

What is Krav Maga?

Krav Maga is the official self defense and fighting system used by the Israeli Defense Forces (I.D.F.), Israeli Police and Security Services, and numerous U.S. law enforcement agencies. It is also taught in institutions associated with the Israeli Ministry of Education, and since 1964, Krav Maga has been taught to civilians all over the world as well.

Developed and refined during years of conflict, Krav Maga emphasizes easy-to-learn techniques that have been battle-tested in real, life threatening confrontations. There is nothing flashy about this system.

Krav Maga is comprised of two main parts: self defense and hand to hand combat.

Self defense is the foundation of Krav Maga. Students learn to defend themselves against hostile actions, to avoid injury, and to quickly overcome their assailant. Krav Maga defenses address a wide variety of aggressive acts, such as punches, kicks, chokes, bearhugs, headlocks, grabs, as well as defenses against multiple assailants and assailants armed with a firearm, edged weapon, or blunt object. Students apply the relevant Krav Maga principles and techniques in a multitude of situations, even in unfamiliar or adverse circumstances, such as dark surroundings; from a sitting or lying position; with limited freedom or movement; or under extreme stress and/or fatigue.

Hand to hand combat constitutes a more advanced and sophisticated phase of Krav Maga which teaches how to neutralize an opponent quickly and effectively. It embodies elements related to the actual performance of the fight: tactics, feints, powerful combinations of different attacks, the psychological dimensions of the fight, and learning how to use the environment to your advantage.

In addition, Krav Maga incorporates specialized training methods to not only challenge students physically, but to also instill into the student a special mental discipline meant to strengthen the spirit and to develop the ability to deal with violent confrontations under high stress. These training methods have been used in Israel's most elite units and have proven themselves in real fighting.

Krav Maga is not merely another school of martial arts based on traditional approaches. It is a modern method characterized by a coherent and logical way of thinking which builds up easy, natural, and practical techniques featuring simple movements of the human body.

Krav Maga training simulates real life situations. It teaches people how to save lives and to cope with common street violence. To be effective in the streets, Krav Maga cannot include rules and limitations. Therefore, there are no sport competitions for Krav Maga because it is designed to remain a realistic fighting system.

Where Did Krav Maga come from?

Krav Maga was developed in the 1940's by Imi Lichtenfeld, who carefully refined the system

during his career as Chief Instructor of Hand to Hand Combat for the Israeli Defense Forces. Faced with the task of preparing a wide variety of soldiers – from physically fit high school graduates to out-of-shape forty year olds – Imi developed a comprehensive system that relied on simple, instinctive moves rather than rigid techniques requiring years of training. After leaving the military, Imi continued to refine Krav Maga for civilian, law enforcement, and military applications. What does Krav Maga logo mean?

The Krav Maga logo consists of the letters K and M written in Hebrew, artfully combined to form the symbol of Krav Maga. The K and M are surrounded by an open circle because the system is open to improvement by adding techniques, exercises, and training methods and by eliminating techniques from the system when there is a better approach. Imi Lichtenfeld, the Grand Master of Krav Maga, said of the logo's open circle: Good things can continue to flow into the system and flawed exercises can flow out.

How is Krav Maga different from other Martial Arts?

Krav Maga is not a traditional martial art. Although there are some similarities between Krav Maga and other martial arts. However, Krav Maga was developed in an environment where the Israeli military could not devote many hours to prolonged hand to hand combat training for their personnel. Therefore, the Krav Maga system was created with great importance placed on bringing students to a high level of skill in a relatively short period of time. There are no katas (forms) or rules in the system. Anything goes when you are fighting for your life!

Krav Maga is much more a survival system dealing with personal safety issues in the context of defending against both armed and unarmed attackers. It is considered to be a modern, highly refined, street fighting system, designed to be utilized against muggings, street attacks, and sexual assaults.

Krav Maga has received international recognition for its highly unique approach in bringing self defense to civilian and law enforcement alike. According to law enforcement trainers, among the most striking characteristics of the system are:

Students are instructed in state-of-the-art defensive principles that apply to a variety of threatening attacks that occur during commonly documented street crimes.

·Students train from a position of disadvantage in real time and real speed.

·Defensive maneuvers are combined with simultaneous counterattacks until all potential danger is eliminated.

Unique training methods are employed to simulate violent street encounters. This is necessary to place students under extreme stress while performing Krav Maga techniques. Students learn to go from a passive to an aggressive state quickly.

Krav Maga also teaches students to function with their attention divided; while fatigued; and when they are faced with a multitude of spontaneous attack scenarios.

Is there a Belt System in Krav Maga?

