



**PRACTITIONER**  
**LEVEL P1**  
**CURRICULUM**

Version: Student - internal use

## FOREWORD

Dear Instructors and Trainees,

Krav Maga (KMG) is an integrated system of self-defense, fighting skills, and protection of others.

Technically and tactically, we train how to prevent, avoid, de-escalate or deal with violent confrontations according to the law of the country. Physical and mental training is fundamental to the above and gives the trainee courage and traits, strong and good character, skills and abilities that also improve their well-being and are relevant to all walks of life.

Becoming a KMG trainee is a commitment that can be for a longer or shorter period of time. Before starting your journey, it is important that you make sure that your motivations for training are sound and ethical. KMG education focuses on self-defense, safety and security, third party protection as well as personal improvement, mental strength and physical fitness. By training our system, you gain the knowledge and power to deal with stress and violence, use it wisely, with self-control and humbleness. With the practice you become a better version of yourself, and thus should have positive impact and influence on the lives of people around you.

The founder of Krav Maga, my teacher, Imi said:

“I want instructors to educate students to be good citizens”. ‘Good citizens’ means good people; those who are ready and proud to help others, those who act according to the law, and with high ethical and moral standards.

The first Krav Maga curriculum was set by Imi in 1964. In 1987, I was responsible for revolutionizing it and transforming Krav Maga into a logical, principle-based technical system, while some tactical elements were also introduced. Various parts were added in later years, including third party protection, as well as some technical and tactical subjects. Since KMG was founded, additional progress and improvements have been made. Technical material, training methods and simulations have been introduced, included and updated.

This new curriculum is the result of further thinking, observation, experimentation, learning and training in recent years. The aim is to shift the focus and direction of training and testing from technical and closed skills to tactical and open skills, where efficiency and desired results are more important. Considerations about prevention, de-escalation, pre-emptive actions, overcoming failure, as well as physical and mental control are given even greater attention. Given the circumstances, we should accept the lesser solution, but overcome the problem with the highest aspirations. Our goal is to achieve the best possible result and still strive for top performance.

I would like to express my deepest gratitude to the members of our Global and International Team (GIT) who have contributed and helped to compose and improve this curriculum, especially our top-level expert instructors Graham Kuerschner and Emmanuel Ayache for their input and support. Significant assistance was also given by our superb team of masters and experts, Zeev Cohen, Tommy Blom, Rune Lind, Ilya Dunskey, Jan Tevini, Adam White, Richard Fagan and Jon Bullock, I am in their debt, and above all we are in debt to our master of the masters, Imi, for setting the direction and showing the way.

With respect and appreciation,



# CONSIDERATIONS

## CURRICULUM

- ▣ The KMG system is based on natural behavior and responses that are directed, refined and polished
- ▣ In most levels we cover the four training pillars - mental, physical, technical and tactical, applied on the three sections - self-defense, fighting skills, and third party protection
- ▣ We learn how to solve the more common problem first
- ▣ Learn, train and invest in the fundamental and easier skills first
- ▣ Since the goal is to solve new problems under mental and physical stress, we load, add difficulties and increase demands during training and when climbing up the levels
- ▣ “Don’t get hurt” is a primary goal, both in training and in reality
- ▣ Depending on the event, context and need, act correctly with the choice of tool, technique, tactic, strategy, target and level of impact/pressure
- ▣ Act, defend and attack in the most efficient and economical way
- ▣ Overcome and “win” the confrontation, if it is less or more dangerous, coming from any angle or direction, under any kind of conditions, in any context, whether standing, sitting, laying down or on the move, in open or confined areas, complete the most suitable solution you are able to apply
- ▣ In training - follow the safety rules, keep your partner and yourself free from injuries
- ▣ In real life incidents, and thus in KMG, there are no sporting or technical rules of engagement. Just act according to the laws of the country and your immediate needs

