

Krav Maga Advanced - Block 1

A.T.O. - All Basic Curriculum

<u>Index #</u>	<u>Combatives</u>	<u>Page Number</u>
	Forward Headbutt	
	Upward Headbutt	
	Inside Chop	
	Defensive Back Kick with a Spin	
	Inside Slap Kick	
	Left Jab / Overhand Right Combination	
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	Plucking Defense against Low to Medium Side Kick	
	Inside Defense against Left-Right Combination (Using One Hand)	
	Outside Defense #1	
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	Stop Kick Defense against Front Kick	
	Defense against High and Medium Round Kicks	
	Defense against High Round Kick (Fighting Stance - Two Contact Points)	
	Defense against High Round Kick (Fighting Stance - Three Contact Points)	
	Pluck Defense vs Striaight Line Kick	
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