



# **PRACTITIONER**

## **LEVEL P2**

## **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

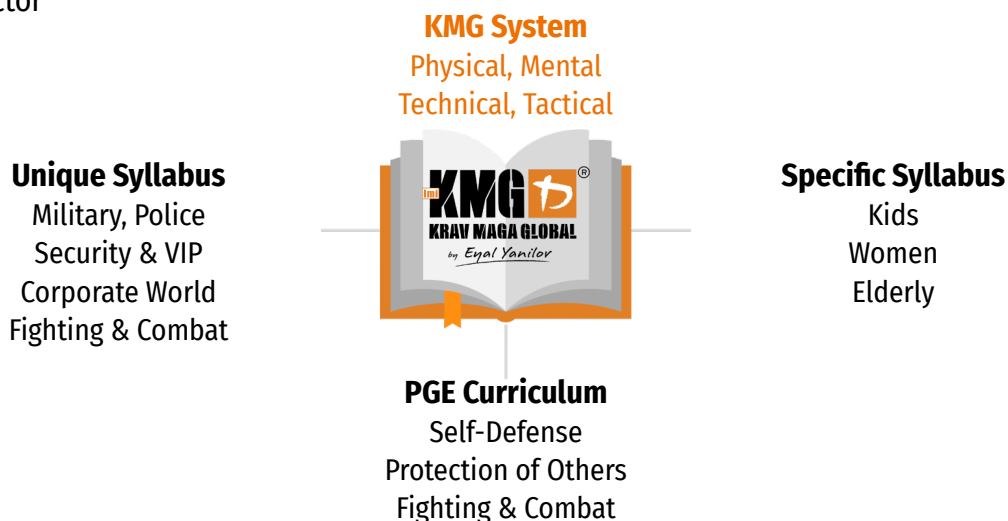
## DIVISION TO LEVELS AND SECTORS

### 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 2

## TECHNICAL PILLAR

### 2.1. Improving Skills, Experience and Knowledge of all P1 Curriculum

#### 2.2. Basics

1. Non-aggressive ready stance – perpendicular arms
2. Movement (step or pivot) while delivering strikes

#### 2.3. Striking

##### 1. Straight Kicks – Stomping Kicks

- a. Straight knee kick – forwards
- b. Defensive front kick
- c. Defensive back kick
- d. Side kick

##### 2. Circular Hand Strikes

- a. Hook strike – with palm or fist
- b. Uppercut – with fist or palm
- c. Hammer strikes – horizontal plane (inward, sideways, rear)
- d. Swiping finger strike to the face (inward or outward)
- e. Hand strike to groin – upwards with the palm or back of the hand
- f. Elbow strikes
  - i. Horizontal plane – side and rear
  - ii. Vertical plane – upward, down, rear, rear and up

##### 3. Circular Kicks

- a. Roundhouse knee
- b. Roundhouse kick – with ball of the foot, instep or shin

#### 2.4. Takedown and Sweeps

##### 1. Outside Sweep

#### 2.5. Counter Striking

##### 1. Against an Attacker that Strikes from Behind

- a. Move diagonally away
- b. Turn with simultaneous counterattack

##### 2. Body Defenses – Turn with Slip

##### 3. Deflecting Straight Strike with Inside or Outside Defenses

- a. Sweeping inside defense – (left versus left)
- b. Outside defense against straight punch – (little finger outward)
- c. Closing arrow
- d. Double inside defense – with shin and forearm

##### 4. Blocking Circular Attacks from the Sides (180 degrees in front)

- a. Forwards forearm block
- b. Forward block with two parallel forearms
- c. Forwards block with two parallel and reversed forearms

5. **Blocking Against Roundhouse Kicks (high or low)**
  - a. Outside or inside shin defense
  - b. Outside double defense – shin and forearm
6. **Blocking Against Regular Kick with Forward Defense (stop-hit)**
  - a. Stop kick – heel inward
  - b. Stop kick – heel outward

## **2.6. Grappling – Preventing & Escaping (including timeline)**

1. **Concept and Use of Framing – Intro to frames and initial use**
  - a. Sprawl (framing) against body grab and take-down attempt
2. **Preventing and Escaping Headlocks**
  - a. Releasing a side headlock
  - b. Releasing a headlock from the rear
    - i. Bar-arm choke
    - ii. Carotid artery restraint
  - c. Releasing a snatch from behind when mouth is covered
3. **Preventing and Escaping Chokes (one or two-handed choke)**
  - a. Against a choke from the front - pluck with one (or two) hooked palm
  - b. Against a choke from the side

