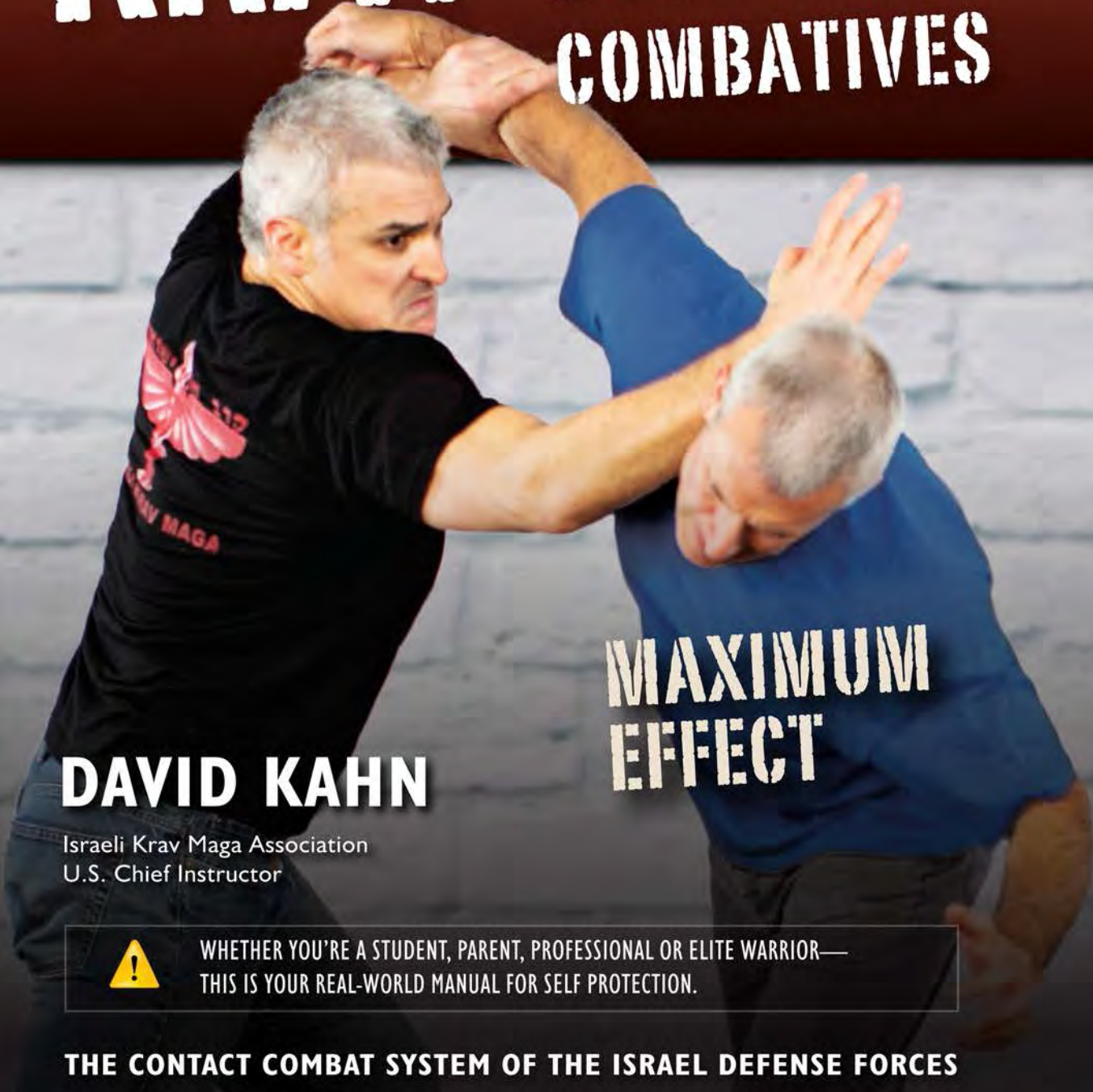


# KRAV MAGA

## COMBATIVES



**DAVID KAHN**

Israeli Krav Maga Association  
U.S. Chief Instructor

**MAXIMUM  
EFFECT**



WHETHER YOU'RE A STUDENT, PARENT, PROFESSIONAL OR ELITE WARRIOR—  
THIS IS YOUR REAL-WORLD MANUAL FOR SELF PROTECTION.

**THE CONTACT COMBAT SYSTEM OF THE ISRAEL DEFENSE FORCES**

## BECAUSE NOT ALL KRAV MAGA IS THE SAME®

**“David Kahn and his team are, by far, the best there is and they teach the best version of krav maga.”**

—Ronald D. Groves, SFC, US Army Military Police Lead Instructor

This book is designed for krav maga trainees, security-conscious civilians, law enforcement officers, security professionals, and military personnel alike who wish to refine their essential krav maga combatives, improve their chances of surviving a hostile attack, and prevail without serious injury.

Combatives are the foundation of krav maga counter-attacks. These are the combatives of the original Israeli Krav Maga Association (Grandmaster Gidon).

It is irrefutable that you need only learn a few core combatives to be an effective fighter. Effective is what is required to end a violent encounter quickly, decisively, and on your terms. This book stresses doing the right things and doing them in the right way.

Contents include

- Key strategies for achieving maximum combative effects
- Krav maga's 12 most effective combatives
- Developing power and balance
- Combatives for the upper and lower body
- Combative combinations and retzev (continuous combat motion)
- Combatives for takedowns and throws
- Combatives for armbars, leglocks, and chokes

Right Technique  
+  
Correct Execution  
= Maximum  
Effect



**DAVID KAHN** is the United States chief instructor for the Israeli Krav Maga Association. He has trained all branches of the US military in addition to federal, state, and local law enforcement agencies. David is an instructor certified by the State of New Jersey Police Training Commission. He resides in Princeton, New Jersey.

“Kahn's true hand-to-hand combat violence of action in realistic scenarios is one of the best I have seen.”

—Michael D. McCune, SSgt, SERE Specialist, USAF

“The counter-moves and techniques will take you to an elite level.”

—Aaron Donald, 2017 and 2018 NFL Defensive Player of the Year, defensive tackle Los Angeles Rams

“Kahn's krav maga gives [me] the ability to break the will of the guy across from me.”

—Khalil Mack, 2016 NFL Defensive Player of the Year, outside linebacker Chicago Bears

“David Kahn was able to significantly improve the team members' force protection posture and lethality in the event of a life-threatening altercation.”

—Joshua W. Curtis, MSG, RIARNG, United States Army 19th Special Forces Group Operations NCO

“The Krav Maga for Law Enforcement was just remarkable.”

—Lieutenant Jose Medina, Philadelphia Police Department

Cover design: Axie Breen



YMAA Publication Center  
1-800-669-8892  
info@ymaa.com | www.ymaa.com

## Praise for David Kahn

“David Kahn was able to significantly improve the team members’ force protection posture and lethality in the event of a life-threatening altercation. The training provided was a highly valuable complement to the team members’ preexisting abilities, as all [members] were able to develop and improve their skills in defense against unarmed attackers, attackers armed with knives or firearms, multiple attackers, and vehicular abduction tactics. Not only did David and Poodie have a wealth of knowledge applicable to a wide variety of unarmed combat scenarios; it was clear that they are continuously doing research and staying informed about emerging threats to US service members in the contemporary operating environment, studying trends and TTPs among potential adversary groups, and developing ways to counter these constantly evolving threats, within the framework of the krav maga system. I would highly recommend continuous future training programs with the IKMA (Gidon system) for all US service members deploying overseas as well as law enforcement officers working domestically in any environment in which they are exposed to the threat of violence.”

—**Joshua W. Curtis**, MSG, RIARNG, United States Army 19th Special Forces Group Operations NCO

“On behalf of the 308 RQS and the USAF SERE community, I would like to thank you [David Kahn]. Your ability to instruct practical self-defense tactics and portray true hand-to-hand combat violence of action in realistic scenarios is one of the best I have seen. Your military-specific ‘lethality’ training is qualitatively unique and different from any other courses we have attended. I hope and look forward to working with you in the future, not only to improve my knowledge of combatives, but also to improve the whole Air Force Special Operations community!”

—**Michael D. McCune**, SSgt, SERE specialist, USAF

“Bottom line up front. David Kahn and his team are, by far, the best there is, and they teach the best version of the system there is. If you want to arm yourself with the best tools to survive any encounter (civilian, law enforcement, or military combat), David Kahn and the IKMA Gidon system are your best options. I always shop around for the best instructor with the most practical training. David and his team are undeniably the best. There are several different interpretations of krav maga systems available in the United States. Most of them teach substandard techniques. While krav maga is designed to be simple to understand, there still needs to be much emphasis on the subtle, finer points that make a technique effective. David’s books are extremely well articulated and spell out every detail of what you need to know from a strategic approach, including all the subtle nuances that make a technique work.”

—**Ronald D. Groves**, SFC, United States Army military police lead instructor, Law Enforcement Training Seminar (LETS)

“David Kahn’s krav maga is fighting: brutal, flesh on flesh, and bone on bone. The counter-moves and techniques will take you to an elite level.”

—**Aaron Donald**, 2017 and 2018 NFL Defensive Player of the Year,  
defensive tackle for the Los Angeles Rams

“David Kahn’s krav maga gives [me] the ability to break the will of the guy across from me. That is what I’m all about and this [krav maga] will help you do just that!”

—**Khalil Mack**, 2016 NFL Defensive Player of the Year, NFL outside  
linebacker for the Chicago Bears

“This is the most brutal and violent hand fighting I’ve learned yet. David Kahn’s krav maga is the secret weapon.”

—**BJ Finney**, NFL center for the Pittsburgh Steelers

“Israeli krav maga has helped me in a tremendous way to keep defenders off of me. David Kahn’s techniques are designed for real combative fighting, but these techniques really help me on the field.”

—**Chris Hubbard**, NFL tackle for the Cleveland Browns

“The Krav Maga for Law Enforcement was just remarkable. You and your staff were very attentive to details and knew exactly what our department was looking for. Our instructors had so much good feedback to give. Almost all of the officers agreed that more officers on the street need training like this, and they were eager to engage in any additional training like this that we could provide them. I will definitely continue to use the tactics and techniques taught in your course in teaching officers in-service and recruits. I highly recommend your course to any law enforcement agency or organization that is willing to update their training and give their officers the tools they need to protect themselves in use-of-force situations.”

