

## **Krav Maga Expert's Secrets**

Krav Maga became the official hand to Hand Combat System of the Israeli Defense Forces (IDF) from its inception. It was created and perfected as a Self Defense and Hand to Hand Combat System. The first IDF Fighting Fitness Academy Krav Maga Chief Instructor was Imrich Lichtenfeld (Immi Sde-Or). Second, was Eli Avikzar, and third was Boaz Aviram. Boaz Aviram can be contacted at [kravmaganewyork.net](http://kravmaganewyork.net)

Krav Maga instruction lies in its intensity. Soldiers would cover Self Defense and Hand to Hand combat principles in an intense learning environment. The instruction method is crucial to ensure that at the end of the short program which can be 3 days to two weeks, each of the soldiers trainees would be able to fight with his bare hands and win.

Additional two weeks of training are required to qualify Instructors.

At the end of the Krav Maga Instructor's Course, the student is required to participate in series of full contact fights where he is graded on his ability to execute his skills learned, and at the same time developing his confidence in his ability.

Krav Maga, techniques are built in steps; students need to fully understand all aspects of their training, and should practice each step about 10 times in a prescribed order. Instructor corrections instill effective techniques and give the students all the tools to assess and correct their techniques.

Krav Maga is dealing with training Humans how to use their existing bodies to execute effective defensive and combative moves. Students learn to prioritize their thinking and deal with the most imminent danger first. Striking at various pressure points and their effectiveness are learned at the first lesson.

The student learns to identify, which part of the opponent's body, would be approaching the defender's territory first. Territory pertains to a distance, few steps away from one's body. When an opponent crosses that distance defender can not afford to wait any longer. He must execute a defense and attack back.

Krav Maga considers the reaction time of the brain crucial in the ability to effectively block an attack. Defensive moves are executed against your opponent's best options rather than end results. For example, if your opponent was two steps away from you, his best option would have been to use his front leg to kick you. This would have been the fastest move his body would have been able to produce. If he tried to do anything else, it would have taken him at least a second longer to execute. When you noticed him starting to close the gap, and you countered his best option with a swift defense and simultaneous counter strike, any hesitation or change of plans on his side would make his attempt more futile.

While deflecting a kick or a punch, an immediate strike to the face or groin is followed. Krav Maga practice both at the same time, moving forward to close the gap, and limit the opponent's further attempts to attack. A hurt opponent is not an attacking opponent.

If you suddenly see an attacker with a knife, you cannot afford wasting time starting to think which technique you are going to use. You need a simplified principle. While attacks from various directions and their suitable counter attacks are used for training purpose, at the end of the lesson, the student need only follow the principles. If you choose to use your arms to counter an attacker yielding a knife your aim is to have the middle of your forearm meet your opponent's wrist.

Krav Maga pays attention to the need to close the gap quickly in an attack. The advance while kicking or punching is being made with a body leap forward. Using gravity to initiate the move with a forward lean, helping with the toes to push forward, the fighter springs forward attempting to lodge one of his limbs in the opponent's body as quickly as possible.

While it is easier to break the cartilage tissue of the wind pipe for example, the need to quickly strike from a distance is a need for a fast delivered strike. In throwing a hand strike from a distance, one cannot count that the opponent would stand still and leave his neck exposed. This is why a generally aimed hand strike to the face is preferred.





Great athletes like Muhammad Ali had higher knockout rates than others. Krav Maga rather teaches the mechanics of delivering a knockout punch in the first lesson than leaving it to the student to learn subconsciously on their own through repeated heavy bag training. A person weighing only 100 lbs could deliver a knock out punch with a force of time and a half of his body weight if he or she learns how to use his body effectively. I do not think an attacker can stand still while being hit with lets say a 50lbs dumbbell in their face.

There are two historical methods of delivering a blow with a force of about time and a half of your body weight. First is Boxing like movement and second is the traditional Karate Strike. While equal in force, the boxing style strike has a greater range and is more natural and easy to execute. The Boxing style straight strike uses gravity and shift of weight to support the strike, while the Traditional Karate style strike uses a sudden tightening of your body's muscles delivering a short blow. The longer range of the Boxing style blow facilitates greater acceleration to a higher speed and is more efficient in creating a knockout effect. The traditional Karate style strike is more suitable to breaking boards of wood where the wood fibers differ in its construction from the human body protective tissues. The traditional straight Karate Strike takes longer to execute and require a slight preparation. Since a split second is of the essence and the force is equal but more efficient using the boxing style, it has won its popularity over years of trial and error in the Martial Arts field.



From the second you decide to move your body and deliver the strike, all you need is to aim to the face. You then need to accelerate to maximum speed with your arm, and maintain that speed as your fist lodges your opponent's face. The opponent's skull is being sent backward shaking the brain and nerves to a concussion.

If for example the move is a front kick, the base foot will land ball of the foot first, followed with the heel, while the other foot will be sent to kick the opponent. Attention to a proper base foot positioning will be given, to prevent loss of balance during motion. This will eliminate the possibility of shifting less speed and force into the kick or punch.



Executing a front kick, the upper body will be used in a seesaw motion to contribute to the thrust of the foot upwards against gravity in the target's body. At the same time a body lean backwards provides balance to the extended foot.

