



MEJI KRAV MAGA



STRIKES & BLOCKS

- Hands up double wrist grab

BREAK AWAY TECHNIQUES

- 1) Same side
- 2) Cross grab
- 3) Front double strangle
- 4) Rear double strangle
Side strangle escape

HOOK PUNCH DEFENCE

- Radial strike, throat strike and head take down

GROUND STRANGLE ESCAPE

- Between legs

KNIFE DEFENCE

- Face threat - 6-12 rotation
- Side of neck - Rake and take

STRESS TEST

- 90 Seconds



STRIKES & BLOCKS

- Dealing with intimidation - Passive choke

BLOCKING THE WAY

- Face take down
- Knuckle take down

HOOK PUNCH DEFENCE

- Shin kick- elbow and face take down
- Using a knee strike

SINGLE LAPEL GRAB Stationary

- Hands on hips stare (control and restraint)
- Unwanted friend • Headlock escape
- Bear hug escape over arms
- Ground headlock escape

KNOCK OUT STRIKES

- Knife
Threat - Stomach
- Side of throat
Attack - Thrust to stomach
- Parries and blocks

STRESS TEST

- 2 Minutes



STRIKES & BLOCKS

- Push pull choke
- 3rd party protection
- Dealing with intimidation
- Nose crush - Pinch choke

STRAIGHT PUNCH DEFENCE

- 1) parry and joust
- 2) Fig 4

FRONT KICK DEFENCE

- Grabs • Push - Stamp
- Pull with corkscrew
- Goose neck with knee

DOUBLE PUSH DEFENCE

- Ground work
- Escape from ground and pound

KNOCK OUT STRIKES

- Knife
- Knife to throat attacker behind
- Spike defence
- Knife held by side

ATTACKS

- Ice pick attack
- Face slash forward and reverse
- Strike and blocks

STRESS TEST

- 4 Minutes



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3RD PARTY PROTECTION USING A CHOKE

- Anaconda choke 1 & 2

SWEEPS

- Outside Hock
- Inside Hock

NECK CRANK

- Locks
- Scooping Shoulder
- Cupping wrist lock
- Single leg take down with ankle lock
- Elbow joint lock

STICK DEFENCE

- Single and double hands

GROUND WORK

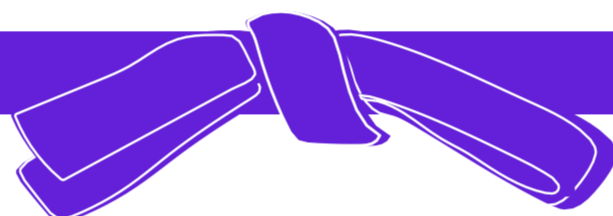
- Arm bar from strangle

KNIFE DEFENCE

- Mount and stab with fig4 x 2
- All angle knife threats
- All parries and blocks

STRESS TEST

- 5 Minutes



LOCKS

- Ridge hand wrist lock
- Forearm choke lock
- Rowing joint lock
- Lock to lock flow drill

FULL NELSON DEFENCE

- Joint lock with shoulder lock
- Step and sweep

STRESS TEST

- 5 Minutes

WALL TECHNIQUES

- Double lapel- Stomach punch with head take down
- Double lapel- Radial with knee

THROWS

- Hip throw
- Knee leg sweep

KNIFE STRESS TEST

- 2 Minutes

PUNCH DEFENCE

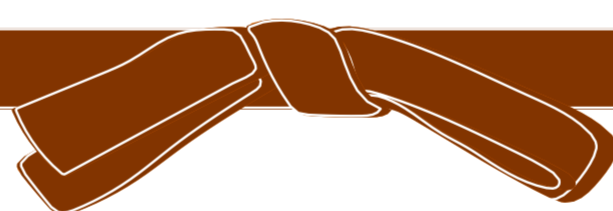
- Duck and head take down
- Head and punch from headlock

SEATED DEFENCE

- Rhino block and face take down

KNIFE WORK

- Seated defence against attacks
- All previous knife work to be shown from all belts



GROUND WORK

- Stamp to head
- Kick to head
- All grab defence from previous belts
- Guillotine head lock 1&2
- Dealing with intimidation all angles

GUN DEFENCE

- Body, head and execution position
- Garrotting escape and reuse
- Single leg take down with knee break
- Lock to lock flow drill

PUNCH DEFENCE

- All punch defence from previous belts
- Pad work 2x3 mins

STRESS TEST

- 5 Minutes

THE BOX FITNESS TEST



- Full revision of all previous belts
- Showing an excellent understanding of weapon disarming, joint locking, strike and grab defence.

EXAM REQUIREMENTS

- 2 minute knife stress test
- 1x5 min pads

BOX FIT TEST

STRESS TEST

- 6 minutes