—**Lieutenant Jose Medina**, Philadelphia Police Department, Recruit  
Training Unit and Reality Based Training Section

“When recommended by the Department of Justice to update our department’s use of force training, I kept the fact in mind that suspects are training more and using tactics and techniques taught in mixed martial arts, cage fighting, and ground fighting against officers. I researched several options and found that not all krav maga courses are the same. The term is widely used and the concepts distorted. Mr. Kahn’s background as a lawyer has given him a legal perspective. Mr. Kahn has created a law enforcement krav maga course that supports the fundamental tactics that are easy to learn, easy to use, and easy to teach, using instinctive, reflexive body movements. Mr. Kahn was then able to elevate that philosophy as he developed a system that builds on a solid foundation of defensive tactics, giving the officers options when

dealing with different types of attacks. Any law enforcement personnel that is forced to face these types of attacks will be better prepared to prevail in those situations by using force options that are appropriate and reasonable if trained properly. Mr. Kahn has given officers the necessary tools needed to properly defend themselves against this new form of street fighting.”

—**Sgt. Alfredo Lopez**, Philadelphia Police Department, Philadelphia Police Academy Physical Training and Defensive Tactics Section

“After training with David for ten years, I now have students of my own. I have become even more dependent on David’s teachings. My students have varied self-defense backgrounds but marvel at the expedience and efficiency of krav maga.”

—**David Rahn**, US Army (retired)

“David Kahn masterfully demonstrates the effectiveness of Israeli krav maga in his outstanding book *Krav Maga Combatives: Maximum Effect*. Kahn’s book is well written, thoroughly researched, and is filled with numerous detailed photographs. Early on in a great section, his book expertly delves into the various legal ramifications of self-defense. The major focus of his book is on the practical and valuable selection of basic, intermediate, and advanced bodily weapons or combatives you can use against your opponent. His book describes in depth the combatives to use in self-defense, optimal areas to target on your opponent, and, most importantly, how to properly apply these combatives to achieve maximum effect. I like how he illustrates that Israeli krav maga capitalizes on the whole body for an array of devastating combative options, from upper-body and lower-body striking to grappling. I highly recommend this book for those who want to enhance their survival skills in self-defense situations.”

—**Andrew Zerling**, martial arts veteran, multi-award winning author of *Sumo for Mixed Martial Arts*

“David Kahn is a prolific author of books and videos on the Israeli art of krav maga, and his newest book, *Krav Maga Combatives: Maximum Effect*, is not only a supplement and complement to his previous krav maga books and video instructional materials but also an excellent stand-alone volume that distills krav maga’s core combatives into easily digested and understood principles and techniques, and then explains how to apply them for maximum combative effect when forced to physically defend oneself.

“The unique teaching in this volume, that sets this book apart from many martial art books, is the foundation of principles, especially that of attacking an opponent as fast and hard as one can, in the most effective manner possible, while utilizing a continuous attack principle called *retzev* (or continuous combat motion). He not only illustrates and teaches principles along with effective combative techniques, but he also shows how to combine them in a continuous attack in order to be most effective.

“For any student of krav maga, combatives, or self-defense, this text deserves to be studied and applied to your training to obtain maximum effect when it comes to counterattacking and neutralizing physical threats against you or those you must protect.”

—**Alain Burrese, JD**, author, 5th dan Hapkido, former army sniper

**KRAV MAGA**  
**COMBATIVES**  
**MAXIMUM EFFECT**

BECAUSE NOT ALL KRAV MAGA IS THE SAME® . . .  
“IMITATION IS THE SINCEREST FORM OF FLATTERY.”  
—Charles Caleb Colton



# KRAV MAGA COMBATIVES

**MAXIMUM EFFECT**

**BY DAVID KAHN**

YMAA Publication Center  
Wolfeboro, New Hampshire

**YMAA Publication Center, Inc.**

Main Office:  
PO Box 480  
Wolfeboro, New Hampshire 03894  
1-800-669-8892 • info@ymaa.com • www.ymaa.com

ISBN: 9781594396816(print) • ISBN: 9781594396823 (ebook)

All rights reserved including the right of reproduction in whole or in part in any form.

First edition. Copyright ©2019 by David Kahn

Editor: T. G. LaFredo

Proofreader: Doran Hunter

Cover design: Axie Breen

Photos provided by David Kahn unless noted otherwise.

This book is typeset in Adobe Garamond Pro.

**Publisher's Cataloging in Publication**

Names: Kahn, David, 1972– author.

Title: Krav maga combatives : maximum effect / by David Kahn.

Description: First edition. | Wolfeboro, New Hampshire, USA : YMAA Publication Center, [2019] |

Includes bibliographical references and index.

Identifiers: ISBN: 9781594396816 (print) | 9781594396823 (ebook) | LCCN: 2019936923

Subjects: LCSH: Krav maga. | Krav maga—Training. | Self-defense. | Self-defense—Training. |

Hand-to-hand fighting. | Hand-to-hand fighting—Training. | Martial arts—Training. | BISAC:

SPORTS & RECREATION / Martial Arts & Self-Defense. | SOCIAL SCIENCE / Violence in Society.

Classification: LCC: GV1111 .K254 2019 | DDC: 796.81—dc23

The author and the publisher of this book are NOT RESPONSIBLE in any manner whatsoever for any injury or negative effects that may occur through following the instructions, materials, and advice contained herein. It is recommended that before beginning any treatment or exercise program, you consult your medical professional to determine whether you should undertake this course of practice.

**Warning:** While self-defense is legal, fighting is illegal. If you don't know the difference, you'll go to jail because you aren't defending yourself. You are fighting—or worse. Readers are encouraged to be aware of all appropriate local and national laws relating to self-defense, reasonable force, and the use of weaponry, and to act in accordance with all applicable laws at all times. Understand that while legal definitions and interpretations are generally uniform, there are small—but very important—differences from state to state and even city to city. To stay out of jail, you need to know these differences. Neither the author nor the publisher assumes any responsibility for the use or misuse of information contained in this book.

Nothing in this document constitutes a legal opinion, nor should any of its contents be treated as such. While the author believes everything herein is accurate, any questions regarding specific self-defense situations, legal liability, and/or interpretation of federal, state, or local laws should always be addressed by an attorney at law.

When it comes to martial arts, self-defense, and related topics, no text, no matter how well written, can substitute for professional hands-on instruction. These materials should be used for academic study only.

For Claire, Benjamin, and Leo  
In loving memory of Helen Brener Smith



An Israeli krav maga blessing  
The Book of Psalms, chapter 144:1

לדוד ברוך צורייהוה המלמד לקרבידי אצבעותי למלחמה:

“A Psalm of David. Blessed be the LORD, my rock,  
Who trains my hands for war,  
And my fingers for battle.”



**Also by David Kahn**

*Krav Maga: An Essential Guide to the Renowned Method—For Fitness  
and Self-Defense*

*Advanced Krav Maga: The Next Level of Fitness and Self-Defense*

*Krav Maga Weapon Defenses*

*Krav Maga Professional Tactics*

*Krav Maga Defense: How to Defend Yourself against the  
12 Most Common Unarmed Street Attacks*





# Contents

<i>Foreword: The Krav Maga Combatives Mind-Set</i>	xvii
<i>Acknowledgements</i>	xix
<i>Introduction</i>	xxiii
<i>The Optimum Use of This Book</i>	xxxii
Chapter 1—Not All Krav Maga Is the Same	1
Krav Maga’s Critics	1
The “Flow” Is Vital	4
Everyday Maximum Effect	5
Overarching Krav Maga Principles	5
Chapter 2—Key Strategies for Achieving Maximum Effect	9
Attacking the Attacker	9
Preemption	10
Fight Timing	11
Optimizing Combatives	11
Realistic Training	13
Use-of-Force and Legal Considerations	14
Anatomical Targeting	22
Developing Power and Balance for Maximum Effect	25
Chapter 3—Upper-Body Combatives	33
Combatives Family #1: Straight Punches, Palm Heels, and Web Strikes	33
Combative Family #2: Eye Claws, Rakes, Gouges, and Throat Strikes	54
Combative Family #3: Groin Strikes	62
Combative Family #4: Elbow Strikes	65
Combative Family #5: Hooks, Horizontal Palm-Heel Strikes, and Chops	91
Combatives Family #6: Headbutts and Biting	118
Combatives Family #7: Choke Holds	123
Chapter 4—Lower-Body Combatives	149
Combative Family #8: Straight Kicks and Knees	149
Combative Family #9: Stomps, Side Kicks, Rear Defensive Kicks, and Linear Ground Kicks	170
Combatives Family #10: Roundhouse Kicks, Sweeps, Inside Slap Kicks, and Roundhouse Ground Kicks	184

Chapter 5—Combatives Combinations and Retzev	201
Straight Kick and Straight Knee Combinations	202
Compound Kick Combinations	205
Knee and Elbow Combinations	208
Chop Combinations	215
Kick-and-Punch Combinations	217
Hammer Fist, Knee, and Elbow Combinations	223
Retzev—The Force Multiplier: Untamed, Targeted, Continuous Counterviolence	224
Chapter 6—Takedowns and Throws	235
Combatives Family #11: Takedowns and Throws	235
Krav Maga Throws	255
Chapter 7—Armbars, Finger Manipulations, Leg Locks, and Leg Triangle Chokes	275
Combatives Family #12: Armbars, Finger Manipulations, Leg Locks, and Leg Triangle Chokes	275
<i>Index</i>	297
<i>Notable Biographies</i>	302
<i>About the Author</i>	303

## Foreword: The Krav Maga Combatives Mind-Set

“Better to be a warrior in a garden than a gardener in a war.”  
—Sun Tzu

I decided to start my foreword with a quote from Sun Tzu, one of the greatest minds in history, regarding combat. Since the time of Sun Tzu’s writings, to be sure, the art of combat has evolved. As an individual, the need to be prepared to meet today’s threats in a volatile world has never been more relevant and prevalent. As a combat veteran, I proudly served in the United States Air Force for over twenty-four years as both an enlisted member and officer. While on active duty, I served alongside some of our nation’s most elite, skilled troops, having taken part in missions in pursuit of our nation’s high-value tier-1 targets. Hand-to-hand combat was an integral part of our specialized training. I also grew up under some trying circumstances that required me to protect myself from street violence. Accordingly, I gained many reality-based insights about what will work and, equally important, what will not work to defend oneself against both serious social and criminal violence.

Upon retirement from active duty, Israeli krav maga became the focus of my combative studies under David Kahn, chief US instructor for the Israeli Krav Maga Association (Gidon system). With a strong understanding and conviction that “not all krav maga is the same,” I have learned an invaluable hand-to-hand combat skill set from David. It has prepared me to face today’s violent threats that may confront the everyday citizen. Krav maga was birthed in the violent Middle East by Imi Lichtenfeld. Its teachings still hold true today through the instruction of David Kahn. David’s krav maga instruction offers a practical and tactical system to identify, prevent, and, if required, neutralize a threat in a highly efficient and effective manner, using economy of force. This book builds on the foundations set forward by Imi Lichtenfeld and expanded by tenth-dan Grandmaster Haim Gidon, Israeli Krav Maga Association. I wholeheartedly endorse the pages contained within.

