



## (distilled) PURE KRAV MAGA CURRICULUM DAY 1 / 7.5 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Krav Maga History	1-16	1.00
Danger Analysis / Reaction Time	17-18	
Vision, Motion / Arms Distance Exercise	19-20	
Safety in Training	20-21	
Self Defense Protection & the Law	21-22	
Pressure Points (get in pairs)	22-30	
WARM-UP	30-38	.25
Primary Strikes & Kicks INTRO	39-40	1.00
Primary Strike / Primary Strike with Lunge	40-44	
Counter (Rear) Strike		
COMBO DRILL		
Principles of Body Movement	45-47	.50
PUNCHING DRILL		
Front Hand Low Attack Punch & Low Defensive Punch	47-48	2.00
Rear Hand Low Attack Punch & Low Defensive Punch	48	
Backhand & Roundhouse Strikes / Roundhouse Elbow	48-54	
Upper Cut, Elbow Strikes	54-58	
Rear Hand & Front Hand Knife Hand Strikes		
Hammer Strike, Palm Strike, Groin Slap	N/A	
COMBO DRILLS		.50
Front, Side and Knee Kicks / Head Butts	59-63	2.00
Rear Kick	272-274	
Roundhouse Kick	275-280	
Outside & Inside Slap Kick / Jumping Kicks	280-285	
Defensive Front Kicks	285-288	
Stomp Kick	289	
Defensive Back Kick	290	
Sheering Kicks	291-293	
COMBO DRILLS with Kicks and Punches		
Debrief / Mock Lesson Reminder / Prepare for Day 2		.25

*Adapted from KRAV MAGA: Use Your Body As A Weapon (2014) by Boaz Aviram.*



## (distilled) PURE KRAV MAGA CURRICULUM DAY 2 / 8.25 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back / Day 2 Agenda / WARM-UP		.50
Instinctive Defenses INTRO	65-67	3.00
Outside Hand Defense Intro & Drill	67-69	
Outside Defenses vs Strikes	70-71	
Inside Hand Defense Intro & Drill	71-73	
Inside Defenses vs Strikes	73-75	
Defensive Kicks	75-78	1.00
Inside Hand Defenses vs Kicks	78-81	
Outside Hand Defenses vs Kicks	81-82	
Toreador Pass	83	
FIGHTING DRILLS		.50
Tactical Consideration in Strikes and Kicks used in Attack and Defense. Reaction Time. How to Practice Defense and Counter Attack Responsibly. Instinctive Defenses/Knockout Power /Rhythm/De-escalation	83-84  310-315	.50
Close Range Scenarios INTRO	85-86	2.00
Releases from Rear Holds	86-88	
Releases from Front Holds	89-91	
Releases from Front, Rear and Side Chokes	91-97	
Defense vs Knife Threat to Neck	97-99	
Releases from Head Locks from Rear	99-101	
Release from Head Lock with Knife to Throat	102-103	
Release from Head Lock from Side	103-104	
Release from Head Hold from Side	105	
Release from Neck Hold from Front	105-107	
Wire/Rope Chokes	N/A	
COMBO DRILLS		.50
Debrief / Mock Lesson Reminder / Prepare for Day 3		.25

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## (distilled) PURE KRAV MAGA CURRICULUM DAY 3 / 6.75 hours, plus 1.5 hours for lunch

TOPIC-PRINICIPLES	Page	Time
Share Back / Day 3 Agenda / WARM-UP		.50
Release from Front, Back and Side Hair Pulls	107-109	1.00
Release from Shirt Holds	109-110	
Leg Trips and Hip Throws	111-113	
Release from Nelson Hold, Hand Grabs	114-115	
Mouth Cover with Wrist Grab and other Wrist Grabs	115-119	
The Cavalier	119-120	
Arm Wrestling and Redirection of Opponent's Force Exercises	120-123	
Ground Defenses INTRO	125	2.00
How to Get Up from the Ground	130-131	
Back Falling (with Front Kick and Scissor Kick)	125-128	
Side Falling	128-129	
Forward Break Fall	129	
Forward Rollover	132-133	
Tactical Uses of Forward Rollover	135	
Side Rollover	134	
Backward Rollover	136	
Ground Defense vs Attacker Sitting on Top Striking Face	137-138	1.50
Ground Defense vs Attacker on Top Choking	138-139	
Ground Defense vs Attacker on Side Choking	139-140	
Releases from Hands Pinned on Ground	140-141	
Release from Attacker on Top w/Torso Leaning Forward Choking	142	
Release from Judo Headlock	142-143	
Releases from Head Hold and Choke from Sitting Position	143-145	
Club INTRO	147-150	1.00
Defense vs Club using a Club	150-152	
Attacking Opponent Armed with a Club	153-154	
Defenses vs Club with Bare Hands (Head/Side Body)	154-156	
Pre-emptive Defense vs Attacker with Club	157-158	
Defense vs Chain Attack	158-159	
COMBO DRILLS		.50
Debrief / Mock Lesson Reminder / Prepare for Day 4		.25

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## (distilled) PURE KRAV MAGA CURRICULUM DAY 4 / 5.75 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back / Day 4 Agenda / WARM-UP		.50
Knife Defenses	161	3.00
Using a Knife:	162-166	
Top Down/Underhold/Straight Stab/Inside-Outside Slash		
Defenses vs Knife Attacks using Kicks	166-176	
Defenses vs Knife Attacks with Bare Hands:	177	
Top Down	178-179	
Underhold (close/in motion)	180-181	
Side with Low Stab to Ribs	182-184	
Underhold (center)	184-185	
Front Inverted	185-187	
Front Straight (low/center)	187-193	
Slash (close/in motion)	194-196	
Defenses vs Top Down, Underhold, Straight Stab Attacks	196-200	
Defense with Handy Object vs Slashing Knife Attack	200-201	
Knife Fighting Drills	201-203	
Principles of Knife Defense	204-206	
Knife Threat in Vehicle	207-208	
Pistol Defenses	209	1.50
Defense vs Pistol pointed to Chest, Head, Forehead, Side, Back, Back of Head, Temple	210-222	
Defense vs Head Hold with Pistol Threat	222	
Defense vs Gun Pointed to Head (Front & Rear) while Sitting	222-224	
Pistol Threat in Vehicle	225-232	
Special Applications. Defensive Uses of Assault Rifle and Defenses vs Assault Rifle	233-242	.50
Defense vs Captor Pointing Assault Rifle at Hostages	243-246	
Debrief / Mock Lesson Prep for Day 5		.25

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## (distilled) PURE KRAV MAGA CURRICULUM DAY 5 / 6.5 hours, plus 1.5 hours for lunch

TOPIC-PRINCIPLES	Page	Time
Share Back / Day 5 Agenda / WARM-UP		.50
Body Leads INTRO	246	1.00
Lead#1	246-249	
Release from Lead#1	249-250	
Lead#2	251-253	
Release from Lead#2	254-255	
Lead#3	256-257	
Release from Lead#3 (refer to Lead#2)	257	
Lead#4	257-259	
Release from Lead#4 (refer to Lead#2)	259	
Defenses vs Multiple Opponents	295-298	.50
Hijacking Scenarios	299	.50
Advanced Training: Training Suggestions	301-309	.25
First Aid	259-264	.25
Sentry Removal: Knife to heart, clavicle/throat slash, head smash	265-269	.50
Mock Lessons with Instructor Trainees	N/A	2.00
Debrief / Certificates	N/A	1.00

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