



**PRACTITIONER**  
**LEVEL P5**  
**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

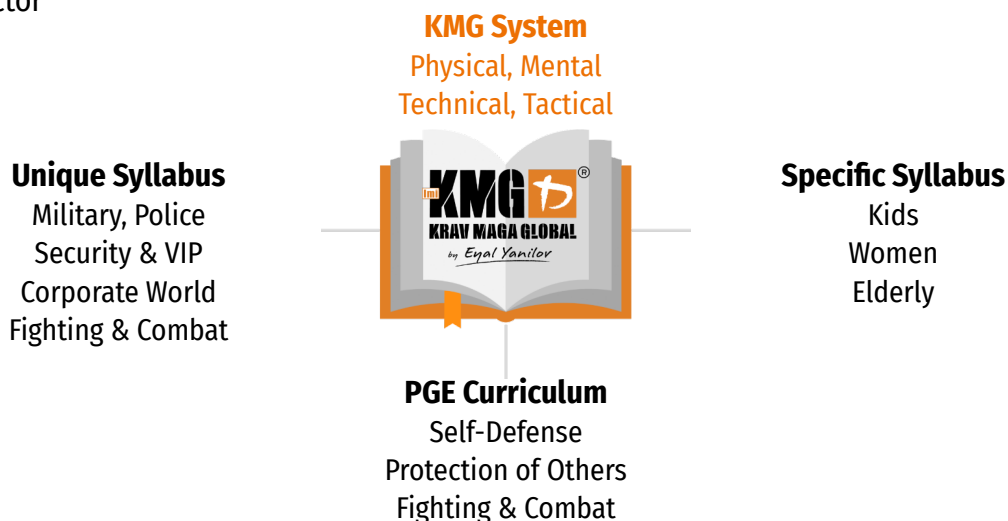
## DIVISION TO LEVELS AND SECTORS

### 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 5

## TECHNICAL PILLAR

### 5.1. Improving Skills, Experience and Knowledge of all P1 – P4 Curriculum

### 5.2. Circular Striking

1. Hook punch – downwards (overhand)

### 5.3. Counter Striking

1. Deflecting with a Stabbing Defense
  - a. Against a straight punch to the head
  - b. Against a regular kick to the groin
2. Blocking a High Roundhouse Kick
  - a. Stop kicks – to leg or hip area
  - b. Outside forearm defense timeline
    - i. One arm – using 1 forearm (on the spot / with a step)
    - ii. Both arm – As in 2.5.5.b. and an inside defense with the palm of the other hand
3. Double Forearm Defense – shock absorbing

### 5.4. Grappling

1. Countering Body Grabs – Theory, Principles and Timeline Approach
2. Preventing and Escaping Bear Hug from all Directions
  - a. Bear hug from behind with arms free or arms pinned
    - i. Soft solution – using a lock on fingers.
    - ii. Hard solution – mainly striking to the head and groin
  - b. Bear hug from the front or side with arms free or arms pinned – hard solutions
3. Counter any Wrist or Arm Grab – Theory and Principles
4. Counter any Dangerous Wrist or Arm Grab Done with a Pull/Drag or Strike
5. Counter any Wrist or Arm Grab
  - a. Axis releases against an under-grab of the wrist, one/two hands
  - b. Circling releases against an over-grab of the wrist, one/two hands
  - c. Circular releases vs upper-arm grab – direct or diagonal
  - d. Against a strong one or two hand grabs to one wrist – under or over-grab
    - i. Strengthen – create fist, hook and pull
    - ii. Separate – create a hook and pluck at wrist

*Note: Under Grab = thumb closer to elbow. Over Grab = thumb closer to palm.*

### 5.5. Ground, Preventing and Escaping a Headlock on the Ground

1. Escaping Side Headlocks on the Ground
  - a. When both arms are under and free
  - b. When one arm is under and other arm held by attacker (scarf hold)
  - c. Strike first when attacker's head is low or the hold is dangerous
  - d. When caught in a side headlock and attacker is striking
2. Escaping Headlock from Behind – Laying Face Down

