
- Execute a scissor sweep and roll the attacker over. Keep your weight on the knife arm.
- Counterattack with head butts and elbows.
- Post your left foot on the ground under the attacker's right arm, keeping it locked in place. Deliver punches with your right hand.
- If a disarm is necessary, slide your right hand down to the attacker's wrist. Cover his fist with your left hand. Bend the attacker's wrist and scrape the knife free with your left hand.

## **Knife on Ground - Attacker in Guard; Arm Bar**



Just as with Knife on the Ground — Attacker in Full Mount, it is possible that the attacker stabs toward the middle of your body. If so, you might not be able to make a 360-type defense. In fact, your defense will be more similar to an Inside Defense (and, of course, you might get stabbed).

You must still try to trap the attacking arm. If you trap the arm toward the center of your body, you can attempt an Arm Bar instead of a Scissor Sweep.

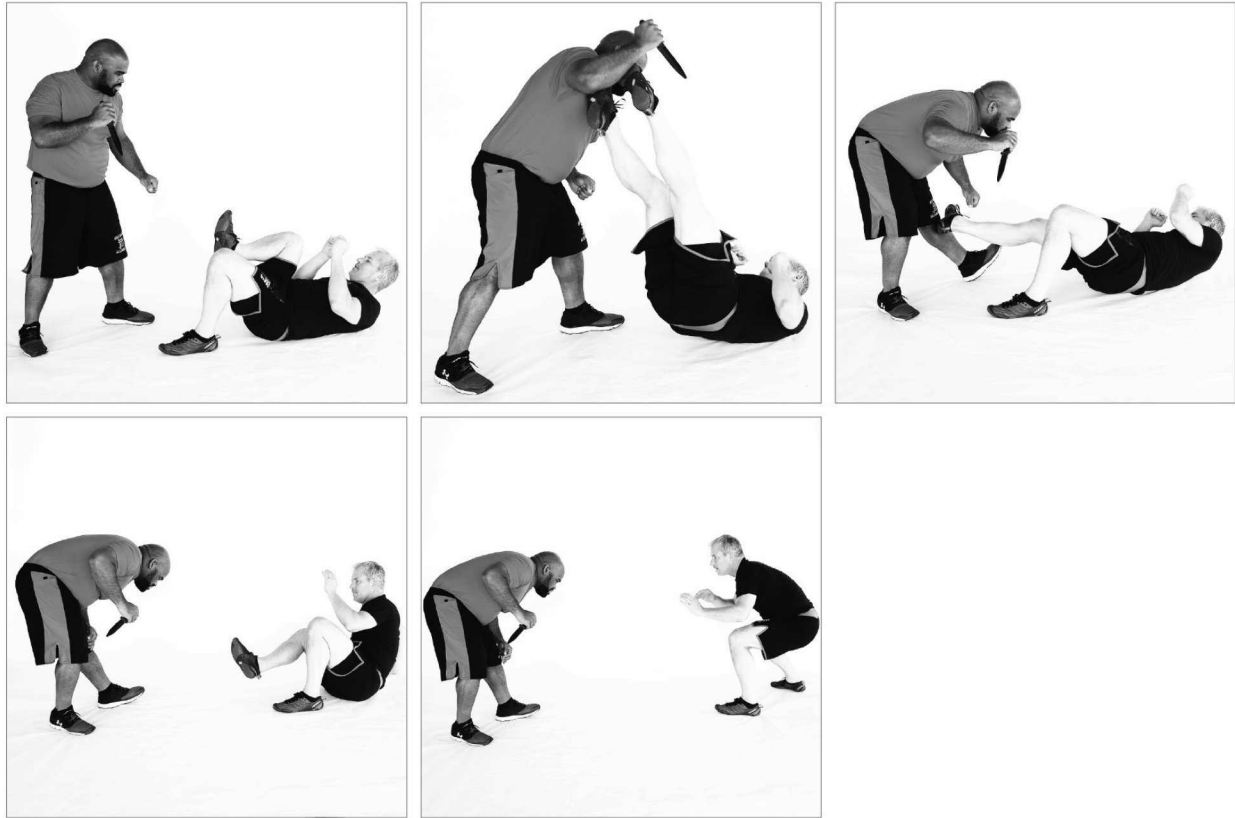
- As the stab descends, use either arm to block and redirect the blow across your body. Depending on the angle of attack, you might use your left arm to



make an inside defense, or you might use your right arm to block and move the arm to the outside.

- Use any variation of hand position to trap the attacking arm. If you block with your right hand, hook both arms around the outside of his arm. If you block with your left hand, trap the attacker's wrist with your left hand and reach your right hand across your body to cup his arm above his elbow (this is a fairly standard control position for an armbar). Keep in mind that the attacks will be vicious and fast; do anything you can to trap the arm!
- Post your left foot on the attacker's hip and press your left knee against his side and shoulder to help trap the arm.
- Pivot your body to the right while using your right leg to push the attacker in the opposite direction. He might not move much, but any small amount of movement will put you in a better position and set him up for the Arm Bar.
- Your hips MUST stay close to the attacker's shoulder and his elbow must be "above" (meaning closer toward your head) the line of your groin if you are to make a successful Arm Bar.
- Swing your left leg over his head so that it lays on the left side of his neck and shoulder. At this point, you can remove your right hand from the attacker's elbow and catch near his wrist.
- Keep your legs heavy but extend your hips upward to create leverage against his arm; squeeze your knees together.
- You can finish the technique from here or, if the attacker's struggles make him fall to the ground, be sure to keep your body close to his, and finish the arm bar there.
- If a disarm is necessary, keep your left hand on the attacker's wrist; with your right hand, cover his fist and make leverage against his wrist, then scrape the knife free.

