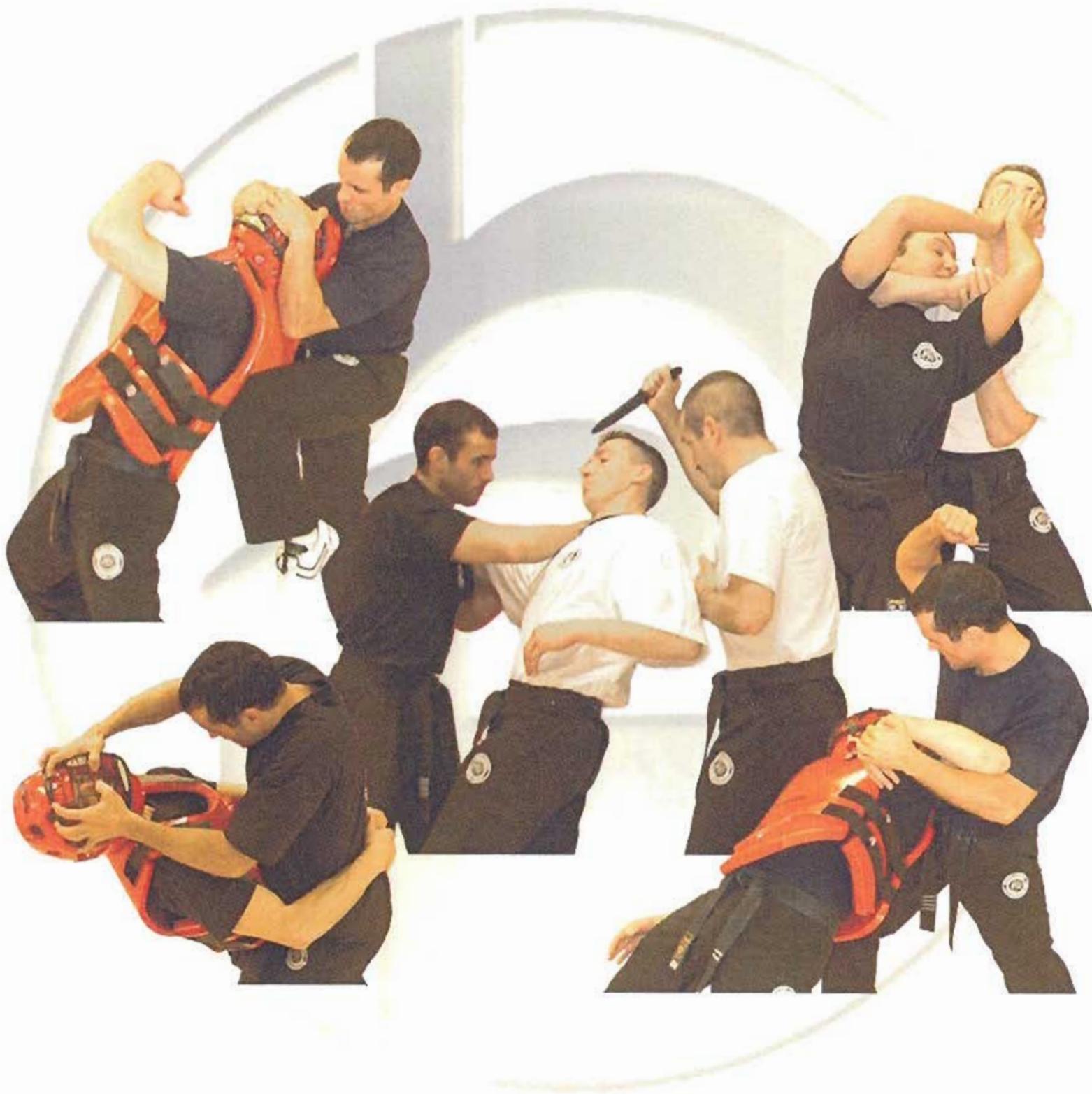


KRAV MAGA NOTEBOOK

2006 Edition, Revisited and Updated !



**Krav Maga Performance International
Official Combative Program**

English Edition Directed
by **THIERRY VIATOUR**
KMPI Head Instructor



Welcome in the Krav Maga Notebook!

This manual is hierarchized starting from the official technical program of Krav Maga Performance International.

Krav Maga technics which are presented to you were tested and refined with the training, in the street and on the battle field.

The photographs are followed and are accompanied by detailed and complete comments

You will also discover Krav Maga applies its practical, no hold barred approach to a complete street fighting system to end a fight as fast as possible.

Aggressive training drills improve vision, help you manage stress, and give you techniques that work in real-life street fights. .

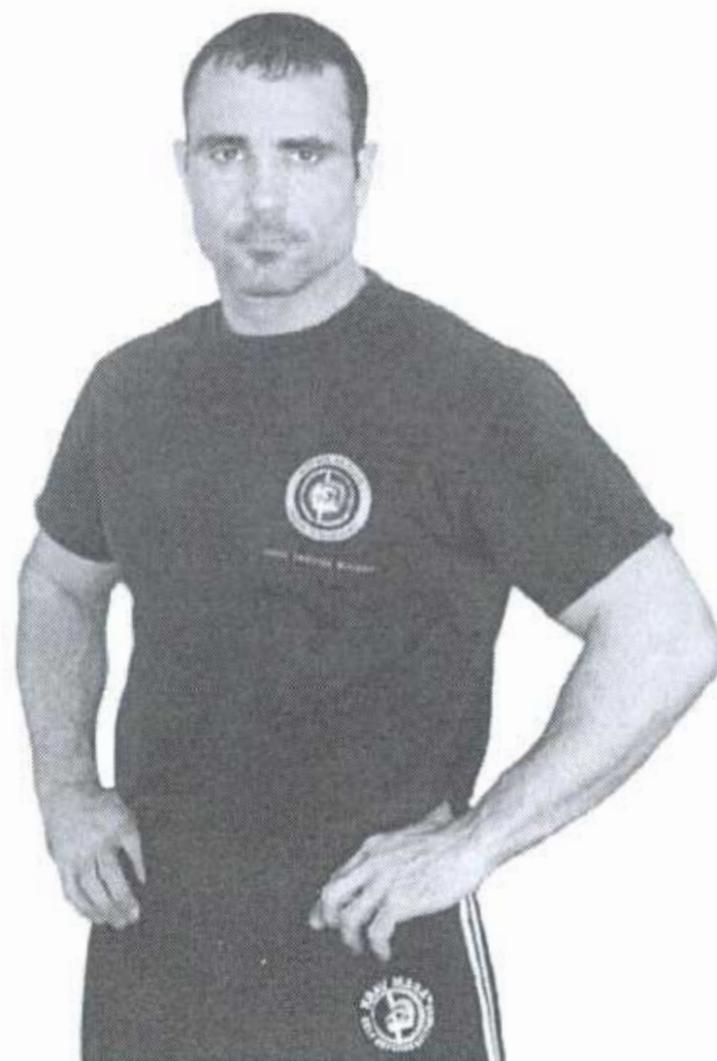
Our most important objective in Krav Maga Performance Center Training is to help you to develop your capacities to effectively defend yourself quickly and aggressively against any type of threat directed at you or at any of your loved ones.

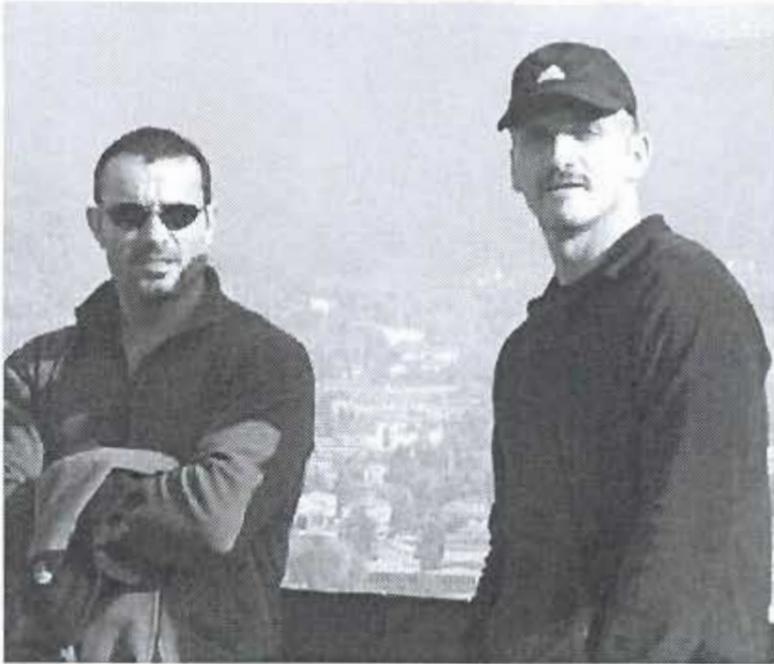
Please, visit our website
www.kravmagaonline.com
for further informations !

I thank you for the interest regarding
our discipline and our KM Notebook.