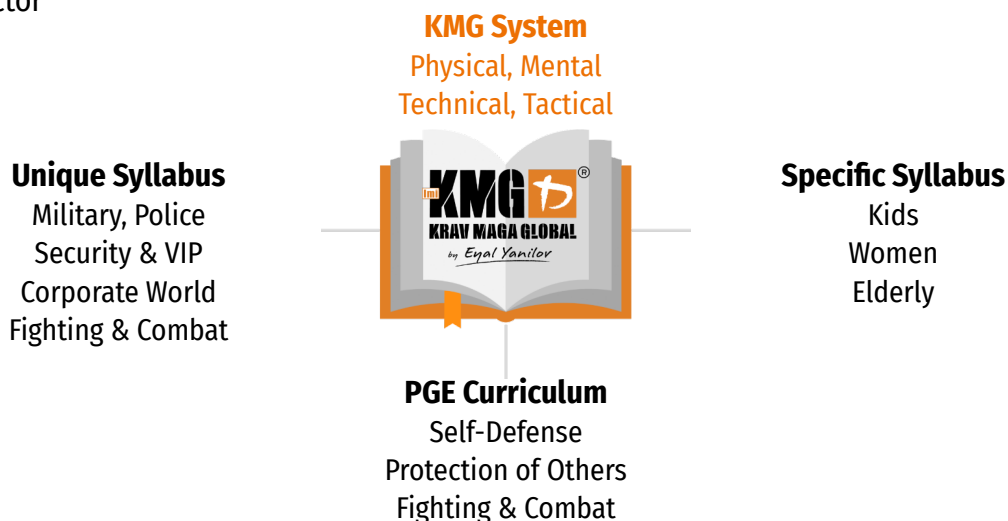
## DIVISION TO LEVELS AND SECTORS

### A. We have Four Categories of Levels

- ▣ Practitioner 1 - 5
- ▣ Graduate 1 - 5
- ▣ Expert 1 - 5
- ▣ Master 1 - 3

### B. The Different Sectors We Address

- ▣ To the general adult population, people of all ages, we apply the P, G, and E curriculum
- ▣ Specific syllabus to kids, women and the elderly people
- ▣ Exclusive syllabus to the unique and governmental sector, including military, law-enforcement, security, VIP protection; as well as managers and employees in the corporate sector



## THE HIERARCHY WITHIN THE KMG SYSTEM

### A. Strategies within the Three Sections of the System

- ▣ Prevention
- ▣ Avoidance
- ▣ Escape and retreat
- ▣ Deterring
- ▣ De-escalation
- ▣ Escalation
- ▣ Physical contact and action to defeat the aggressor/s physically or mentally, according to these sub-strategies:  
Empty hand striking and defenses. Empty hand grappling. Use of common objects and designated weapons/tools. Dealing with an armed aggressor. Dealing with multiple aggressors (armed or unarmed).

### B. Tactics and Tactical Behavior (pre-conflict, pre-incident, incident, post-incident)

- ▣ Prepare, equip and train
- ▣ Escape and ambush
- ▣ Hide and barricade
- ▣ Threat and deter
- ▣ Comply
- ▣ Get equipped
- ▣ Search (for people, route, exit, cover, objects, tools)
- ▣ Body search for injuries (own body, third party)
- ▣ Combinations and Fighting tactics (fakes, traps, distraction, use of surroundings and more)
- ▣ Third party and VIP protection tactics
- ▣ Tactics of control and restraint

### C. Technical Principles and Major (Specific) Techniques

- ▣ Principles and techniques of body movement and stepping
- ▣ Principles and techniques of impact attacks - energy and momentum; speed and mass; range and distance; directions and angles; recoil and follow through; resistance and balance
- ▣ Principles and techniques of pressure, leverage, grabs and locks
- ▣ Principles and techniques of throws and slams
- ▣ Rhythm and pace
- ▣ Principles, categories and techniques of defenses - active (hand, leg, tool), dynamic (move the target), active shielding (covering and absorbing)
- ▣ Principles and techniques of attacks and defenses using common objects, tools and weapons.
- ▣ Principles and techniques of breakfalling and rolling
- ▣ Principles and techniques of protecting others - active and dynamic defenses, shielding and buffering, evacuation and physical check for injuries
- ▣ Principles and techniques of control and restraint - pressure and pain compliance, leverages and locks, takedowns, take/carry away, pinning and tying
- ▣ Posturing, body language and facial expressions
- ▣ Additional categories: Sound (noise and content), Gaze (eyes)

