

Hi

We know you might be both eager and excited to start your video examination, however before you start, please take a few minutes to design the filming and performance in a way which will keep you and your partner safe, as well as saving both, time and efforts.

Please film all the techniques according to the order they appear in this *form*.

While performing the techniques, you will want to maintain and demonstrate at least part of the following principles:

- 1. Safe performance and maximum control!**
2. Understanding of the environment:
  - a. There may be more than one attacker
  - b. Use whatever you can
3. Keep it simple
4. Minimal movement maximum efficiency
5. One technique should suite several situations
6. Defender priority is to attack "target points"
7. Attacker is always active
8. Applying explosive power in performance

### **List of techniques to be videoed:**

1. Film 2-3 minutes from **front view only** of **yourself** performing various Krav-Maga techniques in an imagery combat against several opponents.
  - Perform the techniques **alone** with no partner.
  - Make sure to perform as many techniques as possible.
  - Remember to demonstrate some of the principles mentioned above.

***As for the following techniques, each should be performed and filmed 6 times:***

***From a front angle: 1st time in real speed and performance, 2<sup>nd</sup> & 3<sup>rd</sup> times slowly. From side or diagonal angle: 1st time in real speed and performance, 2<sup>nd</sup> & 3<sup>rd</sup> times slowly.***

2. Right and left punches (Jab, Cross, Hook, Uppercut)
3. Hummer fists
4. Elbows strikes
5. Front kick to the groin
6. Defense front kick (Push Kick)
7. Side kick
8. Back Kick
9. Stance, movement & shadow boxing to all directions against several attackers

10. Break falls, front & back rolls
11. Getting up from the ground while understanding of the attacker position.
12. 360 defenses ,defense and attack (simultaneously)
13. Inside defenses against punches
14. Defense against front regular kick with hand/leg
15. Choke defenses from front, side and back
16. 2 different bear hug defenses (1.hands are released, 2. Hands are grabbed)
17. Defense from a knife upper attack (front grip)
18. Defense from a strait knife stab , (one stab, reverse grip)
19. Defense from a knife attack from below (one stab, reverse grip)
20. Disarming knife threats
21. Defense from an upper stick/button attack
22. Disarm a gun threat from the front to head level, from the Back, from the side to the ribs (in-front of the hand).
23. Ground self-defense techniques:
  - a. Defender lies on his back-attacker strangles from the side with 2 hands
  - b. Defender lies on his back-attacker strangles from mount position
  - c. Defender lies on his back-attacker strangles from guard position
  - d. Defender lies on his back-attacker performs headlock from side(Kesa Gatame)

**GOOD LUCK!**