

COMMANDO KRAV MAGA

LEVEL 7 - FEAR & PAIN



EVOLVED ON:
March 01 2017

HAND GUN DISARMING TACTICS

Attacker Shields with Gun Drawn to His Hip

- Redirect & Face Turn to Disarm [Performed from: Front, Side & Back]

Front Silent Hold-Up [Hand over Mouth] All Direction with or without Wall

- Disarming Options

Attacker Shoving from Rear with Gun Drawn to His Hip

- Spinning Triceps Redirect to Disarm

Rear Hold Up to Lower Back with Arm Bent Behind

- Elbow Redirect with Waiter's Escape to Disarm

GUN RETENTION

Attacker Grabs Gun from Side

- Head Butt to Open Ring Golf Swing

LONG GUN DISARMING TACTICS

Execution from Front [On Knees]

- Redirect to Standing Rowing Disarm

Execution from Side [On Knees]

- Redirect to Standing Rowing Disarm

Execution from Rear [On Knees]

- Spinning Lat Redirect to Standing Rowing Disarm

LONG GUN RETENTION

Attacker Grabs Gun from Side

- Golf Swing [Open Ring]



OUTDOOR GUN DISARMING TACTICS

- Survival Drills with Airsoft Gun

KNIFE DEFENSE TACTICS

Silent Hold-Up [Hand Over Mouth] with Knife [All directions with or without Wall]

- Disarming Options

Rear Hostage Hold Up with Knife to Lower Back

- Spinning Joust to Looping Release
- Spinning Joust to Disarming Options

Pulling Choke with Knife to Neck

- Redirect to Wrist Leverage Release

Aggressive Grab and Shank

- X Block Redirect & Disarm
- X Block Redirect & Return to Sender

Icepick Turn To 45 Degrees [While in The Red Zone]

- Head Pull to Figure 4 Disarm

Top Mount Upper Body Pin with Under Hand Stab

- Bridge to Disarm

STRIKING DEFENSE

Punches

- Double Rhino/Helmet with Knee to Solar Plexus
- Double Rhino/Helmet to Outside Leg Sweep
- Double Rhino/Helmet to Inside Leg Sweep

IMPROVISED WEAPONS

- Duck & Maneuver to Stick Wedgie
- Duck & Maneuver to Stick Choke/Takedown
- Stick Jousts Tactics
- Magazines, Newspapers, Books...

ESCAPE FROM HOLDS

Standing / Jumping Rear Naked Choke

- Hurdle Sweep Takedown
- Maneuver to Shoulder Wedge Escape
- Maneuver to The Side & Takedown



GROUND SURVIVAL [5 SECOND RULE]

Straight Arm Bar in Guard

- Grappling Skills: **Straight Arm Bar from the Guard**
- Stacking Release

Multiple Attackers While on the Ground

- Concepts of Defense and Survival

THIRD PARTY PROTECTION

Attacker Holds Hostage from Rear with Knife to Throat

- Elbow Redirect with Wrist Snatch to Armpit Lock

Pulling Choke with Knife to Neck

- Part to Figure 4 Disarm

Rear Hook Choke with Gun to Side of Head

- Superman Rescue

MACHETE DEFENSE

Overhead Chop or Slashing

- Simultaneous Outside Block and Face Turn to Disarm

SURVIVAL MINDSET & COMBAT STRESS:

- Psychology & Physiology of Fear & Pain
- Drills to Overcome Fear & Pain

SURPRISE ATTACKS

Non Stop Random Attacks by Multiple Assailants

TESTING REQUIREMENTS:

The requirement to pass **LEVEL 7** of Commando Krav Maga is 80%

EXPECT THE UNEXPECTED!

Moni Aizik

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Commando Krav Maga

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