### D. Tools

- ▣ Mind and spirit
- ▣ Physical, own bodily tools
- ▣ Voice - tone, level, content; Eyes
- ▣ Common and everyday carry objects
- ▣ Relevant tools and designated weapons

# PRACTITIONER LEVEL 1

## TECHNICAL PILLAR

### 1.1. Preliminary Information

1. What is Krav Maga (KMG)
2. Vulnerable points and target areas on the human body
3. Safety in training, code of behavior, training area, clothing, equipment
4. Being an effective training partner and good attacker – realistic and safe

### 1.2. Stance and Movement

1. Ready stance – general outlet
2. Non-aggressive ready stance – palms forwards
3. Star drill, movement in 8 directions
4. Pivoting on front and back leg
5. Scanning – passive and active scanning

### 1.3. Striking

1. Theory and Principles of Attacks
2. Straight Strikes with the Hands and Legs – From Different Stances
  - a. Double hand shove
  - b. Palm heel strike – lead (jab), rear (cross)
  - c. Punch – lead (jab), rear (cross)
  - d. Straight strike with the fingers
  - e. Low stomp kick – Down; Forward; Sideways
  - f. Kicking from the ground – stomping forward kick to knee or groin
  - g. Kicking from the ground – stomping side kick (when laying on the side, or up on one knee)
3. Circular Hand and Leg Strikes from Different Stances
  - a. Hammer strikes – vertical plane - front, down
  - b. Elbow strike – horizontal inward
  - c. Knee strike – upward
  - d. Regular front kick

### 1.4. Counter Striking

1. Theory – Active (Hand/Leg) and Dynamic (Body) Defenses
2. Dynamic (Body) Defenses
  - a. Star drill: torso only; with stepping
  - b. Turning the body - (blading)
  - c. Bob and weave
3. Outside Defenses – Blocking
  - a. 360 outside defense
  - b. 360 against a circular attack with a knife
4. Inside Defenses – Deflecting
  - a. Inside defense against a straight strike
    - i. Defending with the palm
    - ii. Defending with the forearm
  - b. Inside defense with the shin against a regular kick to the groin

5. **Stop–Hit and Forward Defenses**
  - a. Educational stop
  - b. Forward arrow
6. **Active Shielding (last moment, emergency reaction)**
  - a. Active shield forwards
    - i. Using one hand
    - ii. Using two Hands
  - b. Active shield sideways
7. **Use 1.4.2. – 1.4.6. to Defend Against any Attempt to Strike, Push or Grab**

## **1.5. Grappling – Preventing and Escaping Clothing Grabs**

1. **Against a One–Handed or Two-Handed Grab to Clothing**
  - a. Talk-down - Non-aggressive
  - b. Control grabbing hand and educational stop
  - c. Defend and counter – immediately dangerous situation

## **1.6. Ground – Falling, Recovery, Getting Up**

1. **Break–Falls.**
  - a. Soft breakfall – forward and get-up or turn to your back
  - b. Hard breakfall – backwards
2. **Recover – Ground Defensive Position**
3. **Scan and Orientate with Preemptive Attacks (while on the back or side)**
4. **Get Up with Finishing Mode**
  - a. Forward
  - b. Turn and escape
  - c. Upwards into ready stance
5. **Trap and bridge – against a mounted opponent**

## **1.7. Common Objects – Shield Type**

1. **Basic Considerations - find, acquire, hold and use**
2. **Getting Acquainted with Counter Striking**
  - a. Block or deflect striking attacks (punch, kick, circular knife, stick swing)

## **1.8. Against Multiple Opponents – 1 attack every 2 seconds (See 1.12.)**

1. **Against two straight hands (“mummy”)**
2. **Against two hands push/shove**

## **1.9. Third Party Protection**

1. **Attack the attacker – approach from different angles**
  - a. Double handed shove to create space
  - b. Series of attacks
2. **Leading a Third Party to Safety – using a ‘c-grip’ above the elbow**