# Knife on Ground - Attacker Standing; Kick and Get Up



Tactically, this position is not much better than being on the bottom in Full Mount. The only improvement is that your most vulnerable points are farther from his weapon (as long as you keep your feet between the attacker and your body). However, the attacker has much more mobility than you do. And, unlike the stick defense, you must be concerned about every attack. If you review the comments for Stick on the Ground, Attacker Standing, you will see that if an attack swings below your defense and strikes the backs of your legs, the damage is nominal. However, with a knife, every cut causes damage, and there is danger of severing tendons, rendering you immobile, or receiving cuts to arteries, which means severe blood loss.

Now that we've painted this rosy picture, here are some tactics to employ.

- As with any “ground versus standing” situation, keep your feet between your attacker and your body. Your goal is to get up as quickly as possible, with as much safety as possible (there will not be much).

- If the attacker approaches cautiously, stomp low at his shins (it will be a little harder for him to slash or stab that low). Be sure to recoil quickly!
- If the attacker keeps the knife out in front, or if the stab comes before you can attack the shin, stomp upward toward the wrist. Flex your toes back so that your feet create as wide a shield as possible. “Stagger” your feet so that one is higher than the other to help create a wider shield. Extend your hips for distance. Again, be sure to recoil quickly.
- If possible, stomp at the shin.
- If you can create any hesitation in the attacker’s movements, get up immediately. Be prepared to burst forward with a regular Knife Defense even if you are not yet completely on your feet.

## Gun on Ground - Attacker in Full Mount



Although this is a dangerous and difficult situation, the defense is simply a combination of two techniques from earlier levels in the system: the two-handed gun defense and the trap and roll principle.

- As the gun is pointed at you, redirect with your right hand pushing the

barrel to the outside. You can also make a small head defense to the inside.

- Immediately reach your left hand underneath to catch back of the slide. To maintain control of the line of fire, constantly push against the muzzle but pull against the back of the slide.
- As you complete the redirection and control, reach up and forward, lifting your shoulders off the ground if possible. This will minimize his ability to pull the gun out of your reach.
- Use your left leg to trap the attacker's right leg.
- Execute a trap and roll, bridging your hips up and over your left shoulder. You **MUST** continue the "push/pull" action against the barrel and the back of the slide to keep the line of fire from drifting toward you.
- As you roll over into the top position, keep your weight on the weapon.
- Counterattack with head butts. Elbows are also possible if you can deliver them while maintaining weight on the weapon.
- Disarm by rotating the handgun sharply, breaking the attacker's grip, then pull it toward you and posture up.
- Use the muzzle to strike the attacker in the face (if close enough) and the groin.
- Step back and stand up, making the weapon ready to fire if necessary.

Note: it is possible to redirect the weapon to the inside using your left hand. We do not emphasize that side because we want to drive the attacker's weight toward his own right side (the defender's left), since we will bridge to that side.

## **Gun on Ground - Attacker in Guard**



This situation is less common, since an attacker with a gun will probably have drawn it long before you can pull guard, and if you have him in your guard before the gun is drawn, he might not have the opportunity to draw it. In addition, if the weapon starts in your possession, it will be difficult for the attacker to access it when he is in your guard. However, since the scenario is at least plausible, we want to include a viable technique.

Like Gun on Ground - Attacker in Full Mount, this technique is a combination of two earlier techniques: the two handed gun defense and

kicking off from the guard. As with most techniques described in this book, for the sake of description, we assume the attacker is right handed.

- Redirect the line of fire to the inside using your left hand.
- Immediately cup the back of the slide or hammer area of the weapon with your right hand by reaching underneath your left arm. This should happen almost simultaneously with the redirection.
- It is very important that you continually push the line of fire away from you and toward the attacker while pulling on the back of the slide/hammer area of the weapon.
- Shift your hips to the side, turning to your right, and bring your left knee and shin over the attacker's right arm. This pressure makes it a little more difficult for the attacker to pull his arm free.
- Rotate the weapon sharply to snap it from the attacker's grip, then pull the weapon toward you while pushing and kicking the attacker away.
- If there is space, get up while keeping the weapon pointed at the assailant.

# Gun on Ground - Kneeling, Gunman Behind, Weapon Held Close



This situation is obviously dangerous and extremely difficult. If you have any opportunity to improve your position, take it. If you have no other option, this technique increases your chances for survival.

The technique is based on Gun - Hostage Situation. The technique does

assume that the gunman holds the gun in contact with your head or at least fairly close.