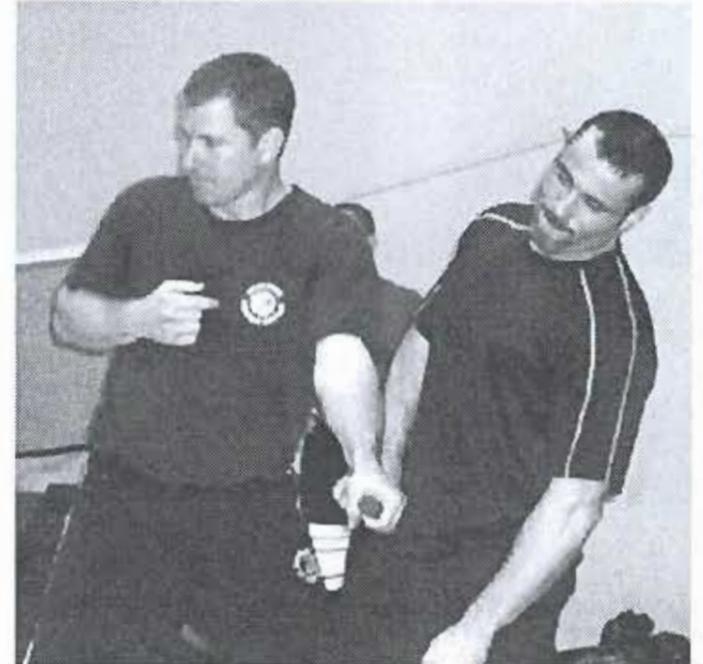
Have a nice workout and have fun

Thierry Viatour
Black belt 4th dan
KMPI Head Instructor
Former Belgian Army Trainer





With Alexandre Vanderlinden
(Belgian Chief Instructor)



With John Whitman
(KMTCC Director of Los Angeles)



Larissa Viatour and Darren Levine
(US Chief Instructor)



With Haim Guidon
(Israeli Krav Maga Association)



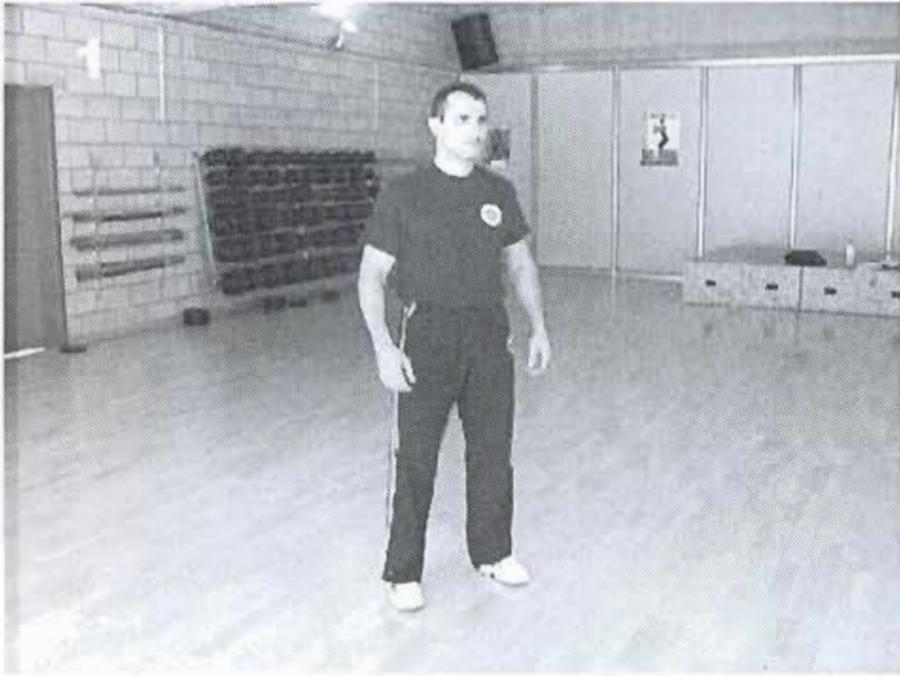
With Greg Adamczyk and Maciej Kaznowski
(Polish Chief Instructor)



With Kokushi Matsumoto
(Japan Chief Instructor)

YELLOW BELT PROGRAM





Forward break fall or backward deadened with the arms:
Before starting, be cool!

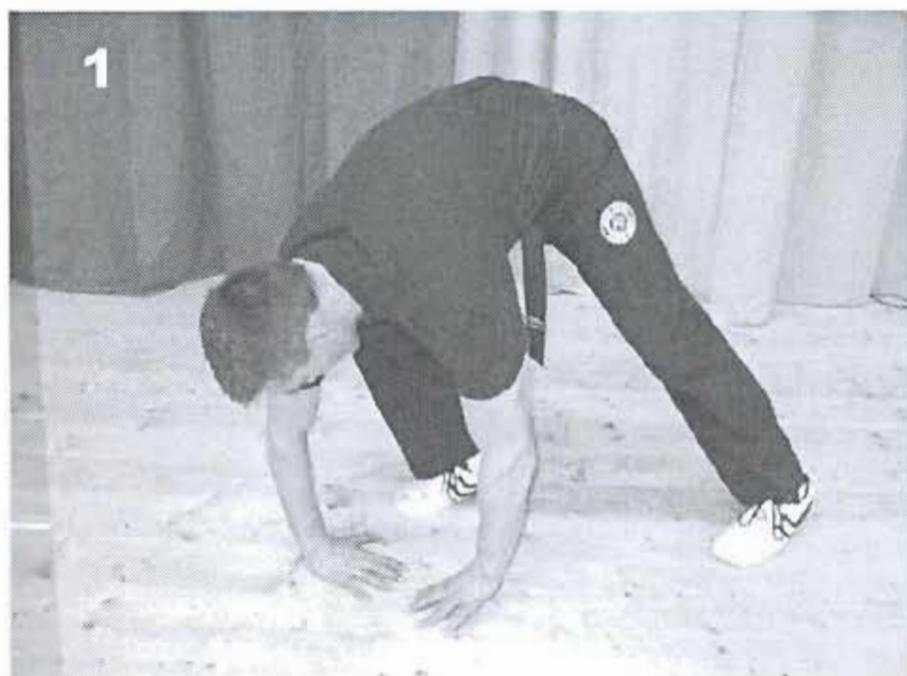


Use your forearms to absorb your fall and place your head to the side.



Here, you have to deaden your fall by hitting flexibly the ground with yours arms in a 45 angle.

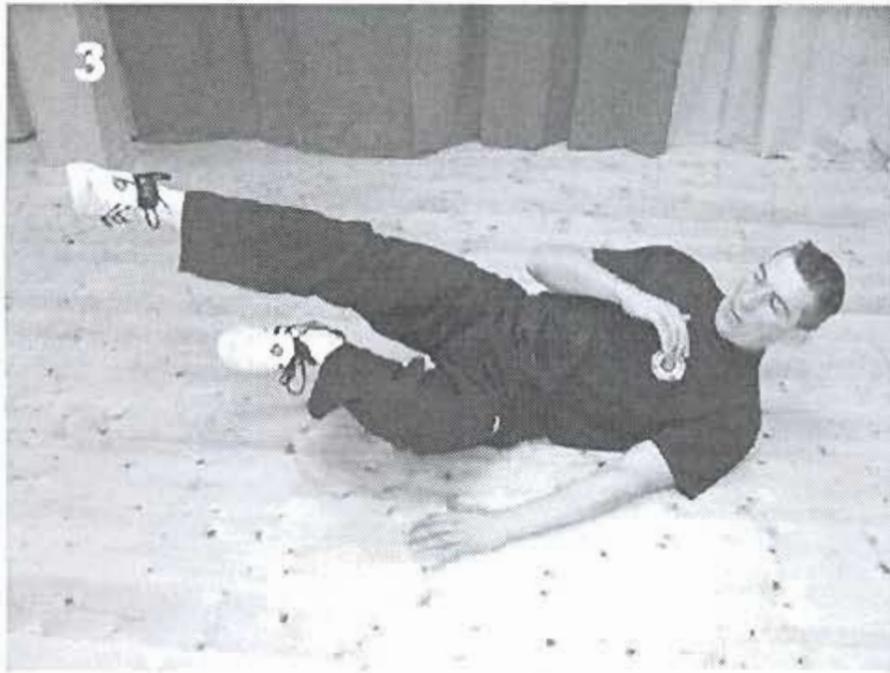
Notes



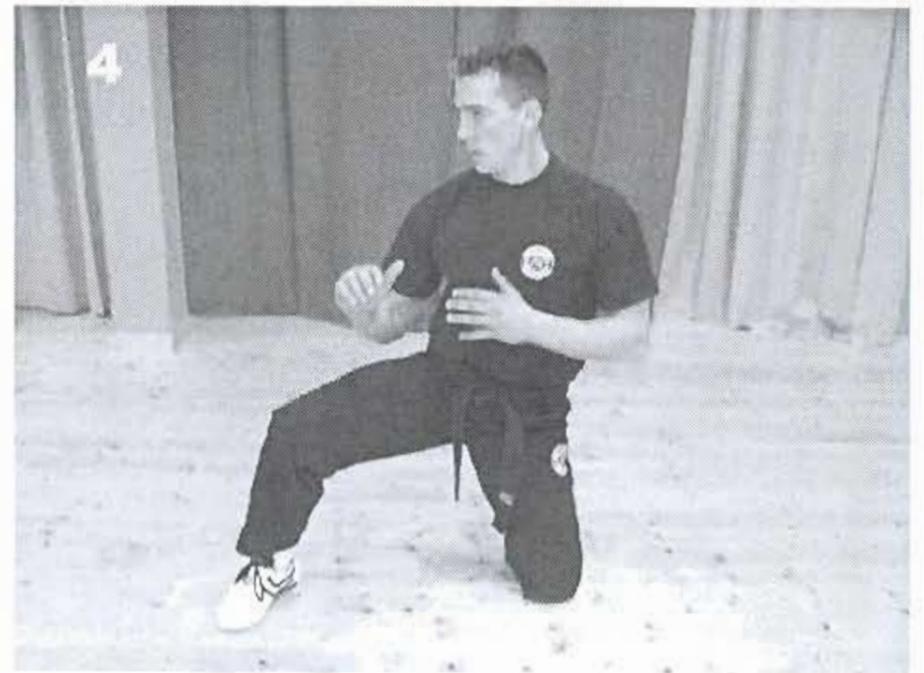
Forward roll on your right shoulder:
Touch the ground with yours both hands.