## TACTICAL PILLAR

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### 1.10. Confrontation Stages & Timeline – Plan for all Problems

1. Pre-Confrontation
2. Pre-Fight/Technique
3. Fight/Technique
4. Post-Fight: Finishing mode

### 1.11. Self-Defense and the Law – Know the local laws regarding self-defense

1. Conditions for prior and during confrontation
  - a. Aggressor has the tool, intention, ability
  - b. Defender has a genuine and honest belief the danger is immediate, substantial and there is no alternative but to use proportionate and necessary force
  - c. Use of Force (scaling force) – Appropriate use of force (impact and pressure), technique, target and tool relevant to the situation and context

### 1.12. Vs Multiple Opponents Drills – 1 vs 4

1. Correct Positioning; Use aggressor(s) to disturb the other(s)

### 1.13. Summary Drills and Simulations

Remember the importance and essence of being a 'good attacker' and a good training partner

1. Individual and combinations of strikes on the focus pads or heavy bag
2. Incorporating pre-fight and post-fight options – include variations and alternatives along the timeline for technique in 1.4. – 1.5.
3. Defending a series of attacks – with counterattack and finishing mode
4. Against a returning attacker
5. Simulation for sudden attacks/ambush – antisocial, immediate violent incident
6. Simulation – escalation conflict, social violence incident

### 1.14. Fighting Drills

1. Maintaining the Mount Position
2. Pushing Fight

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## MENTAL PILLAR

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### 1.15. Combat Mindset and Action

1. Aggressive series of attacks – visualization with a predator mindset
2. Power posing (vs weak posing)
3. Attacker – Disturber – Target (ADT)

### 1.16. Focus / Concentration

- ☑ Abdominal breathing

### 1.17. Relaxation

- ☑ Prone position on back (double 'Λ' shape)

## PHYSICAL PILLAR

### 1.18. Strength Drills

- ▣ Push-ups – 10 repetitions (with striking)
- ▣ Squats – 15 repetitions (with striking)
- ▣ Sit-ups – 20 repetitions (with striking)
- ▣ Plank – 30 seconds
- ▣ Pull-up with a towel – 2 repetitions
- ▣ Sprawl with jab and cross – 15 repetitions in 3 minutes

### 1.19. Striking Drill – Heavy Bag or Kick Shield

- ▣ Powerful series of attacks and defenses – 2 rounds of 30 seconds with 1 minute rest

## ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

The following material is added at a country level specific to localized threats.

Additional P1 Curriculum to be used as part of the grading for the following country:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_



## APPENDIX

### MENTAL PREPARATION AND COMPONENTS

#### A. Sectors

- ▣ Combat mindset
- ▣ Focus and concentration
- ▣ Relaxation and overcoming destructive emotions

#### B. Tools to Prepare, Control and Change the Mindset

- ▣ Bodily actions (strikes, grabs)
- ▣ Posture
- ▣ Breathing
- ▣ Self-talk, internal monologue
- ▣ Voice and sound
- ▣ Visualization
- ▣ Focusing the gaze

#### C. Explanations and Definitions

##### a. Breathing

- ▣ Abdominal breathing is low, diaphragmatic breathing
- ▣ Full breathing - wave like breathing. Start with abdominal breathing, then add ribs (midsection) breathing, last is the chest (clavicle), upper breathing; Exhale in the same order: abdomen, ribs, chest
- ▣ Alternating breathing - one cycle is: inhale via the left nostril, exhale via the right nostril; inhale via the right nostril, exhale via the left nostril. Commonly, the thumb and forth (ring) finger of the right hand are closing and opening the nostrils
- ▣ Tactical breathing, or box breathing - one cycle is: breathing in four parts of identical length of time, inhale, stop with the air inside the lungs, exhale, stop with deflated lungs

##### b. BSM - Focusing Body, Speech, Mind

- ▣ **BSM #1:** Sitting, breathing, looking at a point at eye level
- ▣ **BSM #2:** Sitting, breathing, fingers interlaced; looking at thumbnails that move up during inhaling, stop, then hand move down; in rhythm of 1, 1.5, 2
- ▣ **BSM #3:** Slow KMG technique, 5-15 minutes