- With your right hand, reach back and grab the barrel of the gun, redirecting it to the side.
- With your left hand, reach over your right shoulder and cover the back of the slide or hammer area with your palm. If you can achieve this position, you will have some control over the line of fire.
- If you have enough leverage, rotate the barrel sharply and “punch” it straight back while pushing forward on the back of the slide or hammer area.
- If the previous movement has succeeded in breaking the attacker’s grip, extend your arms away from the gunman to take the weapon out of his reach. If you feel that the attacker is close, you can then send a elbow backward.
- Stand up; give additional counterattacks such as a hammerfist, then create distance while turning to face the attacker.

## **Gun on Ground - Lying on Stomach, Attacker on Top**





Like Gun on Ground - Kneeling, Attacker Behind, this technique is built from the same reaction as Gun - Hostage Situation. Obviously, the situation is even more difficult. As with other high risk, difficult situations, you should always look for a chance to improve your position rather than try a defense. However, if your only other option is to get shot, you must try something. This technique assumes the attacker is holding the weapon fairly close to your head.

- With your right hand, reach back and grab the barrel, redirecting the line of fire off your head. Note that with previous techniques, the line of fire has pointed forward. In this case, point the line of fire at an angle to the outside. This will reduce the chance of a ricochet or impact shards flying into your face.
- Reach across and cap the back of the slide or hammer area of the gun with the palm of your left hand.
- Pull your hands into and under your body, creating leverage against the

attacker's right arm with your shoulder. This should bring the attacker's weight forward. Be sure to keep the line of fire pointed away from you.

- As the attacker's weight shifts forward, pull your knees underneath you as quickly as possible while continuing to pull your hands underneath you. This should make the attacker lose his balance and he will roll over you.
- As the attacker rolls, maintain your control of the weapon! Pull on the muzzle and push on the back of the slide or hammer area of the weapon to create a disarm.
- Counterattack with straight punches and hammerfists if necessary OR create distance and make the weapon ready for use.

## Gun on Ground - Attacker Standing



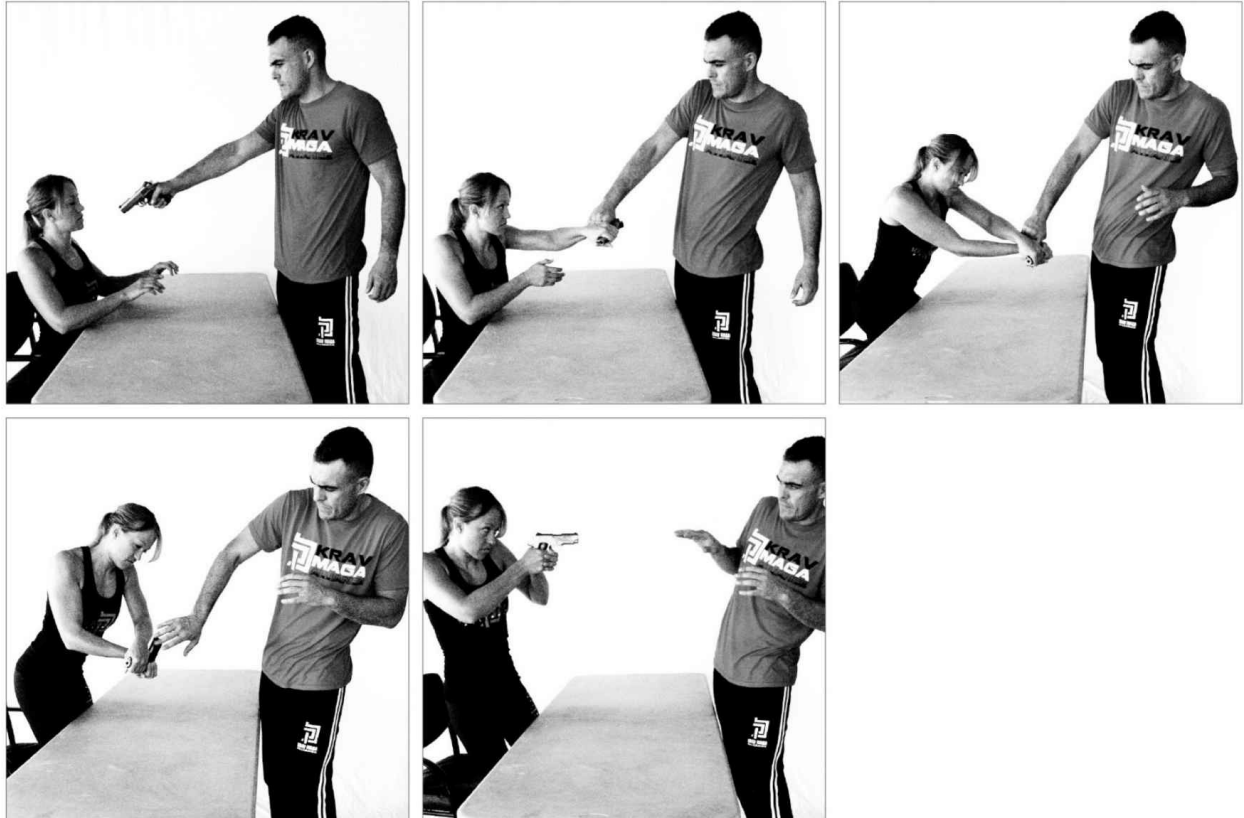
This is another incredibly difficult situation. Not only is it nearly impossible to move toward the gun if you are able to redirect it, but your starting

position is very awkward. In addition, of course, you might not be able to reach the weapon at all.