Captain (Ret.) Sean P. Hoggs I  
US Air Force veteran, Air Force Special Operations command



## Acknowledgements

Once more into the breach, I am indebted to Grandmaster Haim Gidon for instilling in his students Israeli krav maga at its supreme professional level. With Imi Lichtenfeld's blessing, Haim continues to advance and improve krav maga as head of the Israeli krav maga system and president of the Israeli Krav Maga Association (Gidon system). Many of the tactics you will see in this book are courtesy of Grandmaster Gidon's unique understanding of what krav maga must be—and, equally important, with all of the different krav maga interpretations now, what it should not be. I always come back from Grandmaster Gidon's gym, located in Netanya, Israel, grateful and indebted for the unequalled training he provides.

Black-belt instructor Rinaldo Rossi and senior instructors Don Melnick and Chris Eckel are instrumental in the development of our instructional materials. Supporting Grandmaster Haim Gidon, the highest-ranking Israeli krav maga instructors are sixth dan Ohad Gidon along with fifth dans Yoav Krayn, Noam Gidon, Yigal Arbiv, Steve Moishe, and Aldema Zirinski. These individuals represent the epitome of krav maga professional instruction. Aldema is a great friend who has provided immeasurable support and counsel over many years. You will not meet a better, more professionally prepared group of Israeli hand-to-hand combat fighters and instructors.

I am grateful to my great friends Major HC “Sparky” Bollinger, a former Cobra gunship pilot, and Ret. M.Sgt. Ronald E. Jacobs, former chief instructor for the United States Marine Corps Martial Arts Program, who have added to our krav maga abilities and knowledge with their invaluable feedback. We owe great thanks to Capt. (Ret.) Frank Small, who gave us our start in training the United States military. United States Army lead law enforcement M.Sgt. Ronnie Groves is a great supporter and instructor. I am privileged to have Ronnie's support and honored the material is helping our military personnel. The same holds for Army Special Forces M.Sgts. Dan and Josh for their support and professional approval of our training. I am grateful to retired Navy instructors R., J., N., J., and S. and USAF SERE instructors T.Sgts. Mike and Ben for their nonpareil professional insights and support—and, most importantly, for what they all do.

I would like to thank the following additional United States Marine Corps personnel: Lt. Col. Joseph Shusko, Ret.; GySgt. Gokey, Ret.; M.GySgt. Urso, Ret.; and Lt. Col. “Tonto” Ardesse, Ret. Thanks also to Sgt. Ben Perkins of the Royal Marines, along with 1st Sgt. Johnson, and Maj. Lanzolloti of the United States Air Force for their support. Maj. Sean Hoggs, Ret., is an amazing supporter of our system and provides invaluable insights into training and life. I am truly honored by Sean's foreword in this book. David Saucier is a great friend and supporter for what we do. “Sauce” is a hero and a survivor.

I must not fail to mention my gratitude to all our fighting men and women of the United States military and Israel Defense Force for safeguarding our freedom.

Sgt. Maj. Nir Maman, Ret., former LOTAR lead counterterror instructor, krav maga instructor, and IDF Infantry and Paratroopers Ground Forces Command Soldier of the Year, 2009, possesses many unequalled professional insights and offers specialized training expertise as only he can provide. Nir has improved the Israeli krav maga system immeasurably. I also have the benefit that Nir is one of my greatest friends. Eyal E. and Dima G. are also great friends and add to our understanding of the Israeli method of defensive measures and close protection. I thank Dr. Neil Farber and Moti Horenstein for inviting me to join the Federation of Israeli Martial Arts' (FIMA) Board of Directors. I am honored to serve as the combatives director for the Israeli Combative Tactics Association (ICTA) arm. I also thank Itay Gil for his kind words.

I am indebted to the Hauerstocks for their *sabra* hospitality in my many visits to Israel and my good friend Shira Orbas, along with her wonderful family. I offer special thanks to Master Kobi Lichtenstein and his organization for their hospitality. Thank you to the IKMA board of directors and all IKMA members, who have welcomed and trained with me over the years. Once again, this book would not be possible without the expert training, support, and inspiration of krav maga's backbone: the IKMA ([www.facebook.com/gidonsystemkravmaga/](http://www.facebook.com/gidonsystemkravmaga/)).

Two of the first American krav maga instructors, senior instructors Rick Blitstein and Alan Feldman, are redoubts of support and special reservoirs of krav maga knowledge. I am forever grateful to Rick for sending me on the correct krav maga path. My first krav maga experience with Rick Blitstein floored me both literally and figuratively. Rick and Grandmaster Haim Gidon continue the tradition of flooring students. Some humble pie, judiciously eaten, is a good thing.

Our good friend in Poland, Kris Sawicki, keeps the IKMA at the forefront in Europe. I am grateful to all our students at our Israeli krav maga United States training centers ([www.israelikrav.com](http://www.israelikrav.com)). I am indebted to many other friends, supporters, and our network of fellow in-house instructors including Paul Karleen, Jeff Gorman, Frank Colluci, Joe Drew, Jonathan Sabin, Kevin Scozarro, Bill McGuire, John Papp, Mike Delahanty, David Ordini, Alec Goenner, Jason Bleitstein, David Rahn, Al Ackerman, Kelly Arlinghaus, Mimi Rowland, Mike McElvin, Dion Privett, Manny Sosa, Kathryn Badger, Andre Kwon, Darius Davis, Marc Scheneider, Darcy Howlett, Kim Delesoy, Suzanne Dougherty, Ray Lucas, Roy Shields, Ronnie Allen, Alex O'Neil, and Sarah Mantz. Instructor Cory Davis, along with his lovely wife, Sheena, keep krav maga training at its best on our final frontier. We have some wonderful support in Paul Gilbert, Adam Peterson, Devora Lapidot, and ABC star reporter Rick Williams, along with all those instructors in the pipeline.

Paul Karleen warrants additional special thanks for his amazing instructional abilities, patience, and outstanding support. Paul also took some of the best krav maga photographs I'll ever be lucky enough to have. Many appear in this book.

Officer Al “Poodie” Carson is family to me and has helped me to change the way NFL players approach the “hands” game. I am grateful to All-Pro NFL players Aaron Donald (2017 Defensive Player of the Year) and Khalil Mack (2016 Defensive Player of the Year)—two of the toughest, most dedicated, and most athletic men one could know. We’re grateful to the NFL Jacksonville Jaguars organization for their hospitality, especially head strength coach Tom Myslinski and assistant strength coach and Wounded Warrior Sean Karpf. Thank you to the Jaguars’ outstanding players, including Lerentee McCray, who brought us into the organization. We are also grateful to the New York Giants organization, including Pro Bowler Olivier Vernon and Coach Aaron Wellman, for their interest in our training and hospitality. I am also grateful to NFL players Chris Hubbard and BJ Finney for their wonderful support. My law-school friend NFL agent David Canter is appreciated for his support and professional insights. I would also like to thank Princeton University’s Charles W. Caldwell Jr. ‘25 and Head Coach of Football Bob Surace, along with Coach Verbit and the rest of the coaching staff for their interest and support in our Football Combatives Training. We are also grateful to Coach Peterson for his support and generating additional college and NFL interest. Dewayne Brown is a highly appreciated member of our team and a truly amazing conditioning coach.

Justice Mitchell truly does “justice” to our approach and method as only he can, along with Justina Pratt. They are great friends and the best marketers I’ll ever know. Justice is a true kravist on the mat and in cyberspace. Sorat and Alexander “Lex” Tungkasiri are family to us in no uncertain terms. My son Benjamin, along with his best pal “Lex” and my other son Leo, all budding kravists, beat me up as they should.

Instructor Enrique Prado deserves big thanks for his support. I am also grateful to Kim and Oliver Pimley for their dedication. As ever, the Tenenbaums and Goldbergs remain pillars of my life and *mishpachat*. Paul Szyarto, one tough dude, deserves a superlative thanks for his support and vision. The Graham family is a great bastion of support, especially our mustachioed brawler, “Action Jackson.”

Photographer Brandon Jones ([www.truestill.studio](http://www.truestill.studio)) did a superb job, and his amazing professionalism and skills helped make this book what it is.

Special thanks on both a personal and professional level to all our friends and supporters in the law enforcement community, including Det. Gioscio; Director Maseroni; Col. Britcher; Lt. Miller, Ret.; Sgt. McComb, Ret.; Sgt. Klem, Ret.; Sgt. Oehlmann; Sgt. Rayhon; Sgt. Ashkar; Lt. Critelli; Sgt. Maniace; Maj. Ponenti; Lt. DeMaise; Lt. Wolf; Lt. Cowan; Sgt. Boland; Chief Trucillo; Capt. Capriglione; Lt. Miano; Lt. Peins; Officer Valal; Officer Vacirca; Capt. Maimone, Ret.; Lt. Cowan; Corp. Barr; Capt. Savalli, Ret.; Director Harrison; Chief Lazzarotti, Ret.; Director Paglione, Ret.; Lt. Colon; Sgt. Hayden, Ret.; Officer Johnson; Special Agent-in-Charge Hammond; Special Agents Schroeder and Belle; Special Agents Love, Clark, and Baucom; Special Agent Crowe; Captain Laskiewicz; Sheriff Smith; Sheriff Kemler, Chief Warrant Officer Amantia, and the entire Mercer County Sheriff’s Office; Commissioner Ross; Chief Werner;

Lt. Medina; Officer Hobson; Sgt. Lopez; Lt. Jose Medina; Sgt. Gill; Sgt. Fitzgerald; Lt Watson; Lt. Rabinovitz; Officer Hosgood; Chief Sutter; Lt. Maurer, Officer Heath, and my entire hometown Princeton Police Department; along with the many other law enforcement professionals with whom we have the honor of working.

Security expert Steven Hartov, one of my favorite authors and good friends, deserves much gratitude for his personal and professional support. I am grateful to Drs. Steven Gecha, Stephen Hunt, and Bruce Rose, as well as PTs Kristin Williams, Lindsay Balint, and Jeff Manheimer for continuing to hold me together. Thanks to Jerry Palmieri for his all-pro conditioning advice, along with Autumn Magee and “Doc” Mark Cheng. I also know I am always in good hands literally and figuratively with my kravist counselor-at-law David Schroth. I thank him for his legal prowess and support.

