



# COMMANDO KRAV MAGA

## LEVEL 6 - ADVANCED TACTICS

EVOLVED ON:  
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### **HAND GUN DISARMING TACTICS**

#### **Rear Hold-Up Above Shoulder Blades with Arm Bent Behind Back**

- Lat Release with Waiter's Escape to Control
- Lat Release with Waiter's Escape to Figure 4 Disarm

#### **Gun to Head While Lying on Your Back**

- Circular Redirect to Disarm

#### **Gun to Lower Back While Lying on Your Stomach**

- Superman Swat with Reverse Scissor to Disarm

### **LONG GUN DISARMING TACTICS**

#### **Front/ Side/Rear [Trigger Side]**

- Circular Redirect to Rowing Disarm

#### **Front/ Side/Rear [Support Side]**

- Circular Redirect to Hand Slap Rowing Disarm

#### **Rear Below Shoulder Blades [Trigger Side]**

- Circular Redirect to Rowing Disarm

#### **Rear Below Shoulder Blades [Support Side]**

- Circular Redirect to Hand Slap Rowing Disarm

#### **Side of Hip in Front of Arm [Trigger Side]**

- Under Grip to Rowing Disarm

#### **Side of Hip in Front of Arm [Support Side]**

- Under Grip to Hand Slap Rowing Disarm

#### **Side of Hip Behind Arm [Trigger Side]**

- Looping to Rowing Disarm



### **Side of Hip in Behind of Arm [Support Side]**

- Circular Redirect to Hand Slap Rowing Disarm

## **KNIFE DEFENSE BRAINSTORM DRILL**

### **Knife Parallel to Throat While Pinned to Wall**

- Armpit Leverage Release

### **Reverse Grip Knife Parallel to Throat While Pinned to Wall**

- Knuckle Peel to Elbow Leverage Disarm

### **Knife to Stomach While Pinned to Wall**

- Shield to Whiz Disarm

### **Knife to Throat from Behind While Seated**

- Wedge to Leverage Disarm

### **Reverse Grip Knife to Throat in Attacker's Top Mount**

- Circular Redirect to Wrist Lock Figure 4 Disarm

## **X-SHIELD KNIFE TO KNIFE FIGHTING CONCEPTS**

- Against Lunging Stabs
- Against Vertical Ice Pick Downward Stabs
- Against 45 Degrees Ice Pick Downward Stabs
- Against Upward Stabs
- Against Slashing

## **PRINCIPLES OF STREET TAKEDOWNS**

- Maintaining/Breaking Balance
- 8 Directions Principle
- Sweeps
- Rhino to Outside Leg Takedowns
- Rhino to Inside Leg Takedowns
- Hip & Shoulder Throws
- Sacrifice Takedowns



## **GROUND SURVIVAL**

### **Rear Naked Choke While You're Facing Up [Hooks In]**

- Elbows to Leg Pressure Points & Groin Grab
- Bridge to Shoulder Wedge Escape

### **In Attacker's Guard**

- Achilles Twist & Disengage/Head Stomp

## **CONTROL TACTICS**

### **Attacker Facing You**

- Face Push Distraction to Cobra & Nose Control
- Face Push Distraction to Cobra & Escort
- Face Push Distraction to Cobra & Take Down
- Cobra to Figure 4 Escort
- Cobra to Figure 4 Take Down
- Cobra with T Shirt Hold to Escort
- Cobra with T Shirt Hold to Take Down

### **Approaching Attacker from Side**

- Side Cobra with Hook Pull

### **Approaching Attacker from Rear**

- Arm Pull to Rear Cobra & Escort
- Arm Pull to Rear Cobra & Take Down

### **Attacker Resists Cobra**

- Transfer to 90 Degree Straight Arm Bar Take Down
- Nutcracker Escort

## **MENTAL TRAINING**

Street Confrontation Mindset

## **BREAK FALLS**

All break falls performed in a disoriented condition on a hard surface while facing multiple attackers.

## **SURPRISE ATTACKS**

### **Non Stop Random Attacks by Multiple Assailants**



#### **TESTING REQUIRMENTS:**

The requirement to pass **LEVEL 6** 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 an advanced CKM class
- 3]** Demonstrate techniques [chosen at random] for Levels 1-6 [both sides]
- 4]** Evolved solutions for attack scenarios utilizing CKM concepts & principles
- 5]** Ability to react effectively to sequential surprise attacks for 12 minutes. After every 3 minutes, there will be a 1 minute “break” which will consist of cardio and group pressure

#### **Moni Aizik**

Founder & Chief Instructor

Commando Krav Maga

1-800-408-9218 [CANADA & USA ONLY]

1-416-485-3584 [WORLDWIDE]

[moni@commandokravmaga.com](mailto:moni@commandokravmaga.com) [EMAIL]

[www.commandokravmaga.com](http://www.commandokravmaga.com) [WEBSITE]