For purposes of this discussion, we will assume the attacker is standing over you on your right side, near your head, so that the gun is within reach.

- With your outside hand, redirect the weapon off your body and toward the gunman by grasping the barrel.
- Immediately reach your inside hand upward and catch the back of the slide/hammer area of the weapon.
- As much as possible, raise your shoulders up as you make these two movements. This allows you to reach farther and gives you slightly more control as he pulls the weapon upward and away from you.
- Lift your hips and legs up and lay your outside leg over the gun arm. You should reach your leg as high as possible on his arm and then wrap. Make your leg very heavy! This makes it harder for the attacker to pull the gun away because he will be “dragging” all your body weight.
- Be sure that you constantly push on the barrel and pull on the back of the weapon to keep the line of fire away from you.
- Note: it is possible to put your inside foot against the attacker’s hip. This might help to make leverage during the disarm (next step). However, it is more important to make your leg heavy.
- Make a standard disarm by rotating the weapon sharply in the attacker’s grip, then pulling the gun toward you. Be sure you DO NOT rotate the weapon so the line of fire is on you. Continue the pull/push on the barrel/back of the weapon.
- Kick the attacker’s shins or scramble backward to make space, and make the weapon ready. Get up if possible.

## **Gun Across Counter or Table**



As with several other problematic situations presented at this level of training, a table or countertop presents a significant problem: you cannot move forward to keep control of the gun.

In this situation, even if you can reach the gunman to punch him, you will be in danger because the punch itself will cause the gunman to move back. For this reason, we go directly to the two-handed technique.

You can make the technique to either side. However, we usually recommend redirecting to the inside so that you have more immediate leverage.

- With your left hand, redirect the line of fire inward. Remember to “punch” your first two knuckles toward the gunman to create the best redirection.
- Immediately reach your right hand forward and under the weapon to catch the back of the slide/hammer area.
- As you make these motions, lean your shoulders and upper body forward as much as the table or countertop will allow. The gunman WILL pull back on the weapon. Although you cannot truly pursue the weapon, if you reach

forward, you will minimize the effect of his initial pull. You should also put weight downward as much as possible.

- Rotate the weapon sharply in the “break and take” motion to disarm the gunman. Be sure you do not lean or step back until you are certain the weapon is out of his hand!
- Make distance as soon as possible and make the weapon ready to fire if necessary.

## **Black Belt Third Degree**

The main focus of the 3rd Degree Black Belt examinations is Third Party Protection: how to defend not only yourself but someone else who is attacked with a knife or threatened with a gun.

### **3rd Party Defenses v. Hand Gun**

Our system includes two approaches to defend hand gun threats to a third party. One set of techniques requires slightly more precision and is more useful when the gunman has a single target, which means he will attempt to be more accurate and his shooting platform and stance are a little more stable and static.

We also include a general technique that can be applied when the shooter is much more dynamic and there is no chance for a precise technique.

The first series of techniques presented are more useful in static scenarios in which the gunman is threatening an individual or stopping to aim at a single target.

# Gun - 3rd Party Protection from the Side

This technique assumes that you are perpendicular to the line of fire, with the gunman standing near you but pointing the weapon at someone else. For explanatory purposes, we will assume that the gunman is right handed and the defender is standing on the gunman's right side. However, the technique is the same on either side and against either hand.

- As the gunman points the weapon, reach your outside hand forward to grab the barrel with your fingers positioned downward. (Fingers up is also possible, especially if the gun is held higher, but the “fingers down” position allows for more shoulder strength.) This movement should redirect the line of fire away from the



the target.

- At almost the same time, reach your inside hand forward to grab the attacker's wrist with fingers up.
- Step your outside foot inward, then pull at the attacker's wrist and push on

the barrel to “snap” the gun inward toward the gunman. Use your shoulder and hip for added power. The gun should hinge or fold inward without the gunman’s arm swinging.

- The disarming motion should move the barrel slightly downward to put pressure on the attacker’s thumb.
- Counterattack immediately. Because of the angle, your most immediate counterattack might be a punch with the muzzle of the gun. However, a punch with your left hand first is also possible, followed by a punch with the muzzle of the gun.
- At that point, either follow up with additional counter attacks to the gunman OR back up to cover and protect the VIP.

## **Gun - 3rd Party Protection From Behind Gunman**



This technique is similar to the 3rd Party Protection technique from the side. However, there is a tactical approach to include.

- As the gunman points the weapon, move toward the gunman from behind. Stay low so that you avoid his peripheral vision as much as possible.
- Step your inside foot close to his foot and burst toward the gun. Reach your arms out as far as possible. Initially, your arms should also stay low to avoid his peripheral vision.
- As your outside foot lands, grab the barrel with your fingers positioned downward. (Fingers up is also possible, especially if the gun is held higher,



but the “fingers down” position allows for more shoulder strength.) This movement should redirect the line of fire away from the target.