## **2.7. Ground**

1. **Basics**
  - a. Shrimping
  - b. Escaping from the guard (top)
    - i. Throw leg overhead
    - ii. Pushing knees to retreat
  - c. Pushing aggressor from the guard (bottom) with the shin/ knee shield
2. **Against a Single or Double Leg Grab from a Standing Attacker**
  - a. Kicks
  - b. Circle the shin and foot
  - c. Roll sideways
3. **Counter Kicks from a Standing Attacker**
  - a. Stop kicks against a regular/football style kick
  - b. Double defense against a regular/football style kick – shin and forearm
  - c. Absorbing against a stomping kick – Four limbs shielding (clam position)
4. **Counter Hand Strikes from a Standing Attacker**
  - a. Prevention
  - b. Inside/outside defense and counter
  - c. Against a knee ride with striking
5. **Preventing and Escaping Chokes on the ground**
  - a. Attacker by the side
  - b. Attacker between the legs (open guard)
  - c. Attacker on top (in the mount)

**2.8. Breakfalls and Rolls**

1. Roll forwards
2. Roll backwards
3. Hard breakfall sideways – fall backwards and turn, or fall sideways

**2.9. Weapon Counters – vs Edged Weapon Threats**

1. Tactical compliance
2. Longer range threat– inside or outside deflection and kick (all angles)
3. Medium/close range threat – from the front (inward c-grip)

**2.10. Use of Common Objects – Small Objects to Distract (see 2.16)****2.11. Multiple Opponents**

1. Considering Other People (potentially dangerous or bystanders)
2. 1 versus 4 drill – against straight or circular hand strikes  
Each attacker delivers 2 attacks and pauses for 2 seconds

**2.12. Third Party Protection**

1. Attack the attacker with P1-2 techniques
2. Move third party to safety – c-grip on upper arm and wrap arm around the waist

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**TACTICAL PILLAR**

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**2.13. Strategic and Tactical Behavior and Response**

*According to Timeline and Context*

**2.14. Self-Defense and the Law (continued)**

1. Force Response is scaled to suit context (tool, technique, target, level of force)
2. Recruit witnesses by informing and commanding
3. Assume you are being filmed
4. Collect information about your attacker

**2.15. Pre-Fight (be familiar with the following)**

1. How to recognize a potential attacker (tool, capabilities, intentions)
2. De-escalate using the voice

**2.16. Distraction Tactics, Use of Small Objects or the Hand**

1. Throw object towards face follow up with a strike/kick
2. Push object or hand-check into face and strike

**2.17. Preemptive Striking**

1. Preemptive striking from any stance, to any target at any range or in any direction
2. As above with a series of follow-up attacks

**2.18. Post-Fight**

1. How to choose a safe area
2. Checking yourself for injuries

## 2.19. Summary Drills and Simulations

1. Incorporating pre-fight and post-fight options (including variations and alternatives in the timeline for basic techniques in P2 – 2.5.-2.7.; 2.9.)
2. Combinations of attacks from P1-2 in all directions (1.5 rhythm)
3. Defending a series of attacks
4. Against a returning attacker
5. Response to activation and deal with an unknown attack (eyes closed drills)
6. Attacker walking around defender
7. Simulation – sudden attacks (antisocial violent incident)
8. Simulation – social violence incident (escalating conflict)

## 2.20. Fighting Drills

1. Ground – Preparation and fighting drill against side mount
  - a. Bridge, insert frame, shrimp/push away, counterattack, get up
  - b. Lift overhead, turn, climb and get up
  - c. “Fighting Drill” of maintaining the side mount position for 2 rounds of 45 seconds each
2. Power Fight – hands only strikes to torso with MMA gloves  
2 rounds of 45 seconds each

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## MENTAL PILLAR

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### 2.21. Combat Mindset and Action

- 📌 Series of attacks: use growling sound, predator visualization, self-talk
- 📌 ADT #2 – 1 round of 75 seconds

### 2.22. Focus / Concentration

- 📌 Tactical breathing
- 📌 Focus and concentration – Body, Speech, Mind – BSM #1

### 2.23. Relaxation

- 📌 Full breathing
- 📌 Prone Position on the back (double ‘N’ shape)

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## PHYSICAL PILLAR

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### 2.24. Strength Drills

- 📌 Push-ups – 15 repetitions (with striking)
- 📌 Squat – 20 repetitions (with striking)
- 📌 Sit-up – 25 repetitions (with striking)
- 📌 Plank – 45 seconds
- 📌 Pull-up with towel – 3 repetitions
- 📌 Sprawl jab/cross – 25 repetitions in 3 minutes

### 2.25. Striking Drills – Heavy Bag or Kick Shield

- 📌 Powerful series of attacks and defenses – 2 rounds of 1 minute with 1 minute rest



**ADDITIONAL MATERIAL (COUNTRY SPECIFIC)**

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

Additional P2 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