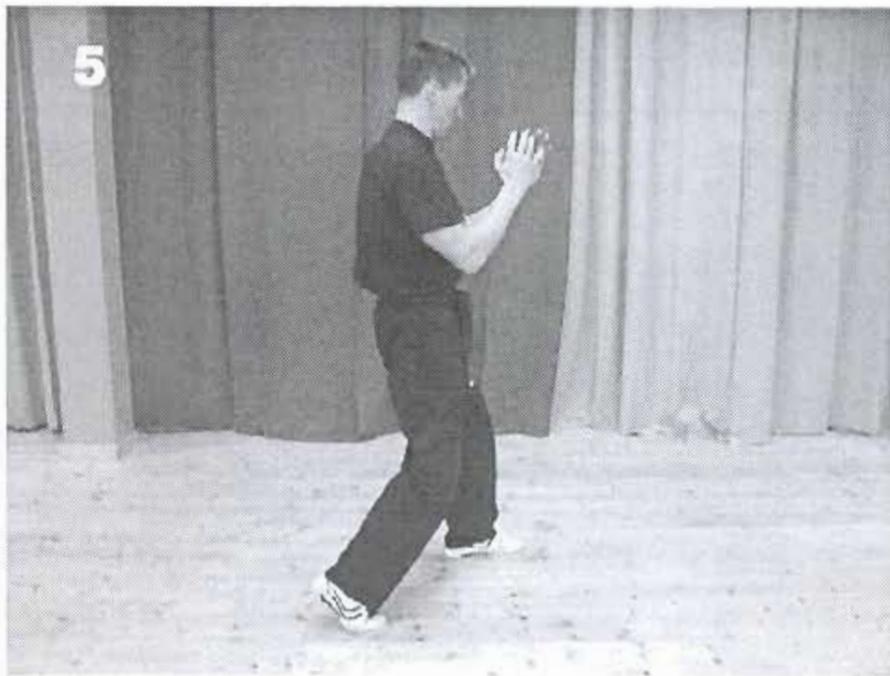
Then, chin close to your body, roll on your right arm.



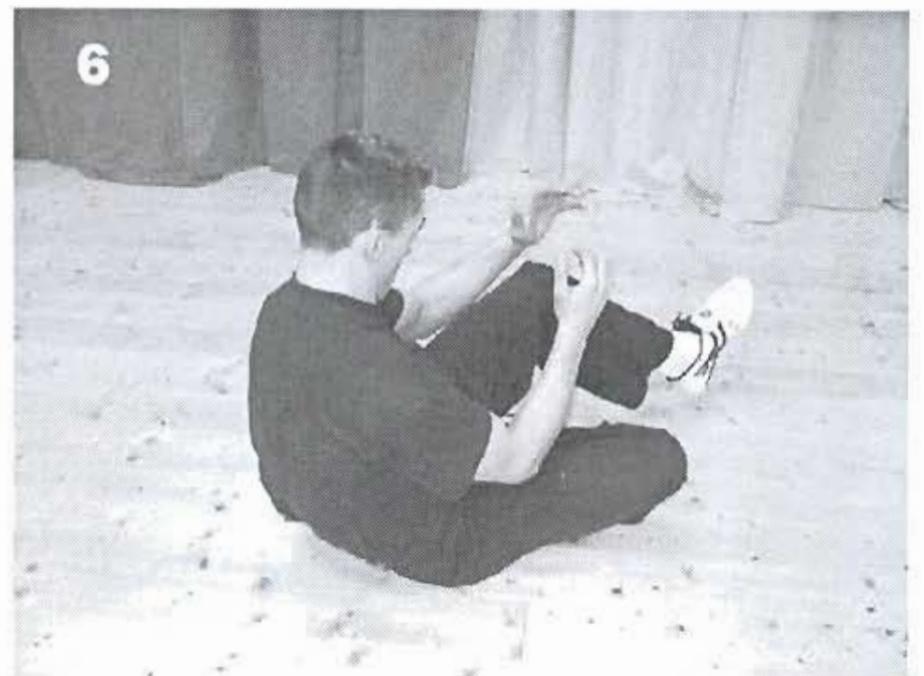
During the roll, flex the left leg...



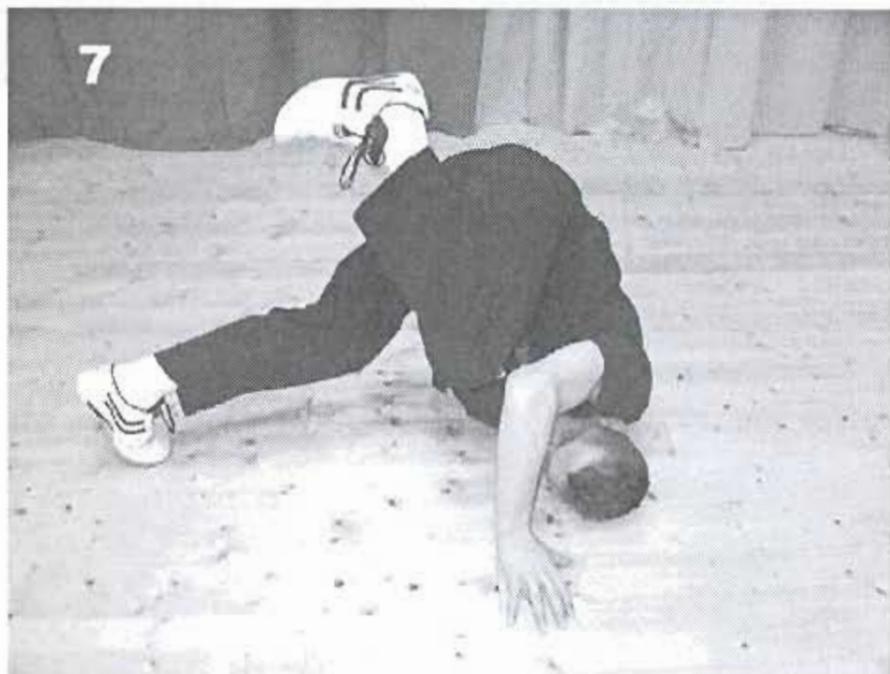
...to arrive with the left knee on the ground.



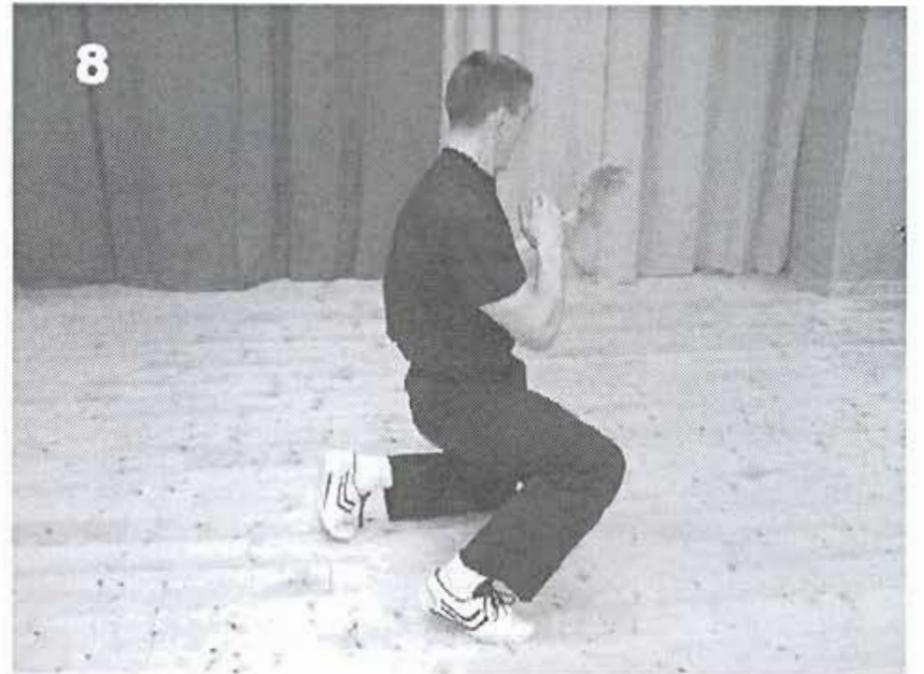
Turn over and assume on guard!
Backward fall on the left shoulder:



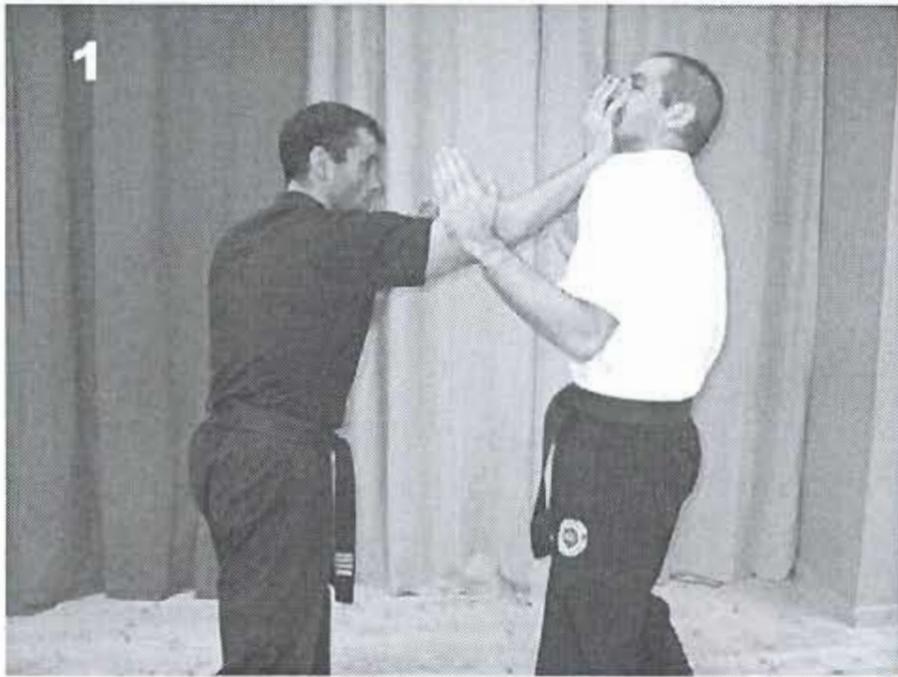
Flex the right leg, close to the chin and round the back.



When your left shoulder touches the ground, the hands are also pushing the ground...

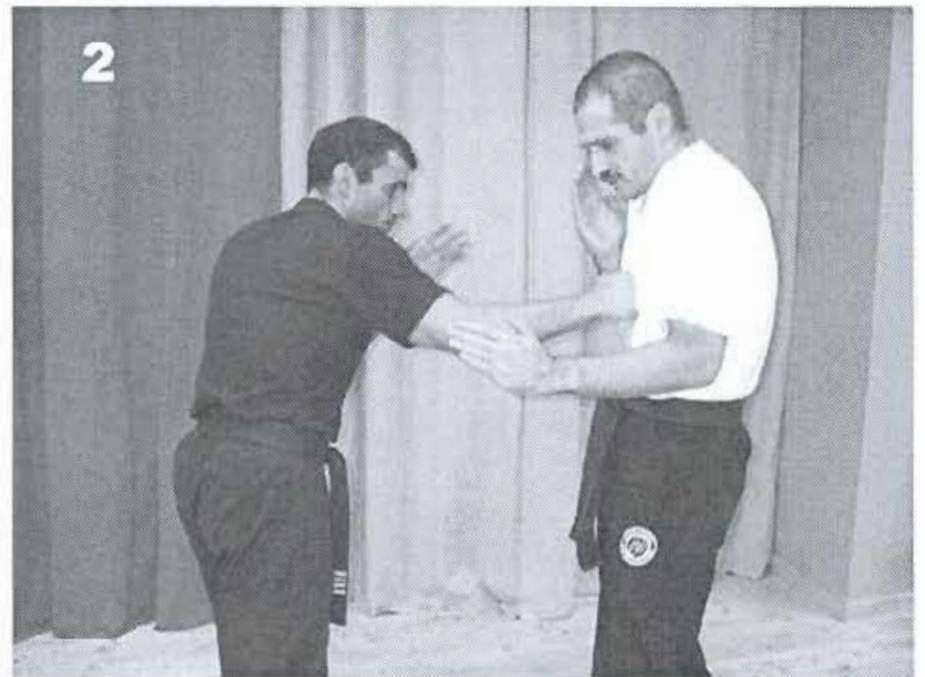


...and you are getting up in guard.



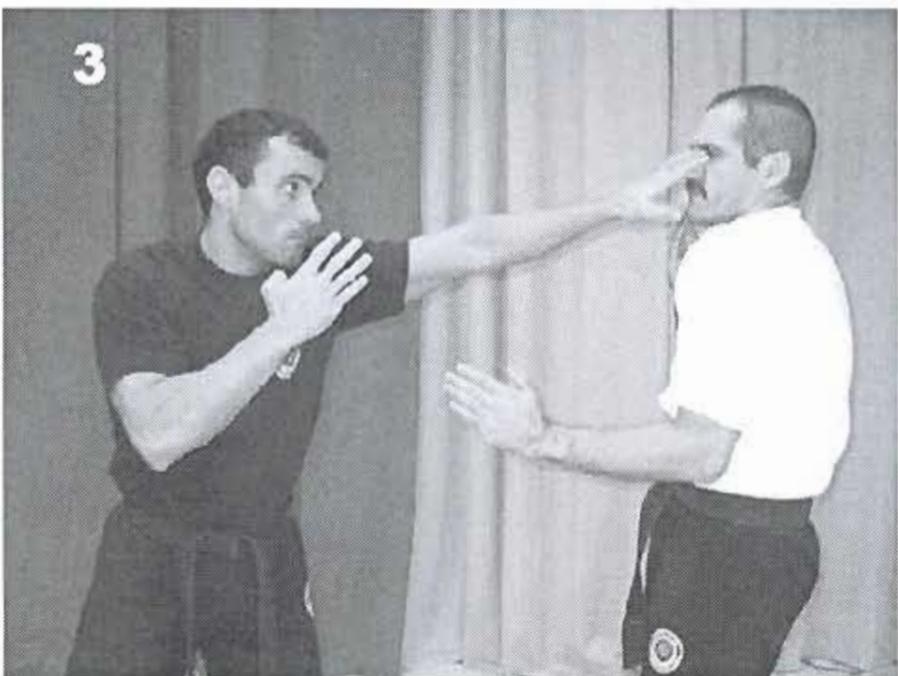
1

With the palm on the face.
All of your body parts are used in the
force of the strike!



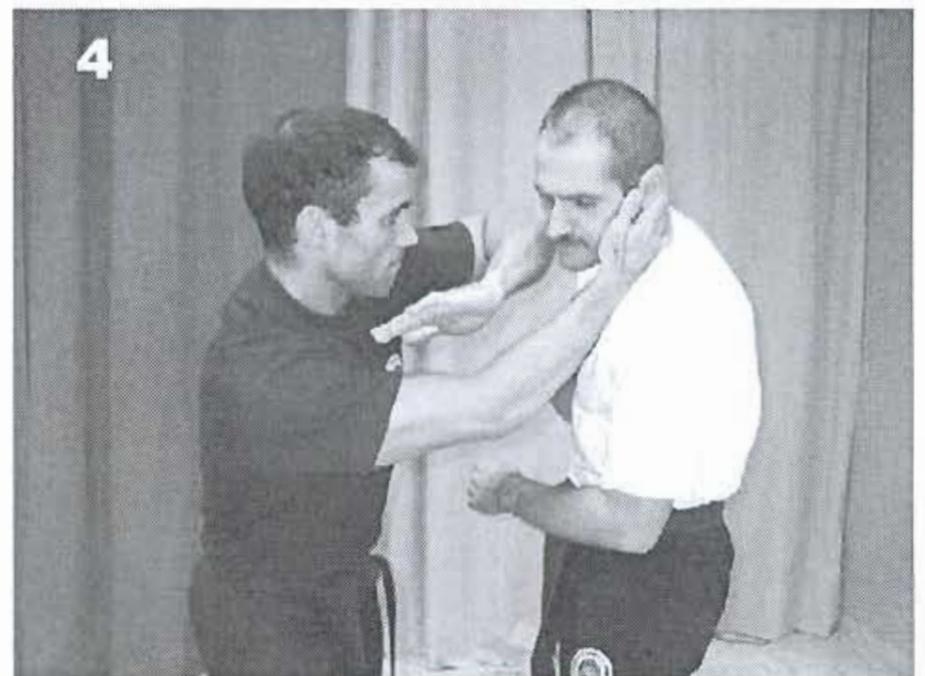
2

The fist must be in the straight line of the
forearm. Here, punch into the solar plexus.