- At almost the same time as your outside hand grabs the barrel, reach your inside hand forward to grab the attacker’s wrist with fingers up.
- Your outside foot should land with your toes facing the assailant. You must maintain balance so that you can move toward the assailant rather than fall away from him.
- Pull at the attacker’s wrist and push on the barrel to “snap” the gun inward toward the gunman. Use your shoulder and hip for added power. The gun should hinge or fold inward without the gunman’s arm swinging.
- The disarming motion should move the barrel slightly downward to put pressure on the attacker’s thumb.
- Counterattack immediately, punching to the face with your free hand, then punching with the muzzle of the gun.
- At that point, either follow up with additional counter attacks to the gunman OR back up to cover and protect the VIP.

# Gun - 3rd Party Protection From Behind Or Beside Gunman, Face Grab

The technique listed above requires more precision and assumes that the gunman is not moving about wildly. While it allows the defender to control the line of fire, it also requires finer motor skill control and



accuracy of movement, and is therefore not always possible.

The following technique is more aggressive and involves gross motor movements, which means it is somewhat easier to perform under stress, but it does not control the line of fire.

- Approach the gunman from behind.
- Assuming he is right handed, wrap your right arm over his right arm and “scoop” your own arm into your body. You can grab your own clothing to secure your arm.
- At the same time, grab his face with your left hand, hooking at the bridge of his nose and digging fingers into his eyes and flesh.
- Keeping your right arm secure, pull aggressively backward with your left hand to leverage the gunman’s neck.
- As his chin pulls backward, step your left foot back for more leverage.
- Take the gunman to the ground and land heavily on top of him while continuing to pull at his chin. Continue to wrap his arm to limit the movement of the gun.
- If the attacker is still fighting, make hammer fist strikes and elbows to the back of his head with your left arm.

# Gun - 3rd Party Protection From Behind VIP, Dead Side



This technique assumes that you are standing beside or slightly behind the VIP's left shoulder when a gun is pointed at the VIP. This technique is essentially Gun From The Front with added momentum using the VIP as a launching platform.

- Hook your right hand over the VIP's left shoulder while stepping your right

foot alongside the VIP's foot.

- Burst forward, propelling yourself by pulling over the the VIP's shoulder and bursting forward with your right foot. Reach your left hand forward to redirect the line of fire.
- As you grab the barrel of the gun, drive your first two knuckles toward the gunman to further redirect the line of fire.
- As you land in a fighting stance, push the gun forward and downward toward the attacker's stomach. You must land with control and balance.
- Punch the attacker in the face; be ready to continue moving forward. Do not let your feet become static.
- Recoil your punch and catch the back of the slide.
- Disarm by rotating the weapon sharply in its place, then pull the weapon back to you.
- At that point, either follow up with additional counter attacks to the gunman OR back up to cover and protect the VIP.

## **Gun - 3rd Party Protection From Behind VIP, live Side**



This technique assumes you are standing to the side or slightly behind the VIP's right shoulder. This is the normal position for a protective services officer, sometimes known as the Agent In Charge if there is a team. This technique is essentially Gun From The Front, 2 Handed Cupping Technique, using the VIP as a launching platform.

- Hook your left hand over the VIP's right shoulder while stepping your left foot alongside the VIP's foot.
- Burst forward, propelling yourself by pulling over the VIP's shoulder.

Reach your right hand forward to redirect the line of fire.

- As you grab the barrel of the gun, drive your first two knuckles forward to further redirect the line of fire.
- As your right foot lands, reach with your left hand under the weapon to catch the back of the slide or hammer area of the weapon.
- Immediately take a small step with your left foot and deliver a right kick to the groin.
- Rotate the weapon sharply in the attacker's grip, then pull the weapon to you to complete the disarm.
- At that point, either follow up with additional counter attacks to the gunman OR back up to cover and protect the VIP.

## **Knife - 3rd Party Protection v. All Stabs on Live Side**

The techniques described here assume that the attacker is right handed and that the defender is standing on the right side of the VIP. This puts the defender on the live side of the attack.

The defenses are the same defenses you would make if the attack was made toward you. The only difference is a straight stab. Treat the straight stab as you would either an upward stab or downward stab, depending on your arm position and the height of the stab. The defending motion will become more of a redirection than a block, but then continue as you would with any downward or upward stab defense.

## **3rd Party Protection v. Knife on the Dead Side**

The techniques used to defend a third party from the dead side are very similar to the Off Angle defenses used to protect one's self that were discussed in Black Belt 1st Degree.

In some cases, the defender will have time to reach across and defend with the outside arm. While this is possible and even desirable in some cases, we do not present the possibility here. Instead, we assume that the attacker will be very close and the defender will react late. For this reason, we use the closest arm to defend the VIP.



# Knife - 3rd Party Protection v. Downward Stab, Dead Side



This defense assumes the attacker is right handed, making a downward stab, and the defender is on the left side of the VIP.

- Make a 360 defense with your right hand. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure with your outside elbow lower than the attacker's arm.

- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.
- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.
- At this point, you should either continue with counterattacks (if appropriate) or disengage and check on the VIP.
- NOTE: this angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

## Knife - 3rd Party Protection v. Upward Stab, Dead Side



This defense assumes the attacker is right handed, making an upward stab,

and the defender is on the left side of the VIP.

- Make a 360 defense with your right hand. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- NOTE: it is possible to make either 360 Defense #4 or 360 Defense #5. #5 will usually be more comfortable.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure with your outside elbow lower than the attacker's arm.
- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.
- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.
- At this point, you should either continue with counterattacks (if appropriate) or disengage and check on the VIP.
- NOTE: this angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

## **Knife - 3rd Party Protection v. Straight Stab, Dead Side**



This defense assumes the attacker is right handed, making a straight stab, and the defender is on the left side of the VIP.

