

Practitioner Level 3

CRUCIBLE

The Goal of Practitioner Level 3 material is dealing with side and rear strikes; increasing abilities with series of attacks in all directions; and starting ground proficiency.

Stances

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

Strikes

Low punches to the body
Striking combinations to all angles, directions, heights, and distances.
Kicking:
*Advancing kicks (all P1/P2 kicks)
*Retreating kicks (all P1/P2)
*In Place (all P1/P2)

Defenses

Outside stabbing defense
* front
* sides
Hand Defenses to Regular Front Kicks
* Hands down using Inside Defense with palm
* Hands down using Outside Scooping
* Hands up to High Front Kick Defense to kicks of unknown height

Headlock

Side headlock (standing)
* Using timeline to prevent
* Using groin strike + head attack
* Bar Arm choke from behind
* Carotid artery choke

Headlocks on Ground

* Both hands under
* One hand is free - attacker head is up
* One hand is free - attacker head is down

Ground

Defending Takedown
* Long distances - kicking
* Middle distances - hands
* Short - forearms
* Moving backwards and sprawl
* Defender is caught - stabilizing and counter attack

Side Falls

Forward rolls (low and high)

Backward rolls

Weapons

Knife attacks - attacker charging
* Regular kick to solar plexus or chin
* Sidekick to lower ribs or solar plexus
* Bailing out and roundhouse kick to solar plexus or groin

Common methods for using a knife:

- * Overhand stab (ice pick)
- * Underhand (upward)
- * Straight stabbing
- * Slashing attacks

Key Concepts

Striking can happen with hands or feet, both low and high to the body.

Timeline: your defensive solution is determined by the attack type and where in the timeline you find

Krav Maga is basically a solution system: whatever the attack is, find the most efficient, safe, and practical solution.

Example: if an attacker is far away, different solutions are available than if they are very close.