My family as always is my foundation, especially my wife Claire, mother Anne, and father Alfred, for the growth of krav maga training and all the effort that has gone into expanding our support group. Benjamin and Leo are the next generation of kravists. I hope my sons, like all our students, will be gentlemen with ungentlemanly self-defense capabilities, should the need arise. If I had daughters, I’d want them to be ladies capable of unladylike violence.



## Introduction

We are proud to present *Krav Maga Combatives: Maximum Effect*. Once again, we thank the many readers and krav maga enthusiasts who have contacted us about a latest book in the line. This book is designed to both supplement and complement our previous krav maga books and video instructional materials. The goal is to explain and depict krav maga's core combatives—to show how to apply them for maximum combative effect within the legal parameters of self-defense.

In this sixth book we continue to expand the reader's self-defense fighting arsenal based on Israeli krav maga's core combatives as taught by Grandmaster Haim Gidon. This book is designed for a legally responsible person to use optimized combatives to improve his or her chances of surviving an unarmed or armed attack without sustaining serious injury. These combatives stem from my translation of technique guidelines from the Israeli Krav Maga Association (Gidon system).

An irrefutable fact is that one need only learn a few combatives to be an effective fighter. Simple is easy. Easy is effective. Effective is what is required to end a violent encounter quickly and decisively on your terms. For self-defense and fighting purposes, a universally well-known fundamental principle is to attack an opponent as fast and as hard as one can.

But aggression, speed, and force aren't necessarily enough. *How* you use your combatives is crucial. Particularly salient for krav maga self-defense is the observation by the great physicist Albert Einstein: "If you don't have time to do it right, when will you have time to do it over?" In other words, if you don't stop an attacker in the first instance, you may not have the time or opportunity to incapacitate him before he does egregious harm to you. This book stresses doing the right things and doing them in the right way. You may not have another chance. The simple maxim applies: do it right the first time.

Whenever I return from Israel, I come home with a solemn respect for avoiding unnecessary violence at all costs. By unnecessary violence, I mean any confrontational situation we can walk away from without having to physically preempt or use counter-violence. I emphasize this point for two reasons. First, the only fight you are sure to win is one you avoid. Second, paradoxically, I am naturally repelled by the level of violence our krav maga is designed to wreak in a matter of seconds. I have no desire to maim another person unless that person is determined to inflict egregious bodily harm and cannot be deterred otherwise.

Good tactical minds often think alike. Whatever your martial arts or defensive tactics background—or if you have none at all—my hope is that the following material can add some additional defensive combatives and combinations to your repertoire. In addition, with diligent work, this book, especially when combined with our video

materials ([www.masteringkravmaga.com](http://www.masteringkravmaga.com)), will infuse a basic understanding of retzev, continuous combat motion unique to Grandmaster Gidon's krav maga instruction. When facing a potentially deadly situation with no escape, retzev provides no quarter to incapacitate a dangerous, determined, and violent adversary. Proper retzev nearly eliminates an opponent's ability to counter or escape your counterviolent onslaught. We will describe retzev in greater detail later in this chapter and illustrate it in the combatives chapters.

Our aim is to augment your capabilities—to add additional arrows to your quiver. Accordingly, our aim is also to help your aim. In the interest of providing a concise approach, I have tried to include summarizations of a few essential combative-related topics from my previous books, specifically, *Krav Maga* (2004) and *Advanced Krav Maga* (2008). In addition to new photos shot for this book, we have also interspersed a few photos we used previously. This is to further illustrate key combatives in action. These are taken from my books *Krav Maga Professional Tactics* (2016) and *Krav Maga Defense* (2016).



Escape by running away.



Escape by running away.



Police restraint and control holds.



Police restraint and control holds.



Military krav maga.



Military krav maga.

This book draws on materials from the first three belt levels of the Israeli krav maga curriculum (yellow, orange, and green). Our goal in training civilians, law enforcement, and military personnel is the same: to deliver a person from harm's way. Civilian krav maga focuses on avoiding, deescalating, escaping, and, if necessary, incapacitating an attacker. Police Krav Maga™ focuses on restraint and control. Military Krav Maga™ focuses on lethal-force applications. There is a definite overlap among civilian, law enforcement, and military training. The crucial differences lie in civilian liability, use-of-force guidelines, and rules-of-engagement considerations. The various photos in this section portray training situations and the goals for all three groups: (1) a civilian disengaging after felling an assailant and running away, (2) law enforcement holds for arrest and control, and (3) military lethal-force applications.

As the highest-ranking krav maga instructor in the world, Grandmaster Haim Gidon continues to evolve and improve the defensive system. I firmly believe krav maga founder Imi Lichtenfeld appointed Haim as Imi's successor to steward krav maga's future progress. In my opinion, many of the improvements and additions you will see in this book are examples of this advancement. Imi knew Haim would do it, and, to be sure, Haim has.

What is paramount is that we do not approach our specific Israeli krav maga training as an exercise program or fad. Unfortunately, the krav maga system is becoming widely known as a workout craze or wildly aggressive, poorly executed, ineffective self-defense. These combatives do indeed provide a superb workout when practiced against a heavy bag, with a partner holding pads, while facing a mirror and practicing solo, or under controlled sparring conditions. But they must be executed properly for both effectiveness in a real situation and for safety in training.

We do not just make up tactics for the sake of being different or putting a personal spin on our training in an attempt to sell it to the public. The tactics and strategies we teach are designed *by* and *for* no-nonsense, tactically minded people who are serious about safety training. These tactics must be effective when confronting a serious threat—someone who will not back down or stop until you stop him.

For those who convert these proven tactics and strategies for their own use without attribution, you know who you are. We know who you are. **Because not all krav maga is the same®.**

### The Language of Krav Maga Combatives

Throughout *Krav Maga Combatives* the following terms will appear frequently. Once you understand the language of krav maga, you can better understand the method.

**360 outside defense:** A series of arm movements coupled with outside rotations to intercept and block an outside attack such as a hook punch.

**Cavalier:** A wrist takedown forcing an adversary's wrist to move against its natural range of motion, usually combined with *tai sabaki* (defined below) for added power.

**Combative:** Any manner of strike, takedown, throw, joint lock, choke, or other offensive fighting movement.

**Deadside:** The position behind an adversary. When you are to the rear of your adversary and your adversary cannot use both arms and legs against you, you are facing his or her deadside.

**De-escalation stance:** A posture where you have your hands up at chest level and your palms facing a potential adversary.

**Fight timing:** Using the appropriate tactic at the correct time.

**Glich:** A sliding movement on the balls of your feet to carry your entire body weight forward and through a combative strike to maximize its impact. To maximize moving your body weight through the combative strike, move on the balls of your feet forward toward the opponent. The movement of each foot is more of a slide than a step. The lead foot initiates as the rear foot seamlessly follows. The sliding steps with both feet are best kept equidistant to ensure a solid base to complete the combative strike and facilitate additional combatives as necessary (*retzev*).

**Gunt:** Angled elbow block defense.

**Kravist:** A term I coined in 2004 to describe a smart and prepared krav maga fighter.

**Left outlet stance:** A fighting stance with the left leg forward.

**Liveside:** The position in front of an adversary. When you are in front of your adversary and your adversary can see you and use both arms and legs against you, you are facing his or her liveside.

**Nearside:** The side of your adversary closest to your torso. For example, if your adversary's left arm is the limb closest to you, that is his nearside limb.

**Off the line:** A position that is to the left or right of the trajectory of an actual or anticipated attack. "Move off the line" or "move offline" means to reposition the body to one side or another.

**Passive stance:** A "negative five" posture where you are unprepared for conflict. You are standing flat-footed and not bladed, paying attention to something other than a threat.

**Personal weapons:** Hands, feet, body limbs, head, and teeth.

**Retzev:** A Hebrew word that means "continuous." It is used in krav maga to describe "continuous combat motion." The backbone of modern Israeli krav maga, retzev teaches you to move your body instinctively in combat motion without thinking about your next move. When in a dangerous situation, you'll automatically call upon your physical and mental training to launch a seamless, overwhelming counterattack, using strikes, take-downs, throws, joint locks, chokes, or other offensive actions, combined with evasive action. Retzev is quick and decisive movement merging all aspects of your krav maga training. Defensive movements transition automatically into offensive movements to neutralize the attack, affording your adversary little time to react. Retzev is a force multiplier, increasing the effectiveness of your defense.

**Right outlet stance:** A fighting stance with the right leg forward.

**Secoul:** A larger step than glichá, covering more distance to carry your entire body weight forward and through a combative strike to maximize its impact.

**Sliding stabbing defense:** A defensive arm motion from a resting position of your arm at your side. Project your arm at approximately a 45-degree angle with your fingers held tightly together and the slightest bend in both the wrist and elbow. This is to intercept an incoming attack by deflecting and sliding the attack down your arm.

**Tai sabaki:** A step of 180 degrees or a shorter range, initiated by either leg and used to about-face. Tai sabaki is used in both defensive footwork, to move the body away from an attack, and offensively, to take down an opponent.

**Trapping:** Pinning or grabbing the adversary's arms with one arm, leaving you free to continue combatives with your other arm.



---

## **The Optimum Use of This Book**

---

Practice each tactic in order as presented. The Israeli krav maga system relies on a few core self-defense combatives adaptable to most violent encounters. Obviously, no book is a substitute for hands-on learning with a qualified Israeli krav maga instructor (please visit [www.israelikrav.com](http://www.israelikrav.com)). Our overarching goal is to impart some of krav maga's key combatives to sharpen your self-defense skills in the specific situations we cover and, by extension, other related situations. Be sure to thoroughly vet any instructor with whom you should decide to train.



## Chapter 1

# Not All Krav Maga Is the Same

---

### **Krav Maga's Critics**

---

I am concerned for the future of krav maga. Imi Lichtenfeld created too formidable a fighting method for it to be relegated to the pile of self-defense and exercise fads. Grandmaster Haim Gidon has spent fifty years enhancing Imi's teachings and producing several generations of instructors who have both become and helped train some of Israel's most capable and finest warriors. I have included the following section to help explain why krav maga has become a bit of a joke within varied professional training circles, underscoring the need for the system to be taught correctly to reestablish its once-stellar reputation.

With krav maga's rapid commercialization and the spread of McDojos offering krav maga, the US military and law enforcement communities now understandably view krav maga somewhat skeptically. Krav maga is also increasingly disparaged in varying degrees by professional mixed martial arts (MMA) fighters. Fortunately, we are able to work with many military units and law enforcement agencies, as well as serious fighters. We help them improve their skill sets and disabuse their preconceived ideas about krav maga's inefficacy. However, we are fighting an uphill battle, as I will explain.