- Make a 360 defense with your right hand. Your arm should block the attack but also redirect the attacker's arm, driving it back toward the attacker and across his body to his left side. The arm should lead the motion, but your feet should burst forward if you have time and space.
- NOTE: it is possible to make either Outside Defense #4 or #5 against this attack, depending on the height of the straight stab.
- Immediately burst forward with your outside foot, using your outside arm to jam the attacker's arm against his body. Keep your elbow down and your hand up. The pressure from your arm should push forward into the attacker's body, not downward toward the floor.
- Catch the attacker's wrist with your outside hand ONLY if you can maintain forward pressure with your outside elbow lower than the attacker's arm.
- As soon as you jam the attacker's arm, strike the attacker in the face with your right hand.

- Immediately recoil your right hand to catch the attacker's right hand so that you have two hands in control of his knife hand.
- Continue with knees and head butts, driving your weight forward.
- Disarm by pulling on the attacker's wrist and pushing on the attacker's fist; scrape the knife free of his grip.
- At this point, you should either continue with counterattacks (if appropriate) or disengage and check on the VIP.
- NOTE: this angle is very difficult and you might have a problem controlling the attacker's arm; it is very possible he will recoil his arm; if so, continue moving forward and change your technique to the regular downward or upward stab positions for control. This is why it is important to continually move forward during the technique.

## Knife - 3rd Party Protection From Behind Attacker



This defense assumes that you are behind the attacker as he begins to stab the VIP. The technique assumes that the attacker is making very aggressive stabs at the victim, requiring a relatively simple, gross motor motion to control the

attacker's arm.

- As the attacker stabs, reach your right arm over the attacker's shoulder in a swimming motion, pulling your right hand and arm back toward your body to trap the attacker's arm.
- At the same time, reach your left hand around the attacker's head and grab his face, using his nose as a handle and digging your fingers into his eyes.
- Pull his chin straight back, twisting his head to his left.
- Step back with your left foot and drop the attacker to the ground, landing heavily on top of him. Maintain your control of the attacker's right arm by keeping your own right arm close to your body.
- Attack with hammerfists and elbows with your left arm.
- If necessary, and only if the attacker is softened up, reach your left hand over and grab the attacker's wrist. Loosen your grip with your right hand and catch the attacker's fist. Leverage his wrist and scrape the knife free.
- Get up and disengage from the attacker to check the VIP.

## **Injured Partner Carry**

This section discusses techniques for carrying an injured partner. These techniques are not especially difficult and are only placed in the Black Belt 3rd Degree section in order to complement the 3rd Party Protection techniques.

### **Injury Versus Urgency**

We must make one very important note before continuing: the decision to move an injured person must always weigh risk versus reward. The injured person might have injuries, such as damage to the neck or spine, that are exacerbated by the move. In such cases, you might be better off leaving them in place and going for help. However, if there is a urgent need to move them,

such as if they are the target of gunfire, or if (in the case of a car accident, for instance) there is danger of an actual fire, moving them might be necessary regardless of injuries. This is a judgement call you must make.

# Injured Partner Carry - Single Person



Moving an injured party can be difficult when you are alone. In the section, we describe several variations for relocating an injured partner.

## **Variation #1 - If The Victim Is Conscious And Able To Help**

If the victim is conscious and able to help you with positioning, use the “fireman’s carry” described here.



- Help your partner to his feet, even if you must support his weight.
- Stand with your partner facing you while you turn your body sideways to him.
- Reach your outside arm across and grab his far side wrist.
- Squat low and reach between his legs. Wrap your inside arm around his far side leg as he falls across your back.
- Be sure he is positioned across your shoulder and upper back and NOT across your middle or lower back.
- Stand up, holding tightly to his arm and leg.
- One you are standing, wrap his arm and leg with one arm, preferably your weaker arm, so that your stronger hand is available to fight, draw a weapon, open doors, etc.
- Begin moving forward.

### **Variation #2: If The Victim Is Unconscious**

If the victim is unconscious or immobile, you will have a hard time lifting him onto your shoulders. In this case, do the following:

- Stand at the victim's head.
- Squat down and reach both hands under the victim's shoulders and hook your hands into his arm pits. Try to keep your hips or one thigh behind his head to support his neck.
- Walk yourself forward while lifting his shoulders. This allows you to use your legs to "walk" him to a sitting position.
- If necessary, adjust your grip under his arm pits for a more secure hold.
- Moving backwards, drag him to a safer position.



### Variation #3: If The Victim Is Unconscious - Drag Handle



Soldiers in combat often have an accessory sewn into their tactical vest called a drag handle. This handle is usually tucked under the back collar.

- Roll the injured person slightly to one side to expose the back of the neck.
- Reach inside the gear to find the drag handle and pull it out.
- Grab the drag handle firmly with one hand and use your legs to drag the person backward.

