

Krav Maga Basic Block 1

This Block will be tested on in April of each year

"ATO" - Combatives (Always Trained On)

- Straight Punches High
- Palm Heels/Eye Strikes
- Knees
- Elbows 1-7
- Hooks/Uppercuts High/Low
- Front Kick to Groin
- Round Kick

"ATO" - Defenses (Always Trained On)

- 360 Outside Defenses
- Inside Defenses (High Only)
- Leg Checks to Front Kicks & Round Kicks

"ATO" - Ground Fighting (Always Trained On)

- Back Position and Movement
- Side Position
- Getting Up From Back Position and Side Position Counterclockwise
- Front, Back, Side Falls
- Buck Trap & Roll

New Combatives

- Downward Hammer fist
- Straight Punches Low (Right & Left)
- Front Kick to Vertical Target
- Defensive Front Kick (with whole foot)

Combinations

- Left/Right/Right
- Hammer fists (Left/Right/Right)
- Groin Kick, Left, Right, Right (Using Punches or Hammer fists)
- Bas Rutten Combination #3
- Bas Rutten Combination #3 plus Right Elbow

New Defenses

- Leg Absorption to Round Kick
- Reflexive Groin Kick Defense
- Covering and Extended Defense Against Hook
- Defense to Low Punches & Uppercuts

Self-Defense

- Choke From the Front (2 hand pluck)
- Choke From the Front (1 hand pluck)
- Bear hug From the Front (Arms Trapped, with and without Space)
- Bear hug From the Front (Arms Free, with and without Space)
- Headlock from Behind (Bar-arm)
- Headlock From Behind (Carotid)

Soft Techniques

- Wrist Release Same Side and Opposite Side

New Ground Fighting

- Front Kick
- Round Kick
- Foot Grab Stripping Axe, Hook Kick and Round Kick

Krav Maga Basic Block 2

This Block will be tested on in August of each year

"ATO" - Combatives (Always Trained On)

- Straight Punches High
- Palm Heels/Eye Strikes
- Knees
- Elbows 1-7
- Hooks/Uppercuts High/Low
- Front Kick to Groin
- Round Kick

"ATO" - Defenses (Always Trained On)

- 360 Outside Defenses
- Inside Defenses (High Only)
- Leg Checks to Front Kicks & Round Kicks

"ATO" - Ground Fighting (Always Trained On)

- Back Position and Movement
- Side Position
- Getting Up From Back Position and Side Position Counterclockwise
- Front, Back, Side Falls
- Buck Trap & Roll

New Combatives:

- Hammer Fists to the Side
- Side Kick in Place
- Side Kick with Advance
- Uppercut Back Kick (Short)

Combinations

- Bas Rutten Combination #3 Plus Right Uppercut
- Bas Rutten Combination #2/Bob/Straight Right
- Side Kick Hammer Fist

New Defenses:

- Bobbing and Weaving
- 360 Defenses with Counters
- Stabbing Defense

Self-Defense

- Choke from the Side
- Choke front Behind
- Bear Hug from Behind (Arms free with and without Space)
- Bear Hug from Behind (Arms Trapped with and without Space)
- Headlock from the Side

Soft Techniques

- Both Wrists (Held high and down)

New Ground Fighting

- Side Kick From Side Position
- Defense While Mounted (bucking hips)
- Trap Opponents Arms to Chest and Pop Out

Krav Maga Basic Block 3

This Block will be tested on in December of each year

"ATO" - Combatives (Always Trained On)

- Straight Punches High
- Palm Heels/Eye Strikes
- Knees
- Elbows 1-7
- Hooks/Uppercuts High/Low
- Front Kick to Groin
- Round Kick

"ATO" - Defenses (Always Trained On)

- 360 Outside Defenses
- Inside Defenses (High Only)
- Leg Checks to Front Kicks & Round Kicks

"ATO" - Ground Fighting (Always Trained On)

- Back Position and Movement
- Side Position
- Getting Up From Back Position and Side Position Counterclockwise
- Front, Back, Side Falls
- Buck Trap & Roll

New Combatives:

- Back Kick in Place and Advances
- Advancing Groin Kick
- Uppercuts and Hooks Low

Combinations

- Bas Rutten Combination #4
- Bas Rutten Combination #2/Slip/Straight Right

New Defenses:

- Inside Left with Counter
- Inside Right with 1 Counter
- Inside Right with 2 Counters
- Inside Defense vs. L/R one hand
- Slipping

Self-Defense

- Choke from the Front with a Push
- Choke from the Front Against the Wall
- Choke from behind with a Push
- Choke from behind Against the Wall
- Choke from behind with a Pull

Soft Techniques

- Two Hands on One Wrist
- Both Wrists Held from Behind

New Ground Fighting

- Headlock while being Mounted
- Elbow (Shrimping) Escape from the Mount
- Maintaining Mount Position
- Kick-off from the Guard