



PRACTITIONER
LEVEL P4
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

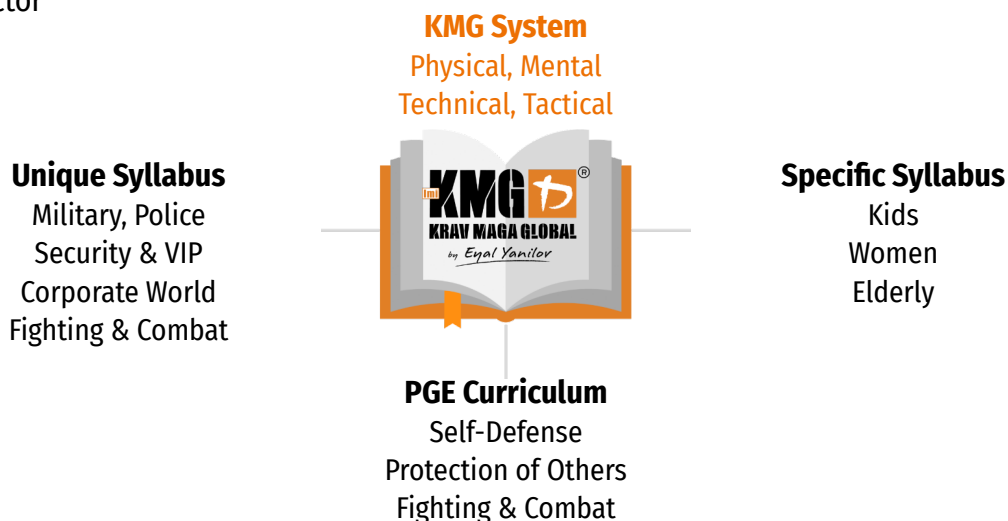
DIVISION TO LEVELS AND SECTORS

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 4

TECHNICAL PILLAR

4.1. Improving Skills, Experience and Knowledge of all P1–3 Curriculum

4.2. Striking, Circular Attacks – Kicks

1. Regular kick backwards (at various ranges)
2. Hammer kick (lying)

4.3. Against a Push into a Wall (or similar object)

1. Wall in front – soft or hard breakfall forwards
2. Wall at side
 - a. Close hand with hard breakfall sideways
 - b. Close forearm arm protects the head (shielding)
 - c. Far palm protects the head, close forearm is low and horizontal
3. Wall behind – breakfall backwards or turn sideways (as in 4.3.2.)

4.4. Defense Against Strikes – Inside Forearm Deflection (High Elbow and Low Palm)

1. Defense against a straight strike to torso or head
2. Defense against a regular (or defensive) kick to groin or torso

4.5. Grappling – Releasing a Choke using the Upper Arm

1. Escaping chokes, when being pushed or pinned against a wall
 - a. Choke from the front
 - b. Choke from behind

4.6. Striking and Grappling – Against a Wall(s)

1. Moving aggressor to the wall – as part of the finishing mode
2. Back to the wall – using it to burst forward (to escape or attack)
3. Against an attacker jams/presses, or attempts to takedown
4. Against a football kick when on the ground and against the wall

4.7. Ground – Forward Roll and Remain on the Ground

1. Two bent legs
2. Lower leg straight

4.8. Ground

1. Striking from the Cross-Mount Position
 - a. Striking from the cross-mount (top & bottom)
 - b. Applying additional attacks – headbutting, biting, shouting, fingers lock
2. Against an Aggressor in the Cross-Mount Position
 - a. Preventing grabs while in cross mount (bottom)
 - b. Counters strikes while in cross mount (bottom)

4.9. Weapon Counters – Block and Control Against Circular Knife Stab

1. Defense Against Overhand (Regular) Stab
 - a. Close the gap, wrist hook then a c-grip
 - b. Block and wrap arm – overhook (last resort, part of the finishing mode)

2. Defense vs underhand (oriental) stab
 - a. Diagonal forearm block
 - b. Block and wrap arm – underhook (as part of the finishing mode)