- NOTE: we mention this here for civilians because it is possible that the victim is wearing clothing thick enough to use as an imitation drag handle. If the victim is wearing a thick shirt or jacket, you might be able to gather the material behind the neck and use it to drag the person to safety. This allows you to keep one hand free. Keep in mind that, if the clothing is thick enough to hold the person while you drag them, that same clothing might also “ride up” and choke the victim. However, if the situation is dangerous enough, this movement might still be worth the risk.

#### **Variation #4: Combat Roll To Standing**

We include this variation mostly for the challenge of it, not because we recommend it for practical usage in an emergency. This is for 3rd Degree Black Belt, so why not? While this roll can work, it is technically difficult and, when there is real urgency in the situation, you are better off using variations 2 or 3. The technique descr



ibed here is fun to try. Keep in mind that it is designed for use with an unconscious teammate. If he is conscious and resisting, the technique becomes much harder!

- Stand between the legs of the unconscious person.
- Lift the victim's right leg with your left hand, holding near the ankle.
- Crouching down a little, wrap your right arm around the leg above the knee.

- Roll to the victim's left side (over his body) by leading with your right shoulder and tucking your head. Hug his right leg tightly to your body as you roll!
- Finish your roll on your knees. If you have kept a tight hold on his leg, you will pull his body up onto your shoulders.
- Use your left arm to gather his right arm into your chest.
- Stand up, one leg at a time. You now have the victim in a fireman's carry.

## Injured Partner Carry - Two People



(Variation)

If you have a partner to help carry the injured person, your job becomes much easier. Keep in mind that all the same issues regarding injury versus urgency still apply. Working in coordination, each person on the carrying team should follow the instructions below.

- Each carrier squats down on one side of the victim, near the head and shoulders. Grab the victim's wrist with your outside hand and control his neck and shoulder with your inside hand. Take care to keep the victim's head as steady as possible.
- Walk forward, raising the victim to a seated position.
- Wrap the victim's arm around your neck while keeping control with your outside hand. NOTE: if the victim is conscious, he should actively maintain his position using his arms; this frees up the carrier's outside arm for use in fighting, opening doors, accessing tools, etc.
- Reach your inside arm across the victim's lower back and grab his waistband or belt. If there is nothing sturdy to grab, wrap your arm around his waist.
- Working with your partner, walk the victim to a standing position. If the victim is unconscious, continue holding his wrist and arm with your outside hand to maintain his position. Carry him to safety. His feet will drag on the ground, but that is not a problem for a short trip.
- Variation: if you want to avoid dragging the victim's feet, the two carriers can reach behind his legs, join hands by clasping each other's wrist, and scoop the legs up to form a seat.

## **Injured Partner Carry - Three People**



If you have three carriers, the job becomes even easier. The carrying technique below is especially helpful if you must carry a victim over long distances. Note that this technique is not always the best tactical decision: you might be better off using the Two Person Carry and using the third helper to remove obstacles, open doors, or fight.

- Follow the first few steps of the Two Person Carry until the victim is in a seated position, with the two side helpers squatting with their arms crossed behind the victim's back and the victim's arms around their shoulders.



- The third helper squats behind the victim and gives a signal to go. The two helpers stand the victim up without walking him too far forward.
- The third person crouch-walks forward, scooping up the victim's legs with one leg on either side of his head, and stands up. The victim's weight is now fairly evenly distributed among all three carriers.
- The third person should control the victim's feet with one hand so that the other hand is available to open doors, remove obstacles, or fight.

## Defense Against Car Jacking

Most carjacking training is pointless.

It might surprise you that I say that, but there is almost no circumstance in which you should attempt to make a gun defense while the attacker is standing outside your vehicle and you are trapped inside it. If you are threatened by a gunman while in your car, and you cannot simply drive away, you are better off getting out of the car and either giving up the vehicle or making a regular gun defense once you are outside the car.



If you do decide that you must defend yourself immediately, any carjacking defense you try still relies on two facts: the gunman must bring the weapon close enough AND your window must be rolled down. If your window is rolled up, you cannot defend. If he is too far away, you cannot defend until you get out of the car.

However, if your window is rolled down, and if the gunman comes close enough, and if you feel that you must defend immediately rather than get out of your car, the techniques that follow are efficient and useful.



## Car Jacking - Front Angle



This technique assumes that the attacker approaches on the driver's side from the front of the car.

- When the weapon is within reach, redirect the line of fire with your outside (left) hand.
- Immediately (almost simultaneous with the motion above) reach your right

hand underneath the weapon and grab the back of the slide or hammer area of the weapon.

- While making the movements above, reach forward as much as possible and lean forward as much as possible. This will reduce the effect of the attacker pulling back on the weapon.
- Rotate the weapon sharply in the attacker's hand to break his grip, then pull the weapon in toward your body.
- If the attacker's hand has reached inside the frame of the car, you can leverage the attacker's wrist along the door frame to cause pain.
- If necessary, make the weapon ready to use.

## **Car Jacking - Side Angle**



If the attacker approaches directly from the side, the technique is the same as if he approached from the forward angle. The only difference is that, depending on your body position and the height of the door frame, you might redirect with your right hand instead, reversing the grip positions.

For this discussion, we will assume that the LEFT hand is closer to the gun with better access to the barrel, but you should train the opposite movements as well.

- When the weapon is within reach, redirect the line of fire with your outside

(left) hand.

