Practitioner Level 1

The Goals: be proficient with basic attacks in different directions; and be able to deal successfully with frontal assaults: all at the "Operator Level"

A. History of Krav-Maga and of its Founder - Imi Sde-Or (Lichtenfeld)
   1. About the system and the founder - Imi Sde-Or (Lichtenfeld)
   2. About the organization (KMG)
   3. History of Krav Maga in the country

B. Preliminaries
   1. Safety in Training
   2. Vulnerable Points
   4. Tactical behavior
      i. Pre-fight (prevent, avoid, de-escalate)
      ii. Fight – technical and physical (self-defense) solutions
      iii. Post-fight – Disengage and/or proceed to the next task

All training must be suitable for the trainee, according to his or her age, weight, physical condition and mental capability.

C. Ready Stances and Movements
   1. The meaning of starting positions and the ready stance (AKA "outlet stance")
   2. Passive and semi-passive stances
   3. The general ready stance
   4. Techniques of moving in various directions from the ready stance
   5. Finishing modes – 3 options: move away; scan the area; get equipped

D. Straight Strikes
   1. Palm-heel strike (first straight strike to be taught with left / right hand)
   2. Straight left punch (to chin)
   3. Straight right punch (to chin)

Notes: Punches are first practiced from a semi-passive stance; later from a general ready stance. Practitioner should understand principles of attacks and proper way to make a fist.

E. Elbow Strikes
   1. Horizontal elbow strikes: 1) inward; 2) sideways; 3) backward

F. Hammer Strikes
   1. Vertical: 1) forward; 2) downward; 3) backward
   2. Horizontal: 1) sideways; 2) backward

G. Kicks
   1. Knee strike - upward
   2. Regular (front) kick with the ball of the foot / instep (to low or higher targets)
   3. Stomp kick - downward
   4. Stomp kick backward - at knee level (foot position between a side and defensive back kick)

Note: Kicks should be taught first from the passive stance, later from other stances.

H. Combinations Using Learned Attacks
   1. Short combinations (with simple 2-6 strikes / kicks)

General Note: Emphasize recoiling in all attacks (especially straight punches and regular kicks).
I. Outside Defenses
1. 360° outside defenses - with simultaneous counter-attack from a passive stance (against slaps and later against defined punches)
2. 360° defenses as above, with finishing mode - multiple counter-attacks; move away; get equipped
3. Defending against knife attacks - underhand hold (upwards / oriental) or overhand hold (downwards / regular / ice-pick) holds; simultaneous defense and counter-attack/s, then fast retreat

J. Inside Defenses Against Straight Punches, from a Semi-Passive Stance
1. Inside defense – with sending (vertical) palm sent diagonally forward
2. Inside defense and counterattack - forcing the opponent's hand down (1.5 rhythm)

K. Leg Defenses Against Regular Kick
1. Inside defenses (deflection) against a regular kick - using the shin of the front leg

L. Defending Against Front Chokes
1. Timeline (Distance; see Section R: "Simulation and Tactics")
   - Avoidance – move away
   - De-escalating – verbal
   - Preventing I (don't get grabbed) - kick and/or punch
   - Preventing II (don't get grabbed) - defenses
   - Preventing III (don't get grabbed) - educational block
2. Release; pluck with 2 hooked palms and counterattack with knee/shin and/or punches
   2.1 Variation – pluck with one hand; simultaneous counter with the other

M. Dealing with Falls
1. Get up from the ground -
   1.1 Forward, with attacks
   1.2 Fast disengagement
   1.3 Into a ready stance
2. Forward soft break-fall (towards a wall; from a standing position; if needed, from knees)
3. Forward roll - right shoulder for right-handed practitioners

N. Releases While on Ground
1. Release from a front choke; assailant kneeling by the defender's side - pluck, push and insert knee; push and kick

O. Using Common Objects as Self-Defense Weapons
1. Identifying and categorizing the use of common objects for self-defense, such as: shields, clubs, stones, sharp-edge weapons, small objects, rope and liquids
2. Using common objects of the shield type - such as a chair or bag
   2.1 Dealing with a circular knife attack
   2.2 Dealing with a punch or a kick

P. Training - Watching, Awareness, Prevention
1. Observing attacks being initiated, from a realistic distance
2. Same as above, but also foreseeing and imagining possible reactions

Q. Returning Attacker (defend – attack – defend)
1. Following the defender's initial defense (a choke release; 360 defenses) and counter-attack, the opponent is still able to return and attack again, launch a circular attack (360)

R. Simulation and Tactics – P1
Timeline (Distance) – against an attacker attempting a front choke. See section L above.
Additional Material (Country-Specific)

Additional P-1 Curriculum for the Country of ________________ (this is an integral part of the test)

1. - ______________
2. - ______________
3. - ______________

Notes & Extra Curriculum – For Training Only

1. Reaction Games / Fighting Games
   - Snatching a coin from open palm; touching/hitting games; pushing games; "rooster fighting"; etc.

2. Attacks and Defenses
   - Starting Position - Attacks are first done from a passive or semi-passive stance, later from a general outlet stance / ready stance; and then attacking to various directions. Later, practice to various heights, in retreat or while advancing, as well as from other positions, such as sitting or lying down.
   - Outside Defenses – Against straight punches sent from the front or off-center when defender's hands are "crossed".
   - Shadow Sparring – Footwork and positioning with basic attacks, defenses, counterattacks and combinations.

3. Four against One –
   - Push with 2 hands or grab to choke (1 attack every 2 seconds)
   Note: One can start with the "zombie" game, hands are straight.

4. Training - Watching, Awareness, Prevention
   - By lecturing, simulating and training, the students will get to know various problems that can arise in real life and which may lead to physical conflict. The student will learn ways to de-escalate and avoid conflict; e.g., move away; keep distance; ignore verbal assault, utilize correct language. (See "Simulation & Tactics - P1" herein above).

General Remarks and Recommendations

- In the earlier levels (P1-P3), students must emphasize the preparation and building of mental and physical abilities, to prepare the spirit, the mind and the body to deal with Krav Maga training. Body strength must be emphasized, including power exercises, especially around joints that tend to get hurt and for the neck. With time, students should also exercise the ability to absorb a strike or a fall.
- Emphasize stretching muscles and limbering of joints (use principles of PNF).
- One must practice the various attacks while punching pads/bag, in order to: get used to contact; be accurate in the attack; improve technique and combinations of attacks.
- Level of impact must be low in the beginning and should be increased slowly.
- Emphasis should be put on the basic attacks; GRADUALLY - with time and enhanced abilities - improving the technique, power and speed to maximum, and beyond.
- Practice short punches when the hand is 2.5-10 cm. (1-4 inches) from the target.