

# Practitioner Level 1

# CRUCIBLE

The Goal of Practitioner Level 1 material is to learn the history of Krav Maga, begin the process of using the underlying principles, and successfully deal with frontal assaults.

## Stances

Outlet / Fight stance  
Passive stance  
Movement in, from, and to various stances

## Strikes

Palm-heel strikes  
Straight Left punch (to chin/face)  
Straight Right punch (to chin/face)  
Horizontal Elbow forward  
Horizontal Elbow sideways  
Horizontal Elbow backwards  
Vertical Hammer Fist forward  
Vertical Hammer Fist downward  
Vertical Hammer Fist backward  
Horizontal Hammer Fist sideways  
Horizontal Hammer Fist backward  
Regular Knee upward  
Regular Front Kick low or high targets  
Stomp Kick downward  
Stomp Kick backward

## Defenses

360 Outside defense with sim counter attack and finishing modes  
Inside Defense against straight punches to face or body, with counter attacks and finishing modes  
Inside Defense against regular front kicks using shin

## Choke Defenses

Timeline of choke:  
\* Avoid  
\* De-escalate  
\* Prevent being grabbed  
Standing Releases:  
\* Two Hand pluck with knee or kick  
\* One Hand pluck with punch  
Ground Releases:  
\* From Side by plucking

## Ground

Dealing with Falls:  
\* Falling forward soft  
\* Falling forward hard  
\* Falling back soft  
\* Falling back hard  
Rolls:  
\* Low forward roll  
\* Low backward roll

## Weapons

Knife attacks:  
\* Underhand upward stab  
\* Overhand downward stab  
\* Counterattacks and retreating

## Key Concepts

Observing attacks being initiated  
Understanding correct attacking / defending distances  
Returning attackers - attackers are able to re-initiate and counter

Attacks happen in timelines. The attack method + timeline + natural response will greatly influence your tactics.

Drilling under stress - you will fall back to your training in times of stress, the more you train the better your responses will be.