- Immediately (almost simultaneous with the motion above) reach your right hand underneath the weapon and grab the back of the slide or hammer area of the weapon.
- While making the movements above, reach forward as much as possible and lean forward as much as possible. This will minimize the effect of the attacker pulling back on the weapon.
- Rotate the weapon sharply in the attacker's hand to break his grip, then pull the weapon in toward your body.
- If the attacker's hand has reached inside the frame of the car, you can leverage the attacker's wrist along the door frame to cause pain.
- If necessary, make the weapon ready to use.

## Car Jacking - Rear Angle



If the attacker approaches from behind the driver's side door, an already difficult situation becomes much worse. The frame of the car and the car seat impede almost any functional movement to defend, and the defender's reach is limited by the car design and by the angle of the threat. This means that the range within which we can make an effective defense is even shorter. However, if the weapon does come close enough, the following technique can work.

- With your inside (right hand), reach across to redirect the line of fire to the left. The motion of your right arm should be a direct line to the barrel and should stay close to your own body to be less visible. As you redirect, move your head slightly to the right and toward the gunman.
- Immediately slap the back of your left hand to the attacker's wrist, pinning his hand and the gun to the door frame. Maintain pressure!
- With your right hand, push the barrel to create leverage and “snap” the gun from the attacker's hand.
- If necessary, make the weapon ready to use.

## Car Jacking - Attacker in Passenger Seat



If the attacker enters the vehicle and sits in the passenger seat, you have two basic options depending on the angle at which he holds the weapon. The first option is a variation of Gun From Behind At a Distance from the Brown Belt Curriculum. The second option is a variation of the Two Hand Cupping



Technique (not shown), in which you redirect to the outside with your right hand and catch the back of the slide or hammer with your left and, then disarm.

If the weapon is held close to the attacker's body:

- With your right hand, reach to the side with your thumb down and palm toward the gunman; redirect the line of fire and press the barrel into the attacker's body as much as possible.
- Rotate your body toward the attacker and reach with your left hand to catch the back of the slide. It would be better if you could grab the attacker's wrist, but you might not be able to reach that far. NOTE: be sure your rotation is toward the gunman rather than toward the steering wheel. If you lean too far forward, the seat belt will lock up and you will be less mobile.
- If the attacker is close enough, head butt him.
- Keeping pressure with your left hand, push the muzzle toward the gunman to create leverage and "snap" the weapon from his grip.
- Pull the weapon toward you. Be prepared to make counterattacks using hammerfists, elbows, and head butts.
- NOTE: be aware that the gun is in play. You can either strike with the muzzle using hammerfist motions or you can switch the weapon to your left hand, keeping it from the attacker's reach, while striking with your right hand.

## **Car Jacking - Attacker in Back Passenger Seat, Back Hand Redirection**



If the attacker is sitting in the back seat, everything becomes even more difficult due to distance and movement limitations caused by the seats. However, one possibility is to make a technique similar to the one described in the previous section.

- As the attacker points the gun, use your right hand to redirect the line of fire inward.
- Immediately turn your body and grab the attacker's wrist with your left hand. Be sure to turn inside the safety belt strap — if you lean too much, you

might activate the strap's locking mechanism and further limit your movement.

- Pull with your left hand and push the muzzle toward the gunman to create leverage and “snap” the weapon from his grip.
- Pull the weapon toward you. NOTE: be aware that the gun is in play. You can either strike with the muzzle using hammerfist motions or you can switch the weapon to your left hand, keeping it from the attacker's reach, while striking with your right hand.

## **Car Jacking - Attacker in Behind Driver's Seat**



It is difficult to defend against an attacker sitting in the back seat, behind the driver. The position is bad even in the best of circumstances, but now the seat and head rest add an even greater degree of difficulty. If the gunman put the gun around the seat, however, we can make a technique similar to Gun - Hostage Situation.

- With your right hand, reach up and back to grab the barrel, pulling the line of fire forward.
- Immediately reach your left hand across your body to cap the back the slide

or hammer area of the weapon.

- Snap your right hand backward, turning the muzzle sideways and back, while your left hand pushes forward to create leverage, breaking the attacker's grip.
- Push the weapon forward and away from the attacker.
- There are no obvious counterattacks from this position. Make the weapon ready for use or be prepared to give elbows, hammerfists, and head butts if the attacker crawls over to the front seat.

Many people helped in the making of this book. Those who did not participate directly as models or photographers provided encouragement and support. It would be cumbersome, if not downright impossible, to thank everyone in these pages. Let me just say to everyone who has supported the Krav Maga Alliance, its affiliate program, training sessions, and seminars, and to everyone who has been a part of Alliance Culver City where this book was envisioned and realized, thank you, thank you, from the bottom of my heart.

I would like to take the time to mention those people who directly participated in production of this book:

**Photographers:**

Patrick Ward-Perkins  
Rachel Greenbaum  
Chase Heaverlo

**Models:**

Vivian Cannon  
Derrek Hofrichter  
Tony Morrison  
Sepi Melamed  
Rachel Greenbaum  
Bryin Taylor  
Jonathon Howard  
Holly Wilde  
Sef Chang  
Scott MacKay  
Sean Sterling  
Stu Moffett  
Erica Bow-Gottschalk  
Ryan Ribstein  
Louis Tanguay