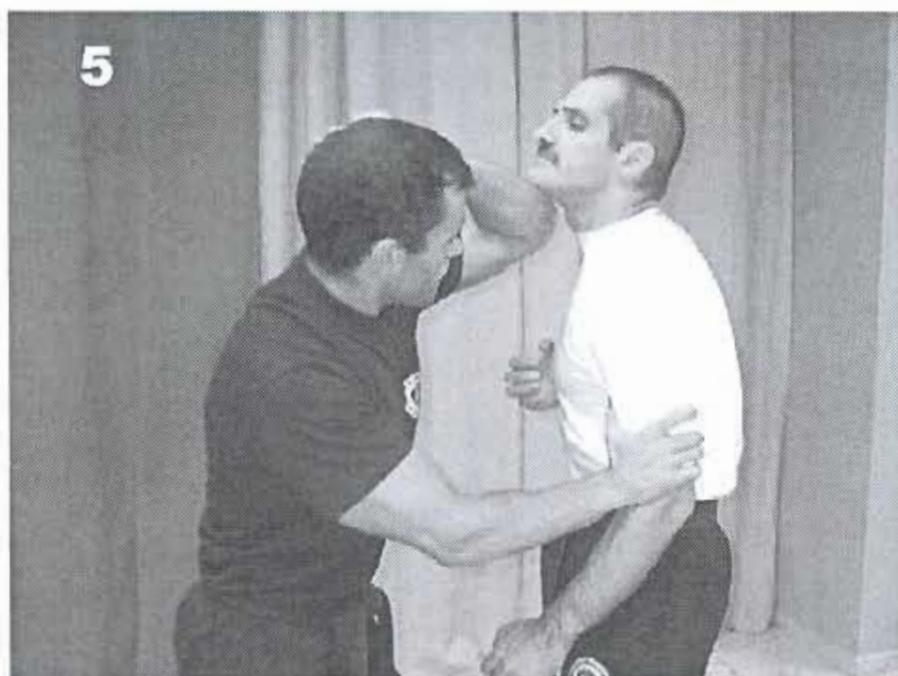
3

Fingers prick.
They are slightly bent.



4

Horizontal elbow strike with the tip of the
elbow.



5

Forward vertical elbow strike.
The other hand holds the opponent.

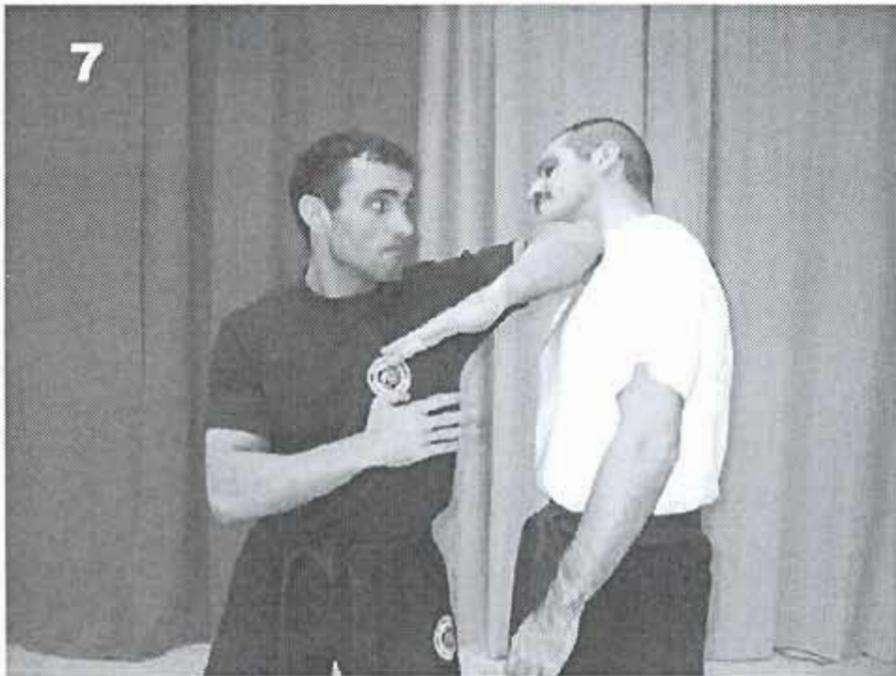


6

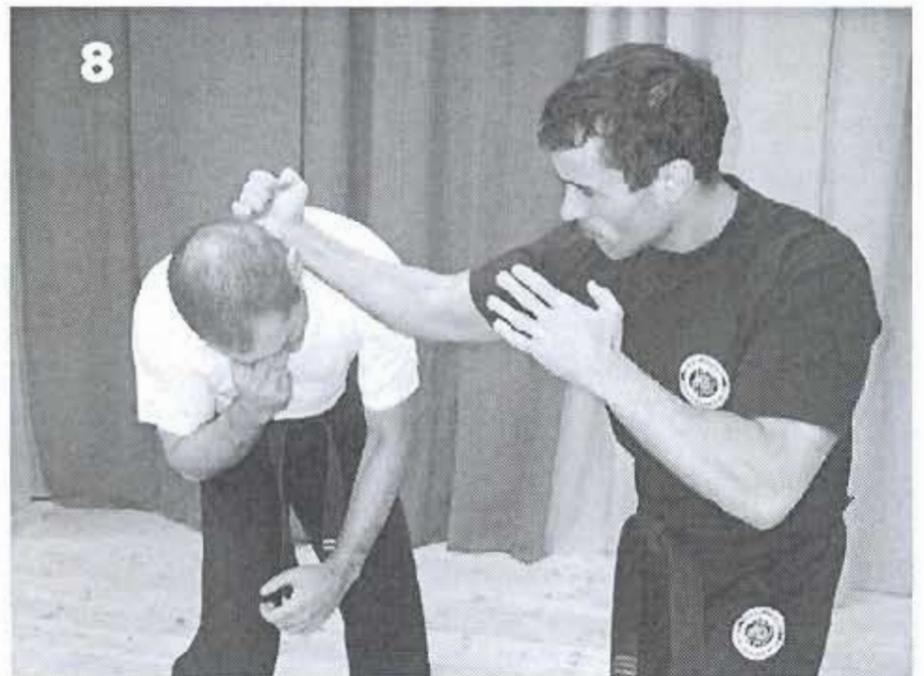
Backward elbow strike to the solar plexus.

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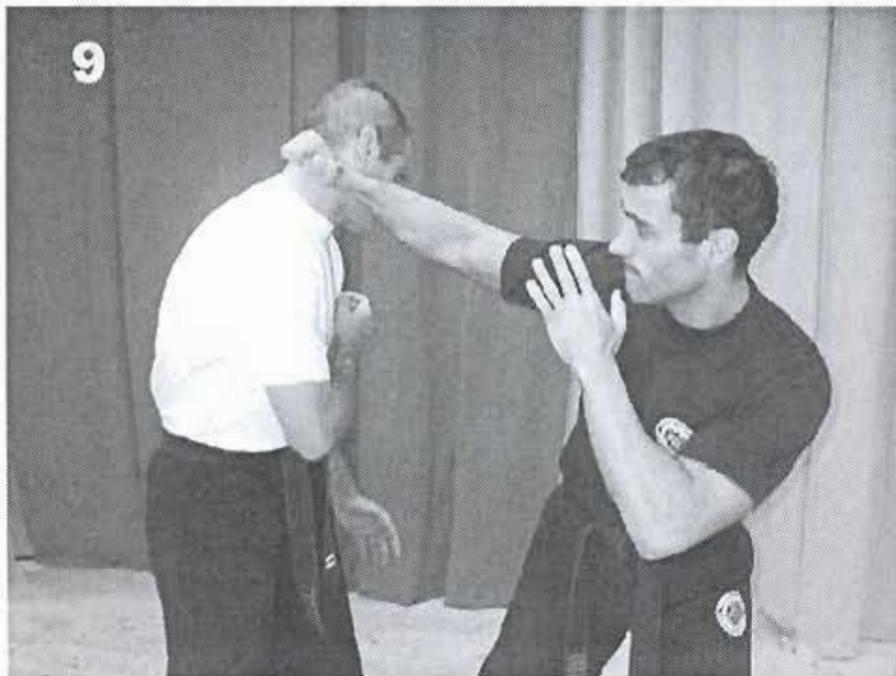
Krav Maga Performance Training Center



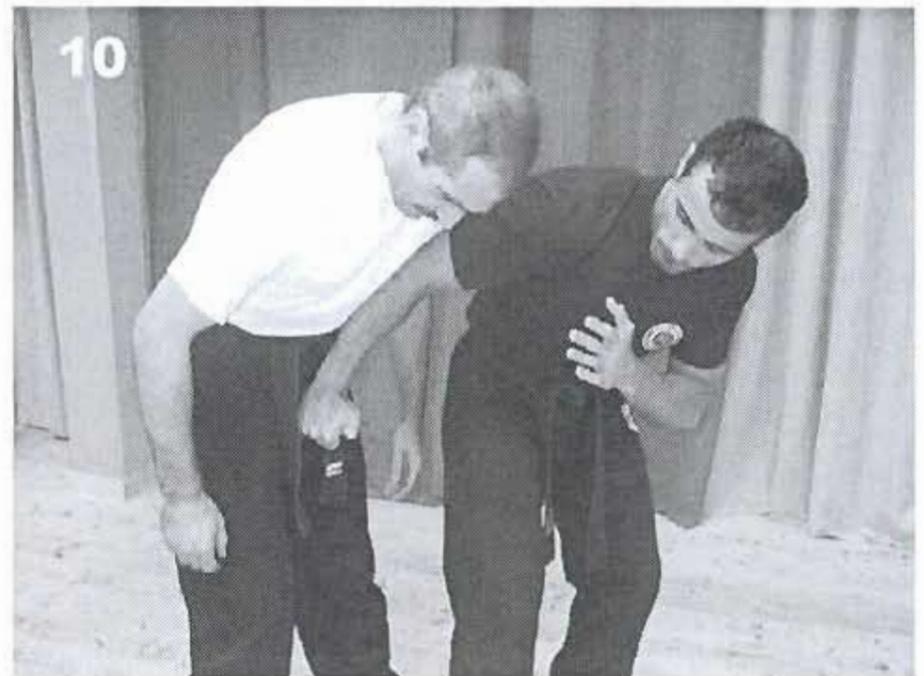
Horizontal elbow strike to the side.



