MEIJI
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

MEIJI
KRAV MAGA

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

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