I am not attempting to use this book to grandstand and say splinter krav maga interpretations of Israeli fighting styles are no good. The history of krav maga's efficacy and its (im)proper dissemination will be the arbiter of what is and is not legitimate krav maga. The tragedy is that some lives may be lost, along with people sustaining serious injuries because many current charlatan krav maga instructors do not understand what tactics work in real situations. In other words, while many of these dubious instructors may be well intentioned, they don't grasp that poorly conceived, untested tactics can get you severely injured or killed in short order.

Many people lay claim to being genuine—teaching and making statements they say are true to the system. And yet, much of the material being peddled is suspect according to the IKMA curriculum and often undermines or contradicts Imi's teaching and

## 2 Krav Maga Combatives: Maximum Effect

philosophies. In short, their teaching practices are questionable. More and more unqualified instructors are creating their own “krav maga” systems. Some of them sell krav maga belt rankings at all levels for anyone willing to pay, including degrees and belts available for purchase on the internet. No wonder krav maga is receiving negative reviews—and deservedly so. As krav maga becomes increasingly popular, we suspect that the Israeli fighting system’s reputation and efficacy will continue to decline internationally.

The IKMA is the original governing body for Israeli krav maga, recognized by the Israeli government and headed by Grandmaster Haim Gidon. In June 1996, Haim Gidon received his eighth dan (black belt), when krav maga founder Imi Lichtenfeld also declared that ninth and tenth dans (red belt) were to come. The only other instructor to formally receive an eighth dan from Imi was the late Eli Avigzar. Following in Imi’s legendary footsteps, after Imi’s passing in 1998, Haim became the highest-ranking krav maga instructor in the world.

**ת.ד.ת.**

אני הח"מ עמי (א"מ) שדה-אור ת.ד.ת. 3086981 לאחר שהזהרתי כי עלי להצהיר את האמת וכי אביה צפוי לטונוסים הקבועים הרוקם אם לא אאשר בן. הצהיר בזה בכחב כדלקמן:

- הנני פתח כושיא האגודה לקרב מגע הישראלי, להקרו "האגודה".
- במי ימי נשיא האגודה, הענקתי ריגוש לתניכים אשר חורוכב על ידי כרוב מגע, בהחמא לדמטו של כל תניך.
- ברצוני להנניש בתצהירי זה את מירוש הדרגות הכירות (דאן) (ועתה) שהנקתי לתניכים שהורוכבו על ידי כרוב מגע, דזמא כדלקמן:
 

אלי אביקזר -	8 דאן
מייס גידון -	8 דאן
איייל ינילווב -	7 דאן
מייס זוט -	7 דאן
שייקה ברק -	6 דאן
- המסגר בתצהירי זה הוא התוכב ביחס לתענקת ריגוש בכירות לתניכים שהורוכבו על ידי וכל איש סמניכי לעטון לטבעת ריגוש חלבו התניכים הסמניכיים בשיטה הנ"ל, כל סיגנוי ודא הענקת ריגוש בכירות נוספות סיגננו על ידי, יוכרו רק לאחר חמון הצהיר בנוסח הצהיר זה שיחתם על ידי ח"מ.
- זהו שמו, זמתי חמימתי וחוכו חתירי זה אמר.

אמי שדה-אור (איכסיינכר)

4477 1000

**איטור המנה**

אני הח"מ ארי בולשטיי, נוסריין מיתוב סמילוקסי 21, נתניה מאטר בזה כי ביום 6.3.96 ריגב לבני במשרדי נר אימי (שמי) שדה-אור ת.ד.ת. 3086981 המוכר לי באוכו אישי ולמאר שחרממתי זו את המנהגת דלעיל לשמה התרמית ולמאר שבוררתי סמרי אימי (שמי) שדה-אור מנין את תוכר המנהגת הנ"ל, והצהיר בזה אק על אמת התנהגת הנ"ל וחתם עליה בנוכחותי.

ולרמיים באחי על החחום בחתימת ידי וכחומסי תימס 6.3.96.

סר בסר - 130 ש"ח  
 ס"ח 22 - 178 ש"ח  
 ס"ח 152 - 1078

(ימיני)1000-1100

**DECLARATION**

I, the undersigned **EMI (IMI) SDE-OR** I.D. No. 3086981 after being warned that I should declare the truth or else I shall be liable to the punishments stated by law, do hereby declare in writing, as follows:

- I am serving as the president of the **ISRAELI KRAV MAGA ASSOCIATION**, hereinafter "The Association".
- As the president of the Association, I awarded ranks to the trainees that have been trained by me in *Krav Maga* (contact combat martial art), according to the level of each trainee.
- I would like to emphasize clearly in this declaration the specific detailing of the senior ranks (6 Dan and above) that I have awarded to the trainees that were trained by me in "Krav Maga", as follows:
 

Eli Avigzar -	8 Dan
Haim Gidon -	8 Dan
Eyal Yanilov -	7 Dan
Haim Zet -	7 Dan
Shayke Barak -	6 Dan
- The statements made above in this declaration are binding regarding the awarding of senior ranks to the trainees that were trained by me and no trainee of mine can claim receiving ranks except the trainees specified in the above list. Any change and/or awarding of additional senior ranks to be granted by me, will be recognized only after making a declaration, signed by me, in the same text as this declaration.
- This is my name, and this is my signature and the contents of this declaration is true.

(+)

**IMI SDE-OR (LICHTENFELD)**

**CERTIFICATION OF DECLARATION** No. 4477

I, the undersigned **Ary Bukshester**, NOTARY, of 21 Smilansky St., Netanya, do hereby certify that on 6.3.96 there appeared before me in my office **Mr. Imi (Emi) Sde-Or** I.d. 3086981 personally known to me and after that I have translated to him the above declaration into the German language and after that I have clarified that he understood the contents of the above declaration be solemnly declared the truthfulness of this declaration and signed it in my presence. In witness thereof I have signed by my signature and my seal this 6.3.96.

Fees: INS 130.-  
 12% VAT 22.-  
 INS 152.- paid.

(-) signature: (ARY BUKSHESTER)  
 NOTARY'S SEAL: (-)  
 Round rubber stamp: (-) ARY BUKSHESTER NOTARY

True Copy: *A. Bukshester*

Krav maga founder Imi Lichtenfeld’s final notarized belt rankings.



The author with Grandmaster Haim Gidon (Netanya, Israel, 2010).

To be sure, the top-ranked Israeli instructors listed in Imi’s final belt-ranking declaration are all highly qualified—as is a select cadre of other instructors not listed who were also awarded black belts by Imi. Any ranked instructor taught by the individuals listed in the above declaration is likely legitimate. As more people become instructors without formal training from Imi’s select few top disciples, krav maga’s basic core tactics—let alone its more advanced fighting tactics—continue to be ruined and misinterpreted.

Now, people seem to just make up whatever techniques they wish and call them krav maga. Oftentimes, these are complicated and miss the point (and target) altogether. And the public, without the benefit of professional insights, generally cannot distinguish the crucial difference. Some recent popular books and videos underscore a significant lack of understanding of what krav maga was originally intended to be. When instructors claim to have a “broader view” of krav maga and yet violate krav maga’s fundamental principles, I view this type of explanation and faulty reasoning as an excuse for what they do not know.

Charles Caleb Colton is often quoted: “Imitation is the sincerest form of flattery.” People attempt to copy and replicate what Imi and a select few top instructors do. Some try to do it honorably, others less so. The internet provides an unequalled platform to present claims and, one would hope, an equal opportunity to present indisputable facts to support these claims. We have always operated by the adage that the cream will rise to the top. Unfortunately, savvy marketing churns out spoiled cream rather quickly.

We are acutely aware that popular opinion, over time, can become confused for fact. We believe the krav maga community is entitled to informed opinions and hope to disseminate reliable information. Notwithstanding, this simple truism is correct: people do not know what they do not know. Subpar krav maga may be viewed as competent krav maga because people do not know the difference. While there is more latitude in defending against an unarmed attack, sometimes the all-important subtleties that provide for a successful defense, rather than one that fails and possibly gets you killed, are not recognized. ***Which krav maga approach you follow could be a life-and-death issue.***

Good students ask why. Good instructors explain why. Bad instructors, conversely, brush off such vital questions or respond with “because that’s what I learned” as a result of a lack of fundamental knowledge.

---

### The “How” Is Vital

---

Among the many claimants who say they have the best and most effective krav maga, there are some who assert that krav maga need only provide a skeleton for defensive actions, a set of choices, as it were, that determine what response to use. If a situation calls for a kick, exactly how the kick should be delivered is not so important, and each teacher or practitioner is free to do the kick as he wishes. Or if a punch seems to be the best response to a threat, the exact way to deliver that punch is up for grabs. In other words, beyond calling for the use of feet or fists or elbows or knees, krav maga is represented as eclectic regarding how the response is carried out. I strongly disagree. ***How you carry out a defense is as important as what defense you choose.***

Indeed, there is a correct way to deliver a combative such as a knee, a punch, a palm heel, an elbow, an eye gouge, or a cavalier #1 takedown, along with the best way to bite someone (canting one’s head slightly to make maximum use of the incisors). But how should we define “correct”? ***The correct way is the one that is most likely to stop the threat and keep you safe. Shouldn’t this be the acid test for the validity of a krav maga response to a threat?***

Claiming the details of techniques are secondary to overarching general principles is really a cover up for an instructor’s lack of knowledge when he or she performs a defense incorrectly. Imi Lichtenfeld developed specific movements to optimize the human body’s performance. Haim Gidon further optimized these movements while also enhancing and expanding krav maga to contend with modern violent threats. *There is the correct way* (including, on occasion, a few options) to execute Imi’s krav maga defense. And then there is every other way.

Finally, many instructors focus purely on the commercial aspects—namely, adding the tag “krav maga” to their schools to capitalize on an industry buzzword. These schools

are more focused on the money coming in than the quality of the material going out. If they were serious about teaching legitimate krav maga, they would do their research. They would engage a reputable krav maga organization. As this takes more time and effort than most care to invest, they take the easy path at the expense of their earnest krav maga students.

The paramount point is this: fighting for your life is not a sport. There is no referee. You cannot replay first down. If you must act when faced with a deadly force situation, your life is on the line, and the lives of your family and companions may also hang in the balance.

---

### Everyday Maximum Effect

---

Here's a principle that can apply everywhere in life:

How you do something is as important  
as what you choose to do.

This book stresses both the *how* and the *what* of krav maga: doing the right things in the right way to achieve maximum effect—stopping the threat and doing it safely. We can put this in the form of a simple equation:

Correct Technique + Correct Execution = Maximum Effect

The goal of this book is to help you develop a range of tools, defenses that really get the job done safely and effectively for a maximum effect. We come back to Einstein: “If you don't have time to do it right, when will you have time to do it over?”

