



COMMANDO KRAV MAGA

LEVEL 5 - CLOSED QUARTER TACTICS

EVOLVED ON:
March 01 2017

TACTICAL KNIFE CONCEPTS

- X Shield
- Deflection
- Maneuverability & Timing
- 3-Point Hold
- Wrist/Delivery System Control
- Balance Control
- Disarming

KNIFE DEFENSE TACTICS

Dynamic Knife Attacks from All Sides, Angles & Directions,

- X Shield Tactical Concepts & Techniques
- Includes Attacks with Bottles and Glasses
- Belt/Garment Improvised Weapon

Lunging Stab When You're Seated

- Redirect to Head/Hand Slam
- Redirect to Control
- Redirect to Chair Attack
- Table Top Improvised Weapons

Top Mount Stab [To Stomach]

- Jackknife Wrist Figure 4 and Return to Sender

TACTICAL STRIKING CONCEPTS

Dynamic Punches from Any Angle

- Rhino to Control Techniques



Sucker Punch from Side While Seated

- Redirect to Chair Smash

Muay Thai Knee Strikes

- Striking Skills: **Knee Strike**
- Pressure & Weakness Points to Take Down

Chair Attack

- Rhino to Forward Head Twist

Violent Strikes

- Rhino to Control Concepts
- Rhino to Finishing Concepts

MULTIPLE ATTACKER CONCEPTS

Pushed by One ... Punched by Another

- Rhino to Human Shield or Escape

Grabbed by One [Any Hold] ... Punched by Another

- Survival Escape Options

ESCAPE FROM HOLDS

Bear Hug from Front [Over Arm]

- Grappling Skills: **Hip Throw**
- Groin Strikes & Head Butts
- Knee to Groin
- Hip Throw

Bear Hug from Front [Under Arm]

- Face Attacks, Ear Slap, Head Butts
- Head Twist
- Knee to Groin
- Kidney Chop

Sleeper Choke from Behind While Seated

- Shoulder Wedge Escape

Pulling Choke from Behind While Seated

- Shoulder Wedge to Sliding Down



GROUND SURVIVAL

Standing Attacker Kicking or Grabbing

- Tracking & Kicking to Combat L Stance
- Leg Grab Escape Concepts
- Take Down Concepts

In Attacker's Guard [Open or Closed]

- Grappling Skills: **Open or Closed Guard**
- Glass Wall to Pressure Point Escapes
- Biceps Trap to Pressure Point Escapes

Triangle Choke Attempts

- Grappling Skills: **Triangle Choke**
- Prevention Tactics [Posture, Elbows Tucked, 2 Arms Inside]
- Head Pin & Body Stack to Reverse Leg Pivot

HAND GUN DISARMING TACTICS

Gun to Head When on Stomach

- Head Raise to Pin & Spin

Execution Style from Side

- Wrist Pull to Stand Up

Rear Hostage Hold-Up to Lower back

- Spinning Joust to Disarm

Car Jacking Through Window

- Hand Smash & Leverage Disarm

Car Jacker Beside You with Gun to Side of Body

- Gun Pull with Head Smash to 2 Point Disarm

Car Jacker Beside You with Gun to Side of Head

- Dash Smash to 2 Point Disarm

Car Jacker Behind You with Gun to Back of Head

- Gun Pull to Twist Disarm

MENTAL TRAINING

Combat Mindset

ADVANCED BREAK FALLS

Soft Rolls while Being Pushed or Thrown on Hard Surface



SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIREMENTS:

The requirement to pass **LEVEL 5** of Commando Krav Maga is a minimum of 75% on the following criteria:

- 1]** Dynamic break falls on hard surface when pushed or thrown
- 2]** Effectively conduct a short CKM class [Instructors only]
- 3]** Demonstrate techniques [chosen at random] for Levels 1-5 [both sides]
- 4]** Innovation-find and perform realistic solutions to assigned scenarios that you have never seen before [Concepts & Principles i.e. Simplicity, What- ifs, 5-Seconds, etc]
- 5]** Ability to react effectively to random surprise attacks for 12 minutes. After every 3 minutes, there will be a 1 minute "break" which will consist of intensive cardio drills and being roughed up

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