

Krav Maga

30 frontal hours (5 ECTs)

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A. Aims

1. Knowledge of Krav Maga and its principles
2. Mastery of basic skills in self-defense and the ability to pass them on to students
3. Passing the test to attain a yellow belt at the end of the course

B. Curriculum

Week	Topics
1	Introduction; Starting position; 360-degree defense.
2	Starting position; Left front strike, right front strike, left & right, moving, box shade
3	Different strikes + Strikes in advance and retreat
4	Normal kick forward, kick to the side, sickle kick.
5	Forward defensive kick, knee kicks, left and right strike down on offense and defense.
6	Internal defenses + Repetition of external defenses + Attack, vulnerabilities.
7	Repetition of hand and foot attacks and defenses against strikes.
8	Normal kick defense and sickle kick defense.
9	Braking back and forth, rolling forward.
10	Releases from hand grabs and shirt grabs
11	Releasing from suffocation from the front and catching hair from the front.
12	Choking release from behind
13	Release of neck hug from the side + general repetition
14	Test to attain a yellow belt.

C. Methods:

1. Practical lessons
2. Theoretical lectures

D. Student Obligations

1. Active participation in lessons
2. Practical exam

E. Grade Composition:

1. Practical exam – 80%
2. Theoretical exam – 20%

Note: Krav Maga Belts

In Krav Maga different belt colors represent the level of knowledge and seniority of each participant (yellow, orange, green, blue, brown, black).

Sources:

1. Herpaz Menni (1984). Self-Defense, selected chapters in Krav Maga. Wingate Institute Publishing.
2. Lichtenstein, Yaron (1988). Krav Maga: A Guide to Self-Defense. Tel Aviv: Modan Publishing.
3. Nelson Joan (1999). Physical Activity, Self-Defense (Step by Step). Ramat Gan: Fox.
4. Col. David Ben Asher, (1983). Fighting Fit. New York: Pedigree
5. Diana Warren-Holland, (1987). SELF-DEFENCE for women, Hamlyn, England