---

### Overarching Krav Maga Principles

---

When evaluating whether a technique and its usage will have maximum effect, it helps to lay out a few immutable krav maga principles. They inform both the choice of a tactic and the way to execute it. If we meet these principles, we would generally deem the approach acceptable and therefore *maximum-effect krav maga*.

### **Krav Maga's Core Combative Principles**

Relying on optimized combatives, krav maga's overarching strategy is to take whatever practical measures are necessary to deliver a defender from harm's way. When situational avoidance, de-escalation, and escape are not possible, Israeli krav maga uses twelve broad self-defense principles:

1. Utilize a preemptive, targeted counterattack against an attacker's anatomical vulnerabilities. When this is not possible, utilize simultaneous or near-simultaneous defense and attack. This includes an instinctive body defense combined with a deflection, block, or redirection of the attack, embedded with the necessary ferocity of counterviolence to thwart the attack.
2. Deliver initial counterattacks that optimize your body's natural, instinctive motions, yielding maximum power and reach. Pivot and use the body's full mass to drive through a combative while allowing for instinctive follow-on combatives. In other words, generate as much speed and power as your physique will allow, using *retzev* (continuous combat motion).
3. Target the attacker's anatomical vulnerabilities, sequentially, if possible, while facilitating *retzev*. Bear in mind that you must use only objectively reasonable counterforce. When the attacker is no longer a threat, you must cease your counterattack immediately.
4. Use visceral defensive tactics devoid of any sporting aspect, both when standing and if you are unavoidably forced to the ground.
5. Train tactics that reasonably work for you, keeping in mind that krav maga's objective is to provide practical, instinctive solutions for any defender, regardless of size, strength, or athletic ability.
6. Keep your body and hands properly positioned. Use good footwork, and do not drop your hands. If possible, do not commit both hands to the same movement.
7. Use any type of available improvised weapon (a mobile device, parked vehicle, wall, furniture, magazine, book, or laptop, for example) or designated weapon, where legal to carry one. Beware that during the course of a violent encounter, your assailant may attempt to do the same.
8. Use tactics flexible enough to work against related attack movements or a "family of attacks." For example, the same defensive tactic will work against a hook punch, a hook edged-weapon stab, an overhead edged-weapon stab, and an edged-weapon slash.



9. Train tactics that work against determined, concerted resistance or immediate countertactics an attacker might attempt to use. In other words, the tactics must work against an adversary who is trained in martial arts or hand-to-hand combat. This, in part, focuses on proper body mechanics and dead-side positioning.
10. Utilize economy of motion and simplicity without telegraphing your intent or strategy. This applies to the use of personal weapons as well as the ability to incorporate improvised or dedicated weapons.
11. Beware of the tactical environment, including weather conditions (wet ground, ice) and obstacles, such as a curb, parked vehicle, wall, or furniture. Recall that these items may also be used as improvised weapons.
12. Utilize tactics that work against multiple assailants and that position you to the deadside, especially when confronting multiple assailants. Do everything you can to avoid going to the ground or being taken down.

In the following sections you will see combatives that conform to these twelve core principles. In addition, you will be exposed to many technical details showing when and why that particular approach to a defensive situation is effective. Our goal with this book is for you to take good combatives and optimize them in usage, honing them into the most formidable and effective fighting method.

BECAUSE NOT ALL KRAV MAGA IS THE SAME® . . .



## Chapter 3

# Upper-Body Combatives

---

### **Combatives Family #1: Straight Punches, Palm Heels, and Web Strikes**

---

The descriptions in the following combatives sections include a few examples of the actual technique and its correct execution. Many will include a description of the results if the execution is not done correctly. In studying all of the following combatives, the reader should have our equation firmly in mind:

Correct Technique + Correct Execution = Maximum Effect



De-escalation stance variation.



Left outlet stance.

Proper technique starts with a strong stance. In Israeli krav maga, you learn two basic stances:

1. The left outlet stance
2. The right outlet stance

Both stances use the same leg and arm positioning. The difference between them is that in one your body is bladed right, and in the other your body is bladed left. Your outlet stance protects your groin from incoming strikes and gives you a strong base of support to launch defensive and offensive strikes with your arms or legs. From this position you can easily launch your own kick with either your lead or rear leg. You must be fluid in changing from one stance to the opposite, as this will be a key in successfully applying *retzev*. Many common mistakes include positioning the hands improperly, placing the feet too close or too far apart, remaining flatfooted, blading improperly, hunching down, and failing to tuck the chin.

Since the majority of people are right-handed, we usually teach the left outlet stance first, placing the strong side to the rear. However, because Israeli krav maga relies on *retzev*, you must be fluid and comfortable using both the left and right outlet stances. For the left outlet stance, blade your body by turning your feet approximately 30 degrees to your right, with your left arm and left leg forward. (From a neutral or casual stance,

you can also turn 30 degrees to your left to come into a right regular outlet stance, so your right leg and arm are forward.) You are resting on the balls of both your feet with your rear foot in a comfortable and balanced position. Your feet should be roughly parallel, with about 55 percent of your weight distributed on the ball of your front foot and the remaining 45 percent of your weight distributed on the ball of your rear foot.

Your arms are positioned in front of your face (but not blocking your eyes) and bent slightly forward at approximately a 60-degree angle between your forearms and your upper arms. To place your arms properly, assume the correct footwork for the stance and keep your elbows at your sides. Once your feet are properly positioned to blade your torso and establish a balanced, comfortable base that allows you to remain on the balls of your feet, simply raise your hands up to your eyebrows. This positions the hands to defend the head and execute counterattacks. You will note that in some of the photo series, the defender's hands are shoulder level initially but immediately raise up to eyebrow level as the distance to the opponent closes. From this stance you will move forward, laterally, and backward, moving your feet in concert. The key to instinctively reacting as quickly as possible is remaining on the balls of both feet while *not thinking about reacting, only impulsively countering the attack.*



Rear (cross) straight punch: note the full pivot with the ball of the rear foot. This is for maximum reach and power transfer. The chin is tucked and the cover hand is up.

The bones in your hand are small and fragile. If you don't use proper alignment, you can easily break them when striking against hard bone. To make a fist, curl your fingers into your palms, placing your thumbs on top of your index fingers, not inside of your fist. Keep the back of your hand in line with your wrist and forearm. Any bend other than a slight downward angle of the wrist can cause serious damage, especially a rotation to the left or right, which takes the wrist out of its natural alignment. Hitting a target with your wrist misaligned can break the bones in your wrist and your hands. Whenever possible, aim for soft-tissue targets, lock your wrist, and make contact using the first two knuckles. To strengthen your wrists and knuckles for punching, do push-ups on your knuckles. The form is depicted in the following photo.



Knuckles and wrist aligned for a straight punch using either arm.

Regardless of the type of punch you deliver, shift your body weight forward to deliver the strike. Your forward weight displacement allows you to place all your body mass behind the punch, thereby connecting with greater force. When you practice punching, do not lock your elbows. Elbow hyperextension injuries are often caused by punching forcefully in the air or without resistance. When not making contact with a training pad (or sparring partner), extend your arms about 90 percent as you deliver a strike. Strong pad and bag work will accustom your striking limbs to impact, while building strength and stamina. Heavy bags are particularly useful for this type of training. Here are some pointers for striking effectively:

- **Use your entire body.** As you strike, move the entire body in concert. Rather than striking with only your hand or elbow, use your entire torso. As you propel all your strength and body weight through the strike, you'll maximize its impact.
- **Breathe.** Exhale as you deliver the strike. Some people like to use a blood-curdling cry as they strike. Either technique—the cry or exhale—will prepare your body for both delivering a strike and receiving a strike. Exhaling facilitates oxygen transfer to your muscles, tempers your movements to keep you in control, and creates a vacuum to defend against a counterstrike.
- **Aim for vulnerable anatomy.** You'll get more bang for your effort if you strike at vulnerable anatomy. Aiming for the body's soft tissues—the neck, groin, and other sensitive areas—helps increase the effectiveness of your strike.

### ***Straight Punch***

#### **Lead Straight Punch**

The lead straight punch is fast and direct. Aim for the nose, jaw, or throat. Stand in the left outlet stance with your hands in loose fists. Step forward with your left foot while quickly drawing your rear heel slightly in and back. Do not jump at the same time with both feet. There is a pause of a fraction of a second between the steps as your entire body mass launches forward. Simultaneously extend your left arm, jabbing your fist toward your target. Do not wind up; initiate with your arm out directly from the shoulder. Remember that the hand always leads to the body to prevent telegraphing. As your arm extends to deliver the punch, tighten your fist. Make contact with your hand parallel to the ground. If you deliver a palm-heel strike, your hand should be perpendicular to the ground. Wrist alignment is crucial to avoid injury.

Remember that you can perform knuckle push-ups to strengthen your upper body and wrists. When you strike an opponent with your fist, the soft tissue and bones in your hand compress to absorb some energy from the impact. If your hand and wrist are aligned properly to better absorb the impact, obviously you reduce the risk of injuring your hand. (Similarly, your foot compresses when delivering a straight kick, which is why we use the ball of the foot, not the toes.) For the straight lead punch or palm-heel strike, raise your left shoulder and tuck your chin to protect your jaw and neck. After striking, return immediately to your left outlet stance.



Lead straight punch.



Lead straight punch (front view).

### **Rear Straight Punch**

Similar to the lead punch, the rear straight punch technique best targets the nose, jaw, or throat. Stand in the left outlet stance with your hands in loose fists. Pivot your right leg slightly onto the ball of the foot as you drive your hips, rear shoulder, and arm forward toward your target. Tuck your chin into your right shoulder to protect it from



an incoming strike. If you move both feet together while pivoting on the rear leg, your full body weight propels the punch forward for maximum power.



Rear straight (cross) punch.



Rear straight (cross) punch (combined with opposite arm interception/deflection) used in defending a hook punch.

### ***Straight Palm-Heel Strike***

When using this direct and fast strike, aim for the nose, jaw, or throat. The strike is similar to the straight punch in terms of footwork, weight redistribution, and chin positioning. It is an effective intermediate-range strike, particularly for those who are not confident in the strength of their wrists and fists to execute regular punches. Remember: by curling up your wrist to expose the palm heel, you concede about three to four inches in strike reach when delivering a palm-heel strike as opposed to a straight punch with a closed fist.

### ***Lead Straight Palm-Heel Strike***

Starting from your regular outlet stance, make a palm heel by either tightly curling your fingers and pressing your thumb close to your hand or keeping your fingers open and bent back slightly to expose the palm heel. Your knuckles should be facing upward.