## 5.6. Weapon Counters – Against a Stick

1. **Stabbing Defenses Against an Overhead Stick/Bat Attack**
  - a. Against one hand attack.
  - b. Against two handed attack
2. **Absorbing defenses Against a Horizontal Stick/Bat Attack**
  - a. Bursting forward with low arm and a high shoulder
  - b. Forward Defense – shock absorbing with double forearm
3. **Counter a Threat with a Stick/Bat**
  - a. Weapon held near the leg – use a foot block
  - b. Weapon held in the front tapping/rocking – c-grip
  - c. Weapon is ready to strike stabbing defenses

## 5.7. Common Objects – Sharp Edge or Objects with a Sharp End

1. **Grips and Striking with Different Common Sharp Objects**
  - a. Regular grip (overhand); option with thumb brace
  - b. Oriental grip – underhand
  - c. Straight grip – saber like
  - d. Slash grip
2. **Striking to Targets**
  - a. Striking the hand, wrist and arm – to disable/disarm the aggressor
  - b. Striking vulnerable areas in a situation of immediate risk to life
3. **Integrate into KMG techniques when Applicable**

Get the object from nearby, or from pocket/bag (EDC = Every Day Carry)

  - a. Defend with the free hand or the hand that holds the object
  - b. Push, pin or hold with free hand and repeatedly strike with the object
  - c. Interchange – switch between weapon and empty hand strikes

## 5.8. Multiple Opponents

1. **1 versus 4 drill**
  - a. Standard 3 minutes round of training
  - b. Early escape after preemptive attacks or initial defense and counter
2. **Against 2 Aggressors – One grabs, the other Strikes**
  - a. Counter the grab first
  - b. Counter the strike first

## 5.9. Third Party Protection

1. **Remove the Attacker – Approach from the Side or Rear**
  - a. Bear hug from behind or side – lift and remove the aggressor
  - b. Bear hug take down – from behind
2. **Move the Third Party**
  - a. Shove from the side
  - b. Pull from behind – pull with wrist hook

## TACTICAL PILLAR

### 5.10. Pre-Fight

1. Principle and choices of EDC (Every Day Carry objects)
2. Choice of clothes and accessories

### 5.11. Fight/Technique

1. Double attacks – hands and legs
2. Triple attack – two hands and a leg

### 5.12. Post-Fight

Understanding the aftermath, physical, mental, economic and social outcomes

### 5.13. Summary Drills and Scenarios (also with MMA gloves)

1. Incorporating pre-fight and post-fight options and variations and alternatives on timeline for all basic and different techniques in P5
2. Against returning attacker
3. Defending a series of attacks
4. Eyes closed – respond to activation and deal with an unknown attack
5. Attacker walking around defender
6. Defender walking around attacker
7. Walking in figure 8 course – dealing with 3 attackers
8. Summary drills near a wall – confined space
9. Simulation – sudden attacks (antisocial violent incident)
10. Simulation – escalating conflict (social violent incident)

### 5.14. Fighting Drills

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

**Note:** Most targets = excluding eyes and neck

**Level of contact and impact.** Must be suitable for trainees and protective equipment that is worn. Trainees must agree on the level of contact.

## MENTAL PILLAR

### 5.15. Combat Mindset and Action

- ▣ Ramming
- ▣ Passing through a crowd #3: door; 4 directions/corners

### 5.16. Focus / Concentration

- ▣ Alternating breathing – 5 minutes
- ▣ BSM #2 – 5 minutes
- ▣ BSM #3 – 10 minutes

### 5.17. Relaxation

Visualizing “energy” flow – 3 minutes

## PHYSICAL PILLAR

### 5.18. Strength Drills

- ▣ Push-up – 30 repetitions (with striking)
- ▣ Squat – 40 repetitions (with striking)
- ▣ Sit-up – 50 repetitions (with striking)
- ▣ Plank – 2 minutes
- ▣ Pull-up with towel – 7 repetitions
- ▣ Sprawl jab/cross – 50 repetitions in 5 minutes

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

- ▣ A Powerful series of attacks and defenses – 2 rounds of 2.5 minutes with 1 minute rest

### ADDITIONAL MATERIAL (COUNTRY SPECIFIC)

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

Additional P5 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