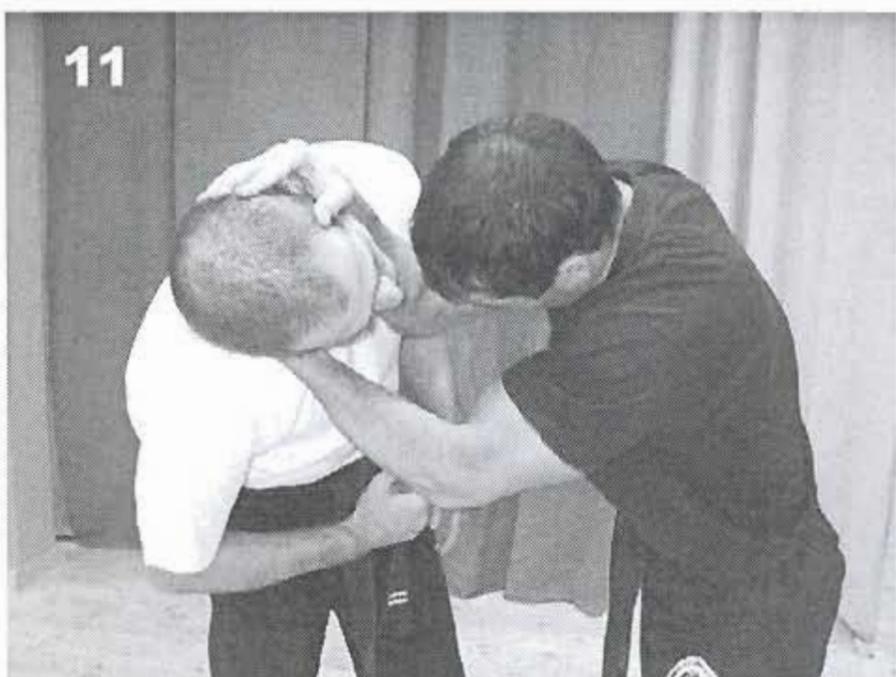
Vertical hammer fist.



Horizontal hammer fist...

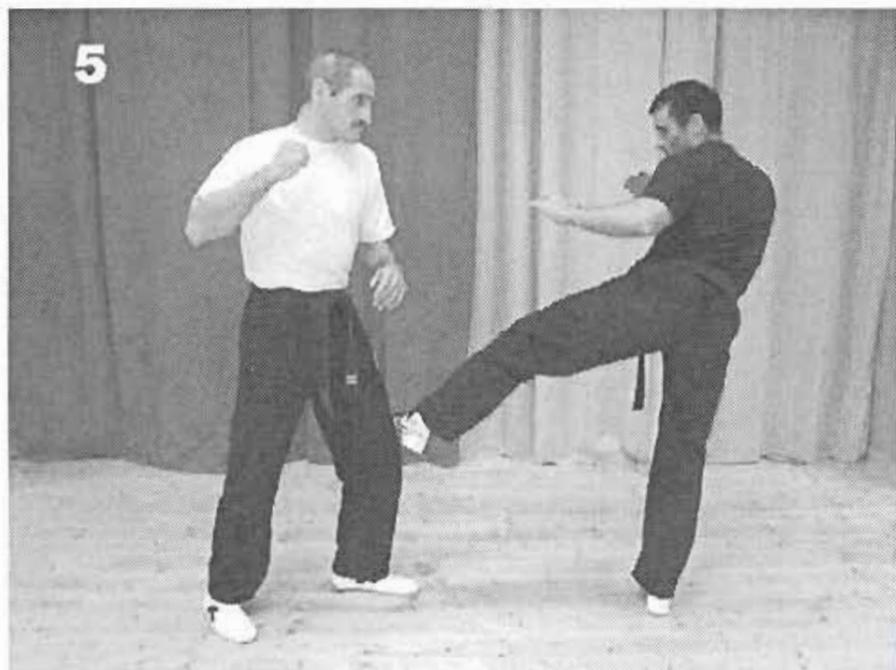


... and vertical backward.



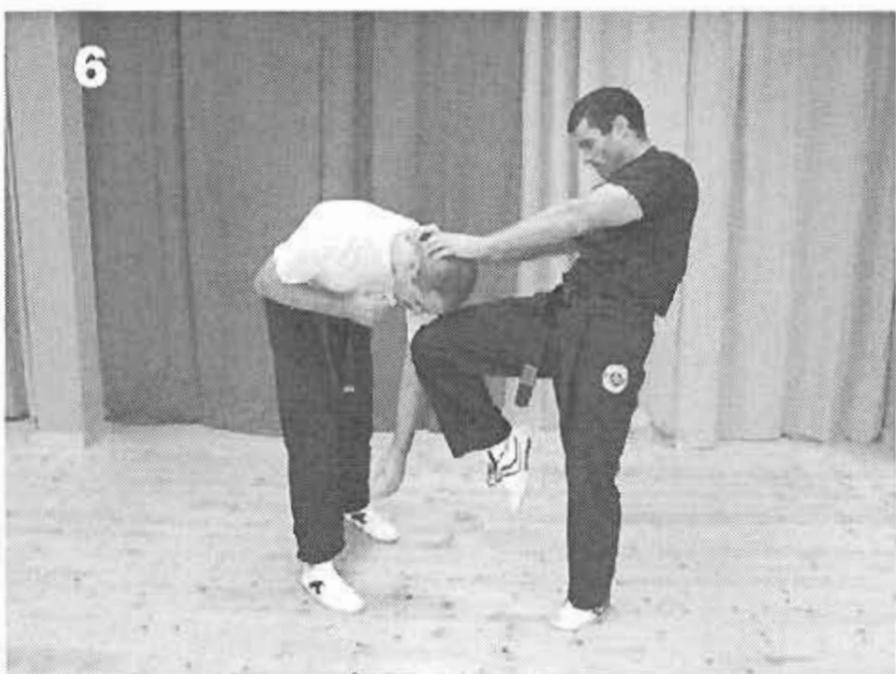
Use the top of the forehead and help with the arms for your head butts!