# Index

- 360 outside defense, xxix, 76, 99, 110, 196, 199, 255, 259
- Achilles leg lock, 283–285
  - standing Achilles leg lock, 285–286
- affirmative defense, self-defense and, 14, 16. see also self-defense, legal considerations
- air chokes, 123
- ankle stomp, 207–208
- ankle-heel leg lock, 286–287
- anti-group elbow strike #10, 88–90
- armbars
  - foreleg brace into armbar, 278–281
    - purpose of, 275
    - straight armbar from mount, 275–278
- assault, legal considerations, 15–16, 20–22
- attack-the-attacker strategy, 9–10
- battery, legal considerations, 15–16, 20, 22
- biting, 121–122
- Blitstein, Rick, 297
- blood chokes, 123, 139
- body hook shot, 97–100
- body shovel punch, 101
- bucket takedown (te guruma), 252–255
- cavalier #1 wristlock takedown, 246–249
- cavaliers
  - cavalier #1 wristlock takedown, 246–249
  - defined, xxi
- chokes
  - air chokes, 123
  - blood chokes, 123, 139
  - crook-of-the-elbow choke, 124–125
  - cross-collar choke, 144–146
  - forearm short triangle choke, 294–295
  - forearm-blade choke, 124
  - foreleg brace into short triangle choke, 292–294
  - ground triangle choke, 143–144
  - knuckles choke, 146
  - professional rear naked choke, 125–134
  - professional rear naked choke on ground, 133
  - short triangle choke, 291–292, 291–295, 292–294, 294–295
  - short triangle choke with the legs, 291–292
  - standing professional underneath choke, 135–138
  - standing triangle choke (kata gatame), 138–143
- chops
  - combinations with, 215–216
  - inside chops, 108–110, 168
  - outside chops, 108, 110–113, 229–234
  - proper technique for, 108
  - in retzev, 225–228
- “clothes line” arimi strike, 113–115
- combative, defined, xxi
- combinations
  - chop combinations, 215–216
  - kick and knee combinations, 201–204
  - kick and punch combinations, 217–223
  - kick combinations, 201, 205–208
  - knee and elbow combinations, 208–215, 223–224
- crook-of-the-elbow choke, 124–125
- cross-collar choke, 144–146
- deadside, defined, xxi
- de-escalation stance, xxix, 33
- elbow strikes
  - anti-group elbow strike #10, 88–90
  - forearm elbow strike #9, 85–87
  - hand groin smash and uppercut elbow strike #7 combination, 213–214
  - horizontal elbow strike #3, 72–73
  - lateral elbow strike #2, 70–72
  - lead and rear horizontal elbow strike combination, 65–70, 209–211
  - lead horizontal elbow strike #1, 66–67, 209–211, 211–213
  - over-the-top elbow strike #8, 79–85, 209
  - proper technique for, 65
  - rear horizontal elbow strike #1, 67–68, 209–211
  - rear knee, horizontal and uppercut elbow combination, 211–213
  - rear midsection elbow strike #6, 76–78
  - rear vertical elbow strike #7, 78–79
  - straight knee strike into vertical elbow drop strike #5, 223–224
  - uppercut elbow strike #4, 73–74, 209, 211–213
  - vertical elbow drop strike #5, 75–76, 223–224
- eye claws, 54
- eye gouges
  - lead straight eye gouge, 57–60
  - with thumbs, 57–60
  - uses of, 54
- eye rakes
  - lead straight eye rake, 56–57
  - uses of, 54

- Feldenkrais, Moshe, 235
- fight timing, xxix, 1
- finger manipulations and breaks, 281–282
- follow-through, 28
- forearm elbow strike #9, 85–87
- forearm short triangle choke, 294–295
- forearm-blade choke, 124
- foreleg brace
  - foreleg brace into armbar, 278–281
  - foreleg brace into short triangle choke, 292–294
- front headbutt, 118–119
- Gidon, Haim, xxiii–xxiv, xxviii, 1–4, 11, 184, 224–225, 297
- glicha, xxix, 159–160
- groin strikes, 62–65
- ground side kick, 179–181
- ground triangle choke, 143–144
- gunt, defined, xxi
- half-hook (half-roundhouse) punches, 45–49, 229–234
- hammer fist. *see* rear straight forearm strike (hammer fist)
- hand groin smash, 213–214
  - hand groin smash and uppercut elbow strike #7 combination, 213–214
- headbutts, 118–121
- heel stomp, 170–171, 217–220
- hook-punch defense into hip throw (ogoshi), 259–262
- hook-punch defense into neck throw (koshi guruma), 255–259
- horizontal double palm-heel strike, 108
- horizontal elbow strike #3, 72–73
- horizontal palm-heel strike, 102–108
- inside chops, 108–110, 168
- ippon seoi nage. *see* straight-punch defense into one-arm break and throw (ippon seoi nage)
- Jigoro, Kano, 235
- judo, krav maga and, 235
- kani basame. *see* scissors legs sweep (kani basame)
- kata gatame. *see* standing triangle choke (kata gatame)
- kicks
  - ground side kick, 179–181
  - lead roundhouse kick, 184–186, 201, 206–208, 220–223
  - lead roundhouse kick into ankle stomp, 207–208
  - lead roundhouse kick into side kick, 206–207
  - lead roundhouse kick, straight punches, roundhouse kick combination, 220–223
  - lead straight offensive kick, 150–154, 201
  - lead straight offensive kick with glicha, 159–160
  - low roundhouse kick sweep, 191–192
  - proper technique for, 149–150
  - rear defensive kick, 175–176
  - rear roundhouse kick, 186–191, 217–220, 220–223
  - rear straight kick, 154–158, 201
  - rear straight offensive kick with secoul, 160–161
  - retreating straight kick, 163–164
  - roundhouse kick from the ground, 192–196
  - side kick, 171–174, 205–207, 225–227
  - standing straight instep kick, 181–182
  - stepping side kick, 176–177
  - straight heel kick from ground, 177–178
  - straight instep kick from ground, 182–183
  - straight kick, 202–203, 205–206, 217–220, 229–234
  - straight kick into same-leg straight knee strike, 202–203
  - straight kick into side kick, 205–206
  - straight lead kick, straight punches, rear roundhouse kick combination, 217–220
  - straight scissors kick, 162
  - straight shin kick, 158–159
  - kimura hold (police control #6), 230, 234
- kinetic energy, 27, 31
- knee strikes
  - rear half-roundhouse knee, 199–200, 225, 228, 229, 231–232
  - rear knee, horizontal and uppercut elbow combination, 211–213
  - rear roundhouse knee, 196–199
  - rear straight knee rechambering, 203–204
  - roundhouse knee, 225–229
  - straight kick into same-leg straight knee strike, 202–203
  - straight knee, 164–170, 201, 203–204, 223–224
  - straight knee and trap, 166–167
  - straight knee and uppercut, 168–169, 201
  - straight knee strike into vertical elbow drop strike #5, 223–224
  - straight-knee counterattack against rear naked choke, 130–133
- knee-bar lock, 288–291
- knee-shredder lock, 287–288
- knuckles choke, 146
- knuckles rake, 50
- koshi guruma. *see* hook-punch defense into neck throw (koshi guruma)

- kosoto gake. see rear tackle trip (kosoto gake)  
 krav maga  
     legitimate, 1–5  
     principles of, 5–7  
 kravist, defined, xxi  
 lateral elbow strike #2, 70–72  
 lead and rear chop combination, 215–216  
 lead and rear horizontal elbow strike combination, 65–70, 209–211  
 lead hook punch, 91–93, 97  
 lead horizontal elbow strike #1, 66–67, 209–211, 211–213  
 lead horizontal palm-heel strike, 102–104  
 lead roundhouse kick, 184–186, 201, 220–223  
     lead roundhouse kick into ankle stomp, 207–208  
     lead roundhouse kick into side kick, 206–207  
     lead roundhouse kick, straight punches, roundhouse kick combination, 220–223  
 lead roundhouse kick, straight punches, roundhouse kick combination, 220–223  
 lead straight eye gouge, 55  
 lead straight eye rake, 56–57  
 lead straight offensive kick, 150–154, 201  
 lead straight offensive kick with glichu, 159–160  
 lead straight palm-heel strike, 40–41  
 lead straight punch, 37–38, 217–220  
 lead-rear hook punch combination, 97  
 left outlet stance, xxix, 34  
 leg locks  
     Achilles leg lock, 283–285  
     ankle-heel leg lock, 286–287  
     knee shredder lock, 287–288  
     knee-bar lock, 288–291  
     purpose of, 282  
     standing Achilles leg lock, 285–286  
 Lichtenfeld, Imi, xviii, 1–4, 11, 14, 30, 150, 235, 255  
 liveside, defined, xx  
 low roundhouse kick sweep, 191–192  
 maximum effect  
     anatomical targeting and, 22–24, 37  
     attack-the-attacker strategy and, 9–10  
     developing power and balance and, 25–31  
     equation for, 5, 33  
     fight timing and, 1  
     optimizing combatives and, 11–13  
     preemption and, 10, 17  
     realistic training and, 11–13  
     use of force and legal considerations and, 14–22, 31  
 momentum, 27  
 morote gari. see two-leg front tackle takedown (morote gari)  
 nearside, defined, xx  
 New Jersey self-defense statute, 20–22  
 off the line, defined, x  
 ogoshi. see hook-punch defense into hip throw (ogoshi)  
 optimizing combatives, strategy of, 11–13  
 osoto gari. see outside reverse sweep (osoto gari)  
 outside chops, 108, 110–113, 229–234  
 outside reverse sweep (osoto gari), 237–242  
 over-the-top elbow strike #8, 79–85, 209  
 over-the-top punches, 49–50  
 palm-heel strikes  
     horizontal double palm-heel strike, 108  
     horizontal palm-heel strike, 102–108  
     lead horizontal palm-heel strike, 102–104  
     lead straight palm-heel strike, 40–41  
     rear horizontal palm-heel strike, 104–107  
     rear palm-heel strike, 42  
     straight palm-heel strike, 40  
 passive stance, defined, xx  
 personal weapons, defined, xx  
 planks, conditioning and, 45  
 pocket-change distraction technique, 156–158  
 police control #6. see kimura hold (police control #6)  
 power, proper technique and, 26  
 power and balance, developing, 25–31  
 professional rear naked choke, 125–134  
 professional rear naked choke on ground, 133  
 punches  
     body shovel punch, 101  
     half-hook (half-roundhouse) punches, 45–49, 229–234  
     lead hook punch, 91–93, 97  
     lead roundhouse kick, straight punches, roundhouse kick combination, 220–223  
     lead straight punch, 37–38, 217–220  
     lead-rear hook punch combination, 97  
     over-the-top punches, 49–50  
     proper technique for, 36–37  
     rear hook punch, 93–97  
     short inverted punch, 44–46  
     straight lead kick, straight punches, rear roundhouse kick combination, 217–220  
     uppercut punch, 102, 168–169  
 push-ups, conditioning and, 36–37, 45  
 realistic training, 11–13  
 rear defensive kick, 175–176