4.10. Common Objects – Small Stick-Like Objects with a Single grip

1. Use of small stick-type object: acquire, hold, defend, counter
2. Attacking and Countering at Longer or Closer Ranges – as context and range requires, aim to limbs (joints, bone, muscles), body or head
 - a. Striking, circular or straight
 - b. Striking, circular or straight (as in 3.9.2.) – two hands holding the stick
 - c. Use stick in combination with strikes with the other hand and legs
3. Defending Circular and Straight Strikes
 - a. Block circular strikes, kicks, stick attacks, or knife attacks
 - b. Deflect straight strikes and attacks
 - c. Free hand defends – counterattack with the stick
 - d. Two hands hold – block or deflect circular or straight attacks, as in 3.9.3.

4.11. Against Multiple Attackers

1. 1 versus 4 drill (2 attacks, pause 2 seconds)
 - a. Standard 3 minute round
 - b. Very early escape after preemptive attacks or initial counter actions
2. Against two attackers – positioned from small/sharp angle to 180°
 - a. Elbow against a group – arrow type break through 2–3 attackers
 - b. Against two attackers approaching and striking
 - c. Against a headlock from behind or side and the other aggressor strikes from front or side

4.12. Third Party Protection – Screening

1. Side by side – outward c-grip of arm, pull and screen
2. Hand in hand – pull and screen
3. Hand around shoulder – pull and screen

TACTICAL PILLAR

4.13. Pre- Post- and During Confrontation & Fight

1. Using color code
2. Understanding the OODA loop (observe, orientate, decide, act)

4.14. Post-Fight

1. Describing the attacker
2. Remembering and storing key information. Also train on using devices to keep information - written, voice-note, image, video recording

4.15. Summary Drills and Scenarios According to the Level

1. Incorporating pre-fight and post-fight options, as well as variations and alternatives on the timeline for techniques in P4, 4.4. – 4.11.
2. Combinations of attacks from P1–4 – all directions and ranges
3. Against a returning attacker
4. Defending series of attacks

5. Eyes closed – against an unknown attack (respond to activation)
6. Attacker walking around defender
7. Defender walking around attacker
8. Walking in figure 8 patten and dealing with 3 attackers
9. Summary drills near a wall against grabs, strikes & weapon attacks
 - a. With the back to the wall
 - b. With the side to the wall
10. Simulation – antisocial violence (sudden violent incident)
11. Simulation – social violence incident (escalating conflict)

4.16. Fighting Drills

- ▣ Slow fight – 3 x 2 minute round
- ▣ Ground fighting – competing drill on gaining the top position and striking in the mount and cross-mount.
- ▣ Light fighting to most targets with MMA gloves & protection, including limited (time and targets) ground fighting – 2 x 2 minute rounds
- ▣ Power fight to legs and torso with MMA gloves and protection gear, including limited (time and targets) ground fighting – 2 x 2 minute rounds

Note: Most targets and level of impact i.e. – excluding eyes and neck. Level of contact should be suitable to the trainees & protective equipment used.

MENTAL PILLAR

4.17. Combat Mindset and Action

- ▣ Passing through crowd #2 – Circles

4.18. Focus / Concentration

- ▣ Alternating breathing
- ▣ Focusing – BSM #2
- ▣ Focusing – BSM #3

4.19. Relaxation

- ▣ Progressive Muscle Relaxation

PHYSICAL PILLAR

4.20. Strength Drills

- ▣ Push-up – 25 repetitions (with striking)
- ▣ Squat – 35 repetitions (with striking)
- ▣ Sit-up – 40 repetitions (with striking)
- ▣ Plank – 1.5 minutes
- ▣ Pull-up with towel – 5 repetitions
- ▣ Sprawl jab/cross – 40 repetitions in 5 minutes

4.21. Striking the Bag – Striking Drills – Heavy Bag or Kick Shield

- ▣ Powerful series of attacks & defenses – 2 rounds of 2 minutes each with 1 minute rest

ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

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

Additional P4 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