Notes

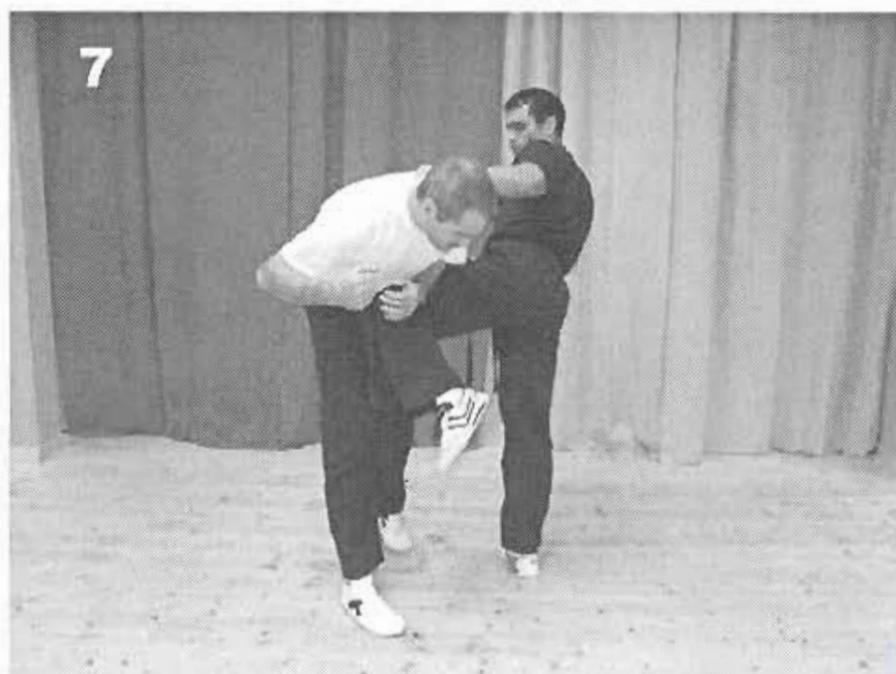


Notes

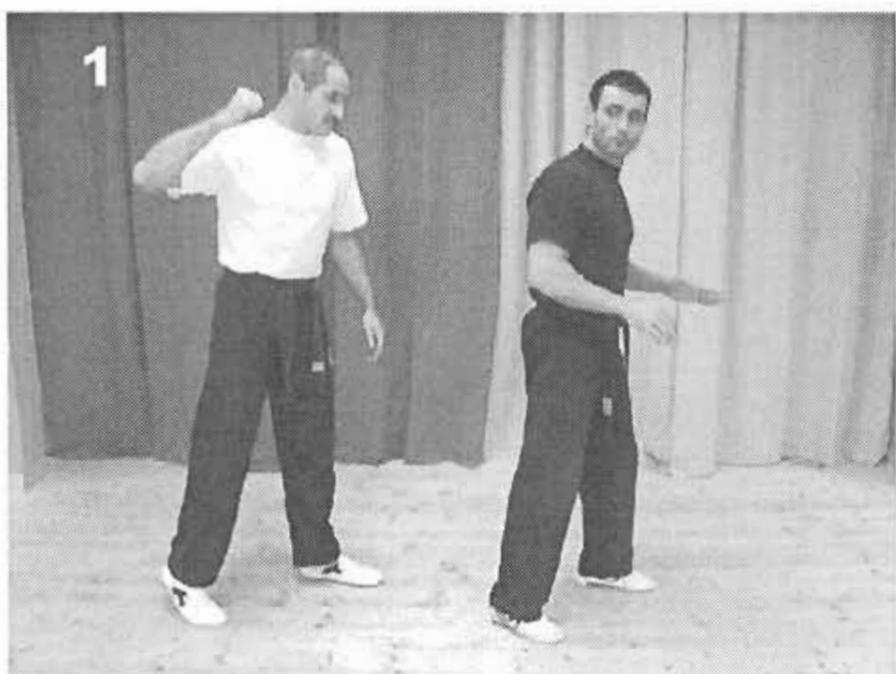
Side kick to the knee.
Here, it is used to stop the opponent.



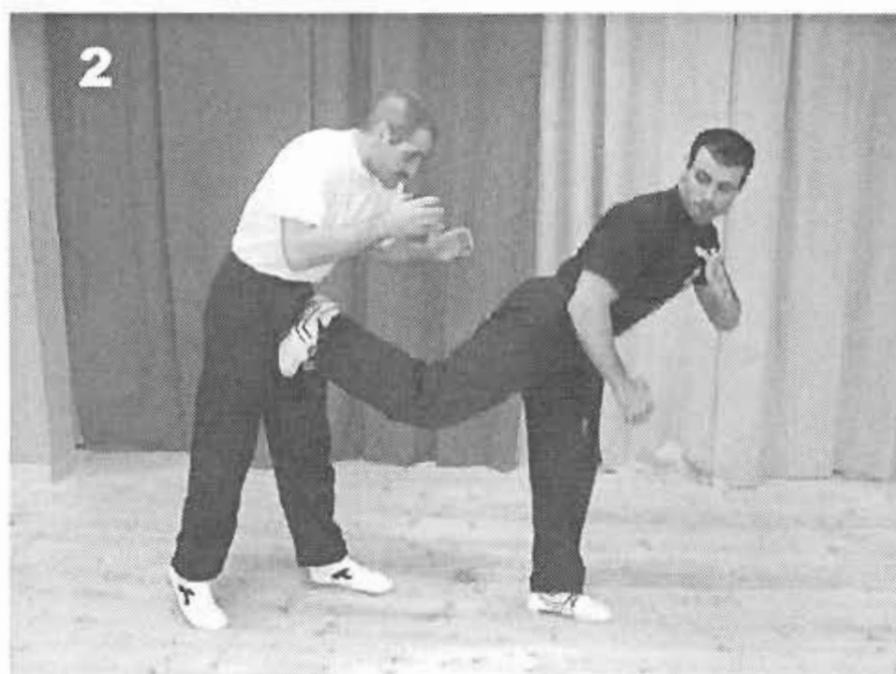
Knee strike with hips and arms motion!



Round knee strike to a line out opponent.



The opponent is behind you:
You have to react from your position.



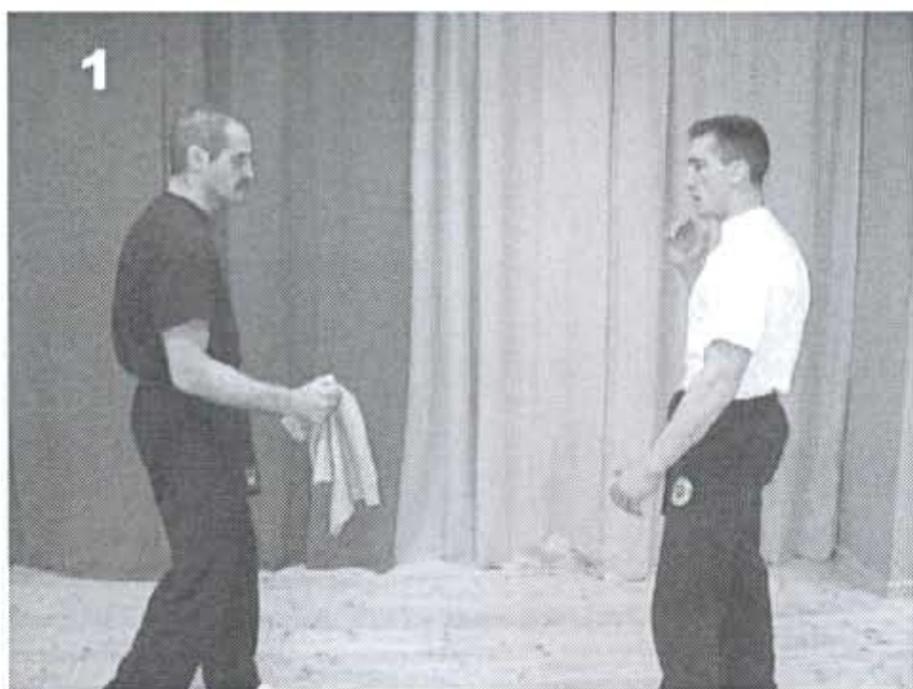
Back kick.
The torso is bend forward to keep your balance!



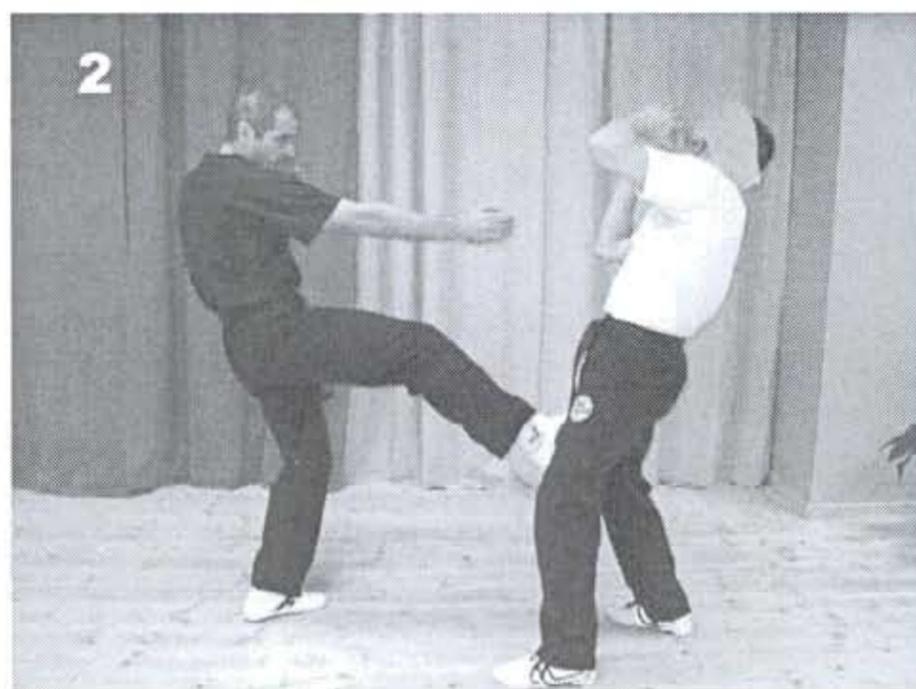
Here, he is attacking with his left leg. Your defense is identical...



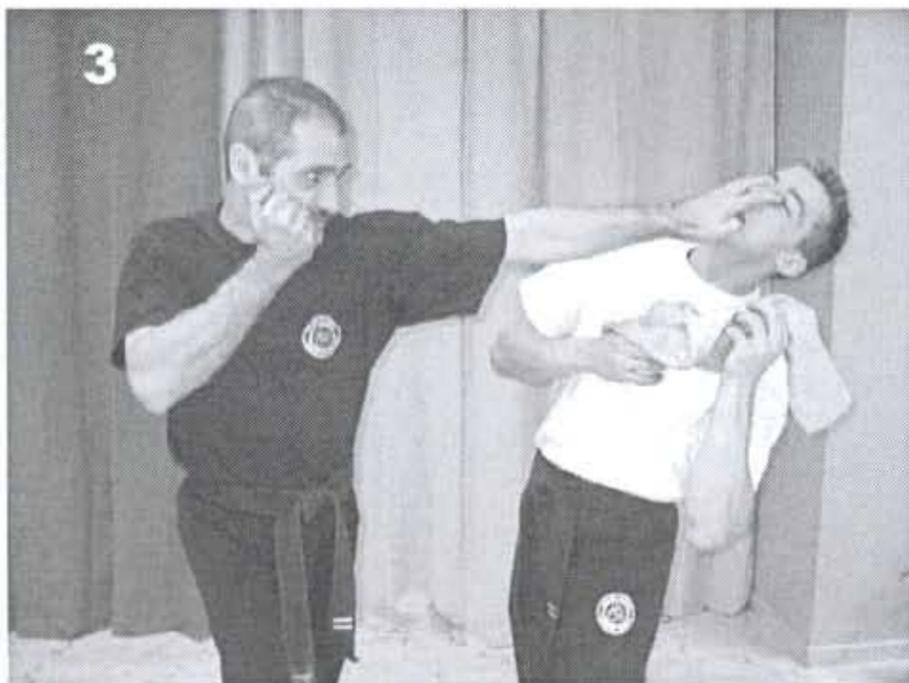
...and you could follow up with a direct kick to the groin area, for instance.