- rear half-roundhouse knee, 199–200, 225, 228, 229, 231–232
- rear headbutt, 120–121
- rear hook punch, 93–97
- rear horizontal elbow strike #1, 67–68, 209–211
- rear horizontal palm-heel strike, 104–107
- rear knee, horizontal and uppercut elbow combination, 211–213
- rear midsection elbow strike #6, 76–78
- rear palm-heel strike, 42
- rear roundhouse kick, 186–191, 201, 217–220, 220–223
- rear roundhouse knee, 196–199
- rear straight forearm strike (hammer fist), 115–116, 223–227
- rear straight kick, 154–158, 201
- rear straight knee rechambering, 203–204
- rear straight offensi e kick with secoul, 160–161
- rear tackle trip (kosoto gake), 243–246
- rear vertical elbow strike #7, 78–79, 213–214
- reasonable force, 16–22, 31
- retreating straight kick, 163–164
- retzev, xxx, 44, 224–234, 237
- right outlet stance, xxx, 34
- roundhouse kick from the ground, 192–196
- roundhouse kicks
  - lead roundhouse kick, 184–186, 201, 220–223
  - lead roundhouse kick into ankle stomp, 207–208
  - lead roundhouse kick into side kick, 206–207
  - lead roundhouse kick, straight punches, roundhouse kick combination, 220–223
  - low roundhouse kick sweep, 191–192
  - rear roundhouse kick, 201, 217–220, 220–223
  - roundhouse kick from the ground, 192–196
  - straight lead kick, straight punches, rear roundhouse kick combination, 217–220
- roundhouse knee, 225–229
- Sawicki, Kristof, 297
- scissors legs sweep (kani basame), 267–272
- secoul, xxx, 160–161, 176
- self-defense, legal considerations, 14–22, 31
- short inverted punch, 44–46
- short triangle choke with the legs, 291–292
- short triangle chokes
  - forearm short triangle choke, 294–295
  - foreleg brace into short triangle choke, 292–294
  - short triangle choke with the legs, 291–292
- side kick, 171–174, 205–207, 225–227
- side kick leg-trap takedown, 273–274
- side kicks
  - ground side kick, 179–181
  - side kick leg-trap takedown, 273–274
  - stepping side kick, 176–177
  - straight kick into side kick, 205–206
- simultaneous attack and defense, 6, 44, 50, 237
- sliding stabbing defense, defense, xxx
- stances
  - de-escalation stance, xxix, 33
  - left outlet stance, xxix, 34
  - passive stance, xxx
  - right outlet stance, xxx, 34
- standing Achilles leg lock, 285–286
- standing professional underneath choke, 135–138
- standing straight instep kick, 181–182
- standing triangle choke (kata gatame), 138–143
- stepping side kick, 176–177
- stomps
  - ankle stomp, 207–208
  - heel stomp, 170–171, 217–220
  - lead roundhouse kick into ankle stomp, 207–208
- straight armbar from mount, 275–278
- straight heel kick from ground, 177–178
- straight instep kick from ground, 182–183
- straight kick, 205–206, 217–220, 229–234
- straight kick into same-leg straight knee strike, 202–203
- straight kick into side kick, 205–206
- straight knee, 164–170, 201, 203–204, 223–224
- straight knee and trap, 166–167
- straight knee and uppercut, 168–169, 201
- straight knee strike into vertical elbow drop strike #5, 223–224
- straight lead kick, straight punches, rear roundhouse kick combination, 217–220
- straight palm-heel strike, 40
- straight scissors kick, 162
- straight shin kick, 158–159
- straight-knee counterattack against rear naked choke, 130–133
- straight-punch defense into one-arm break and throw (ippon seoi nage), 262–264
- variation of, 264–267
- sweeps
  - low roundhouse kick sweep, 191–192
  - outside reverse sweep (osoto gari), 237–242
  - scissors legs sweep (kani basame), 267–272
- tai sabaki, xxx, 247
- takedowns

- bucket takedown (te guruma), 252–255
- cavalier #1 wristlock takedown, 246–249
- side kick leg-trap takedown, 273–274
- two-leg front tackle takedown (morote gari), 250–252
- te guruma. *see* bucket takedown (te guruma)
- throat strikes, with web of hand, 60–61
- throws
  - hook-punch defense into hip throw (ogoshi), 259–262
  - hook-punch defense into neck throw (koshi guruma), 255–259
  - straight-punch defense into one-arm break and throw (ippon seoi nage), 262–264, 264–267
- trapping
  - defined, xx
  - lead-arm attack and, 84–85
  - leg locks and, 283, 286–287, 289
  - over-the-top punches and, 49
  - rear half-roundhouse knee and, 199–200
  - scissors legs sweep and, 267, 272
  - side kick leg-trap takedown and, 273–274
  - standing triangle choke and, 139
  - straight armbar from mount and, 276
  - straight knee and trap and, 166–167
  - thumb gouge to eye and, 58–60
- two-leg front tackle takedown (morote gari), 250–252
- uppercut elbow strike #4, 73–74, 209, 211–213
- uppercut elbow strike #7. *see* rear vertical elbow strike #7
- uppercut punch, 102, 168–169
- use of force, legal considerations for, 14–22, 31
- velocity, 24, 28
- vertical elbow drop strike #5, 75–76, 223–224

## **Notable Biographies**

---

### **Grandmaster Haim Gidon**

---

Grandmaster Haim Gidon, tenth dan and Israeli Krav Maga Association president, heads the Israeli Krav Maga Association (Gidon system) from the IKMA's main training center in Netanya, Israel. Haim was a member of krav maga founder Imi Lichtenfeld's first training class in the early 1960s. Along with Imi and other top instructors, Haim Gidon cofounded the IKMA. In 1995 Imi nominated Haim as the top authority to grant first-dan krav maga black belts and up. Haim represented krav maga as the head of the system on the professional committee of Israel's National Sports Institute, Wingate. Grandmaster Gidon, whose professional expertise is in worldwide demand, has taught defensive tactics for the last thirty years to Israel's security and military agencies. Grandmaster Gidon is ably assisted by some of the highest-ranked and most capable krav maga instructors in the world, including Ohad Gidon (sixth dan), Noam Gidon (fifth dan), Yoav Krayn (fifth dan), Yigal Arbiv (fifth dan), Steve Moshe (fifth dan), and Aldema Zirinski (fifth dan). More information is available at [israelikrav.com](http://israelikrav.com) and [facebook.com/gidonsystemkravmaga](https://facebook.com/gidonsystemkravmaga).

---

### **Senior Instructor Rick Blitstein**

---

Rick Blitstein is one of a few hand-picked individuals who traveled to Netanya, Israel, in 1981 to complete an intensive krav maga instructors' course. Under the watchful eye of krav maga founder Imi Lichtenfeld, Israeli experts taught Rick for the purpose of introducing krav maga to the United States. Imi and Rick formed a very close bond and spent much time training together in both Israel and the United States. For much of the past twenty years, Rick has worked in the field of private and corporate security, teaching and using krav maga in real-life situations. A member of the IKMA and recognized as a senior black-belt instructor, Rick is committed to the proper expansion of the system in the US and around the world. Rick sent the author to train with Grandmaster Gidon and the IKMA for advanced instructor certification. More information is available at [israelikravmaga.com](http://israelikravmaga.com).

---

### **Kristof Sawicki**

---

Kristof Sawicki is the IKMA chief instructor for Poland. He has an extensive background in martial arts, having begun his training in krav maga in 1995. He earned his black-belt degrees with Grandmaster Haim Gidon. Kristof has trained Poland's premier military units and has a large organization of schools throughout Poland. More information is available at [www.krav-maga.pl](http://www.krav-maga.pl).



## About the Author

**David Kahn, IKMA United States chief instructor**, received his advanced black-belt teaching certifications from Grandmaster Haim Gidon and is the only American to sit on the IKMA Board of Directors. The United States Judo Association also awarded David a fifth-degree black belt in combat jiu-jitsu.

David has trained all branches of the US military; the Royal Marines; and hundreds of federal, state, and local law enforcement agencies. He has instructed at many respected military hand-to-hand combat schools, including the Naval Special Warfare Advanced Training Command (Imperial Beach), Marine Corps Martial Arts Center of Excellence (MACE Quantico), US Army Combatives School (Fort Benning), and at law enforcement academies including the FBI and DEA (Quantico), Philadelphia and New Jersey State Police, and a host of other academies.

David is also a certified instructor for the State of New Jersey Police Training Commission. He has created a modified krav maga football tactics program for marquee NFL and collegiate football players, including the 2017 and 2016 NFL Defensive Players of the year, Aaron Donald and Khalil Mack, Pro Bowler Olivier Vernon, and select players from the Jacksonville Jaguars.

David is regularly featured in major media outlets, including *New York Times*, *Men's Fitness*, *GQ*, *USA Today*, *Los Angeles Times*, *Washington Post*, *New Yorker*, *Penthouse*, *Fitness*, *Marine Corps News*, *Armed Forces Network*, *Special Operations Report*, and *Military.com*. He previously authored the books *Krav Maga*, *Advanced Krav Maga*, *Krav Maga Weapon Defenses*, *Krav Maga Professional Tactics*, and *Krav Maga Defense*.

David also produced the *Mastering Krav Maga* DVD series, Volumes I, II, III, and Volume IV Supplement: *Defending the 12 Most Common Unarmed Attacks*, along with the *Mastering Krav Maga Online* program. *Mastering Krav Maga Online* includes more than 500 lessons, amounting to more than forty-two hours of online study, covering approximately 95 percent of the krav maga civilian curriculum. For online training please visit [masteringkravmaga.com](http://masteringkravmaga.com). For additional krav maga information please see [davidkahnkravmaga.com](http://davidkahnkravmaga.com) and [facebook.com/davidkahnkravmaga](https://facebook.com/davidkahnkravmaga).

David and his partners operate several Israeli krav maga training centers of excellence, along with the Israeli Krav Maga Advancement Program (IKMAP).

For more information visit [israelikrav.com](http://israelikrav.com) and [davidkahnkravmaga.com](http://davidkahnkravmaga.com).

