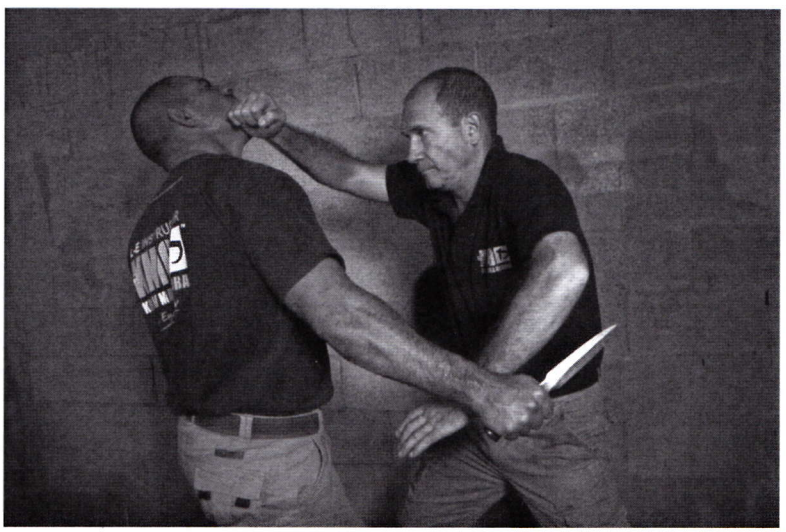
KRAV MAGA GLOBAL

by Eyal Yanilov

SIMULATIONS

PRACTITIONER LEVELS 1-5



THROUGH THE SIMULATION WE PRESENT, TEACH AND PRACTICE DIFFERENT TACTICS AND ELEMENTS OF SELF DEFENSE; SELF PROTECTION; FIGHTING SKILLS; 3RD PARTY CONSIDERATION AND PROTECTION; AND MORE.

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P1: Front Choke - All Distance Timelines

Description: Defender notices the attacker (ability, tools and intention) approaching from the front. Attacker's action starts at a distance of about 3-5 meters, displaying an intention to grab.

Essence: distance-related timeline

Pre-fight

- Retreat and avoidance
- Prevention using verbal communication;
- Preemptive attack
- Inside defense or double outside defenses followed by counterattacks
- Soft preventions: educational block

Fight – Choke has been applied

- Strong and determined attacks even after being caught (no defensive reaction)
- Releasing the front choke:- with one hand
- Releases with two hands

Post-fight

- Re-positioning;
- Scanning;
- Escape
- Dealing with a returning attacker – circular attacks (suitable for 360 defenses)

P2: Quarrel and Violent Escalation – Aggression's Timeline

Description: Defender is involved in a verbal argument that escalates to violent action; from a simple attack (push) to punches and kicks and getting a weapon.

Essence: escalating aggression timeline

Pre-fight

When attacker shows intention and aggressive behavior, defender should respond with:

- De-escalation: true or fake compliance; re-positioning or escape; educational block
- Threat – different ways of threatening:
  - verbal
  - with equipment
  - in a fighting stance with or without simulated attacks
- Acquiring a common object (chair, stick, stone-like objects) - to use for self defense purposes or threaten with positioning
- Strong push: performed with both hands against the chest or chin. Followed by: a threat; acquiring a common object; escape, etc.

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(P-2 cont')

Fight

- **Attacker** performing a sequence of escalating actions:
  1. Shouting; swearing, shouting, using aggressive body language, then -
  2. Pushing, usually 2 hands push at the chest of face; then -
  3. Two strikes, straight or circular (a correct defense against the first attack should prevent the second); then -
  4. Kicking

- The **defender** must handle each element of the scenario, from the initial stage until the whole sequence is completed - verbal attack, push, followed by two strikes and then a kick.

Post-fight

- Positioning; scanning; acquiring and appropriately using a common object; dealing with a third party who requires attention; escape

❖ Additional possibility: a **second attacker** is active at the scene of the confrontation

P3: Front Choke or Knife Attack against a Seated Defender – Timeline and Optional Tactics

Description: Defender is sitting on the ground (or on a chair or bench), reading or having a picnic. Attacker approaches from a distance (from the front). Defender manages to identify and react at different distances (distance-related timeline).

Essence: distance-related timeline with ground techniques

Pre-fight

- Prevention and de-escalation - escape; get up, approach, greet, check intentions
- Get up followed by preemptive attacks (kick first)
- Preemptive attacks from the ground, then get up (and move away or launch additional attacks)

Fight

- Against a choke from the side – prevent and counter; release and counterattack
- Against a knife attack – hand defense while moving sideways and counterattack with kicks; last moment defense - moving backward and counterattack with kicks

Post-fight

- As usual, escape, collect personal items (if possible), assist any companions
- Perform a self-examination for injuries

❖ Additional possibility: the defender has a **partner** present at the scene of the confrontation. Defender cannot move away and abandon the friend

P5: Two Attackers against an Accompanied Defender

Description: Two strolling people are approached by two attackers. First, the attackers approach from the front, at the next stage, they take a divided/flanking approach.

Essence: Composed threat timeline, including defending oneself, considering and defending a 3rd party

Pre-fight

- Early escape
- Screen (with one's body) the third party from the attackers, including verbal communication and movement in the necessary direction
- Preemptive attacks against the attackers, including communication with the third party ("watch my back", "go to the door", etc.)

Fight

Options

- Screen the third party and defend against the first attacker, maneuvering so the first attacker is in front of the second, preventing action by the second attacker. Neutralizing the second opponent, follow through with post-fight and remove the third party from the danger zone.
- One / first of the attackers grabs hold of the third party. Attack the first attacker, and then push him toward the second attacker. Escape with 3rd party, or continue dealing with second attacker.
- Attacker #1 attacks 3rd party, attacker #2 attacks the defender. Deal with #2 attacker first in order to be free to deal with the attacker #1 (who has grabbed the third party).

Post-fight

- As usual, taking the third party into account

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P4: 2 Vs. 1 – A Grab from Behind and an Attack from the Front

Description: A trap made by two attackers. One (#1) approaches and grabs from behind, the other (#2) attacks from the front.

Essence: Composed threat, timeline and assessment of changing threats

Pre-fight

- Prevention: recognize the intentions of the two individuals approaching from the front, circling, or coming from behind and in front
- Escape; avoid; deal with the attackers as in a standard two-against-one scenario, with preemptive attacks and defenses

Fight

- *Timeline and timing – either front or rear attacker can act first.*
- *Attacker from the front approaches and strikes with a hand strike (1st problem); later should utilize different attacks or threats as a kick, a circular knife attack, a knife threat*
- *Attacker from behind can apply:*
    - *A bear hug (arms free or trapped), the first one to practice;*
    - *Or a choke from the rear; or a rear headlock; or a side headlock.*

The response by the defender *– depends on timing, moment of appearance and nature of problems*

- Appropriate response to the hold from behind, followed by an attack against the front opponent.
- Against the rear hold - maneuver until the rear opponent is blocking the front assailant; escape, then deal with the second opponent.
- Alternate scenario: kick the front opponent, then escape from rear hold.
- Options to consider
    i. Escape from the rear hold, deal with front opponent, and then again attack the rear opponent.
    ii. As above, but after escaping the hold the rear attacker brings a knife into the scenario - employ the standard solutions.

Post-fight

- Scan, escape, get equipment, check for injuries, and develop the skill to report maximum number of details about the appearances of the attackers to police.
- As above, but in close quarters after the attacks or after breaking any hold, prevent attacker/s from recovering by continuously counterattacking, and then continue to the next stage/incident.

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