



PRACTITIONER LEVEL 1 CURRICULUM



P1A History of Krav Maga and its founder: Imi Sde-Or (Lichtenfeld)

P1B Safety in training and vulnerable points

P1C Stances and movements

P1C1 Passive & semi passive stance.

P1C2 Fighting (outlet) stance.

P1C3 Moving to different directions.

P1D Straight punches

P1D1 Palm-heel strike.

P1D2 Straight left punch (with fist).

P1D3 Straight right punch (with fist).

P1E Elbow strikes - horizontal elbow strikes:

P1E1 Inward.

P1E2 Sideways.

P1E3 Backward.

P1F Hammer punches

P1F1 Horizontal

P1F1.1 Sideways.

P1F1.2 Backward.

P1F2 Vertical

P1F2.1 Forward.

P1F2.2 Downward.

P1F2.3 Backward and up.

P1G Kicks

P1G1 Knee kick - straight up.

P1G2 Regular front kick.

P1G3 Side kick.

P1H Combinations of attacks (using P1 techniques)

P1H1 Attacks to all directions.

P1I Outside defenses ("360")

P1I1 Defending against downward, upward and circular knife attacks from the front and counterattack.



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P1J Inside defenses Vs. straight punches (at a rhythm of one and a half beats)

P1J1 Inside defense & counterattack (from semi-passive stance).

P1K Prevention

P1K1 Preventing any attack by kicking.

P1K2 Preventing attack by punching or inside defense.

(the chosen depends on the position of the attacker's hand/s).

P1K3 "Educational stop" (use your palm).

P1L Release from chokes - plucking types

P1L1 Release from chokes from the front.

P1L2 Release from chokes from the side.

P1L3 Release from chokes from behind.

P1M Release from head lock

P1M1 Release from side head lock.

P1N Getting up from the ground

P1N1 Forward.

P1N2 Backwards.

P1N3 Turn to sprint position.

P1O Releases while on the ground

P1O1 Release from a choke from the side.

P1P Dealing with falls

P1P1 Forward soft break-fall to a wall.

P1Q Using common objects as weapons for self-defense

P1Q1 Shield-type objects.

P1R Simulation and tactics

P1R1 Searching and attacking 2 attackers holding a punch pad.

P1R2 Zombie game (2 Vs. 1) using: prevention + choke releases.