Yes. All students begin as white belts and can move up to yellow, orange, green, blue, brown, and then black belt. After the first 8-12 weeks in the system, students should be ready to test for their yellow belts. Belts are not emphasized in the system, however, and students at the Krav Maga National Training Center can take advanced training without following the belt system. The real test is knowing the Krav Maga techniques well enough to perform them successfully on the street.

Who is using Krav Maga?

This unique training method has received international recognition as an innovative and highly practical self defense system and has more recently been taught to U.S. federal, state, and local law enforcement agencies, including, but not limited to the following:

- Federal Bureau of Investigations
- Illinois State Police
- U.S. Coast Guard Tactical Law Enforcement
- Alabama State Police
- U.S. Treasury Department
- Pennsylvania State Police
- U.S. Immigration Service
- Los Angeles County Sheriff's Department
- Bureau of Alcohol, Tobacco & Firearms
- Los Angeles Police Department Academy

- Drug Enforcement Administration Arrest & Control Unit
- Texas Department of Public Safety
- Ohio State Police
- California Highway Patrol
- Santa Monica Police Department
- Florida State Highway Patrol
- El Segundo Police Department
- Beverly Hills Police Department
- U.S. Department of State
- Burbank Police Department
- U.S. Coast Guard – Port Security Unit.

Here is the combined curriculum for all the different grades/levels together with those of the various instructor courses offered by our organization. The curriculum is divided to subjects (units), most of them appear here only by name.

KM levels is divided into 4 sections: Practitioner Levels (1-5) ; Graduate Levels (1-5) ; Expert Levels (1-5) ; and Master Levels (1-3)

In some places/countries KM students carry the "regular" colored belts.

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(Units 1-4 are here in some details)

Unit 1: General Information and Theory

1. History of K.M. and of it's founder
2. Dealing with a dangerous event:
 - a. State evaluation, process of dealing with an event
 - b. Neutralizing a danger and all its aspects
 - c. Possible outcome of a violent conformation.
3. Principles underlying the defense techniques.
4. Principles underlying the attack techniques.
5. Training by principles - from techniques to real life variations
6. Using common objects for self defense -theory and practice.
7. Rhythm and pace.
8. Using /relying on natural reactions to correct or prove a point.
9. Principles and techniques of mental training.
- ...
- ...

Unit 2: Teaching Methodology; Human body

1. Basics of anatomy and physiology.
2. Correct instructing for instructors.

3. Lesson plan outlines & preparing.
4. Teacher student relationship.

Unit 3: Preliminary Considerations

1. Safety in training
 - a. Organization of training: methods of training
 - b. Dress and appearance
 - c. Maintaining the studio
 - d. Behavior during training
2. The warm-up
 - a. General principles
 - b. Exercises and variation
 - c. Approach to stretching and flexibility

Unit 4: The Basics

1. How to stand - different outlet stances
2. How to Punch : The basics use of body's weapons; make a fist; Theory of recoiling
3. Movement and shadow boxing
4. How to handle a fall

- a. Fall breaks backwards & from high position
- b. Side fall breaks
- c. Soft/hard forward fall breaks
- e. Rolls forward - high, low, sideways,
- f. Roll backwards.
- g. Rolling with assignments, Combinations of rolls and fall breaks

(The following units appear here by the subject's name only)

Unit 5 - Attacking with the Hands

Unit 6 - Attacking with the Legs

Unit 7 - Defenses against Punches

Unit 8 - Defenses against Kicks

Unit 9 - Releases from Grabs, Chocks & Holds at high level

Unit 10 - Releases from Grabs & Holds at medium level

Unit 11 - Releases with Throws

Unit 12 - Release from holds & grabs on the floor

Unit 13 - Leverages & Takedowns.

Unit 14 - Defense against attacks involving a stick / club.

Unit 15 - Defenses against attacks involving a knife (edged weapons).

Unit 16 - Defense against threats involving a knife (edged weapons).

Unit 17 - Defense against threats involving handgun.

Unit 18 - Defense against threats involving Submachine gun.

Unit 19 - Using common objects as weapons in defense against armed assailants

Unit 20 - Self defense against two assailants or more (armed with knife/stick or not armed)

Unit 20-25 - Military training units

Unit 26-30 - Law Enforcement training unites

Unit 31-33 - Additional units for Security and VIP Protection

Unit 34 - Self-defense for Children - Applications and transformations of the basic techniques and training methods for children.

Unit 35 - Self-defense for Women - Applications and transformations of the basic techniques and training methods for women.

Unit 36 - Fighting Drills.

Units 37-38 - Fighting Tactics and applications.

Unit 39 - Fighting in different positions & places.

Unit 40 - Ways and applications of mental training.

Unit 41 - 44 Training Methods for the above units.

Unit 45 - Simulations and scenarios, analyzing and training accordingly.