Divert by means of an objet:
Throw the towel toward the face to blur the vision field.

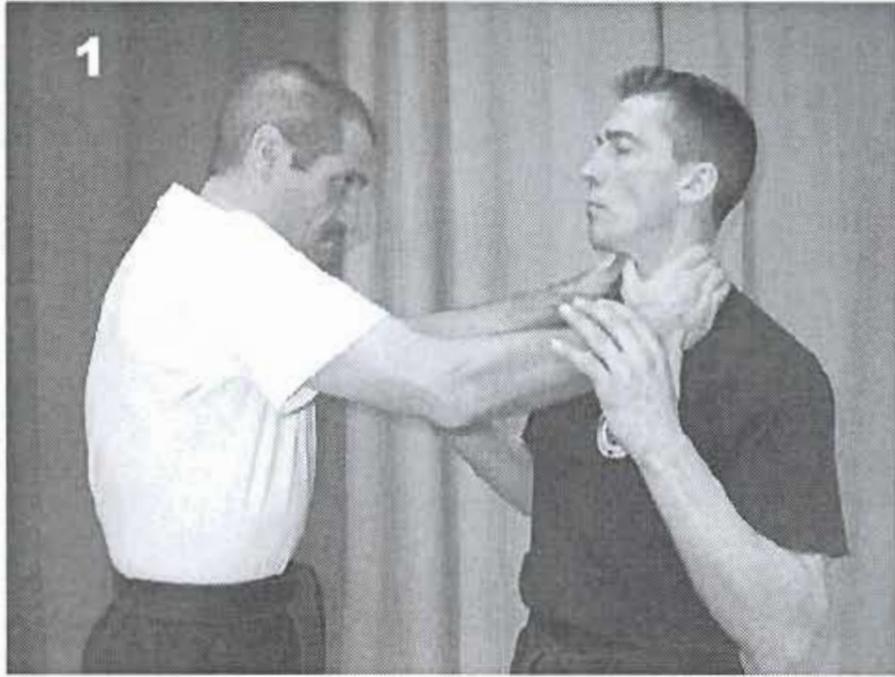


Simultaneously, follow with a direct kick to the groin...



...and a palm strike to the face with your fingers in his eyes.

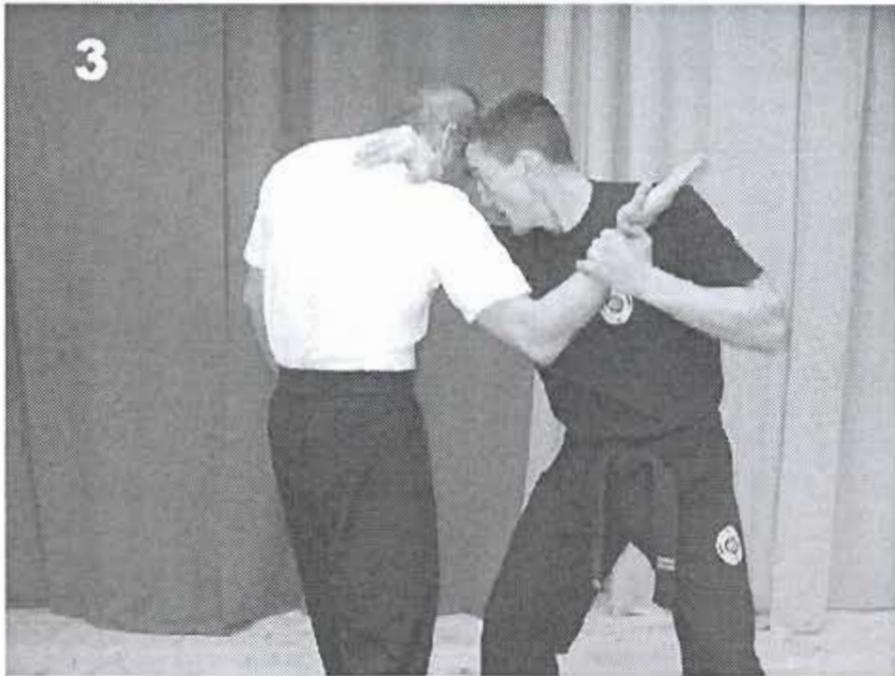
Notes



1
Front choke:
 Release the thumb area...

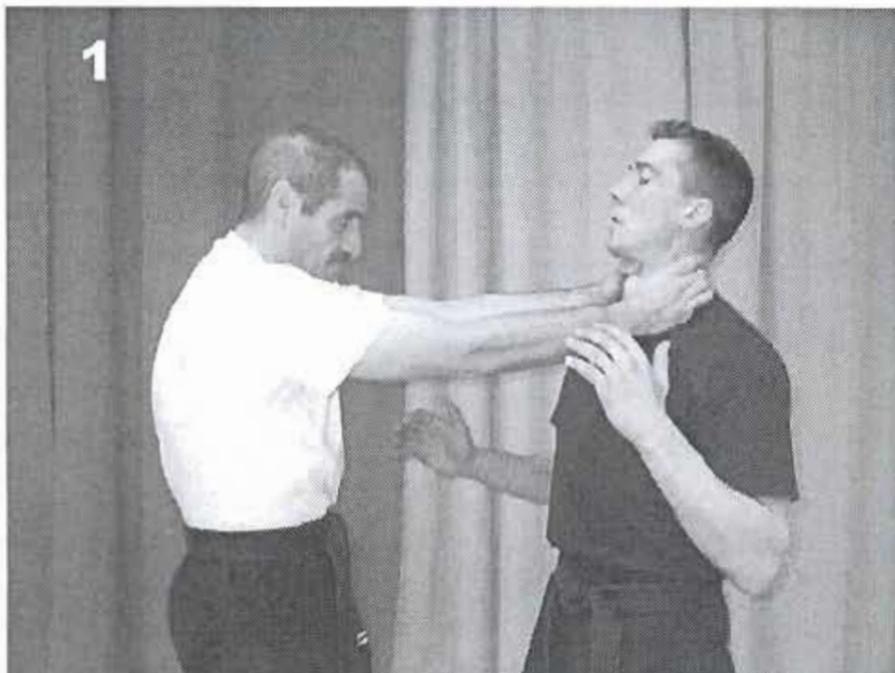


2
 ... and simultaneously, knee strike to the groin.

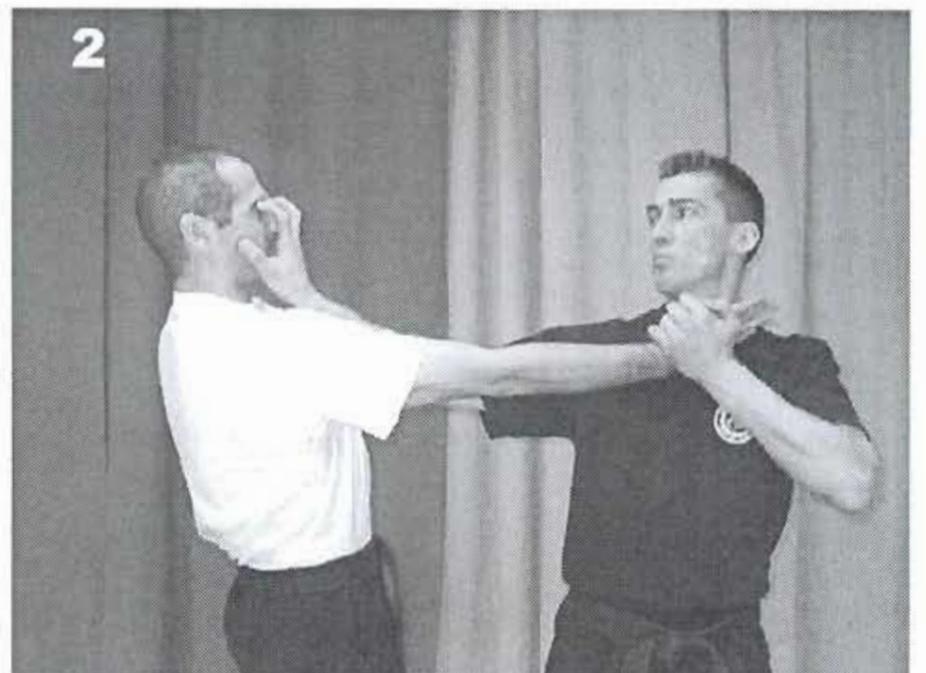


3
 Don't stop the fight with one strike, follow with a head butt!

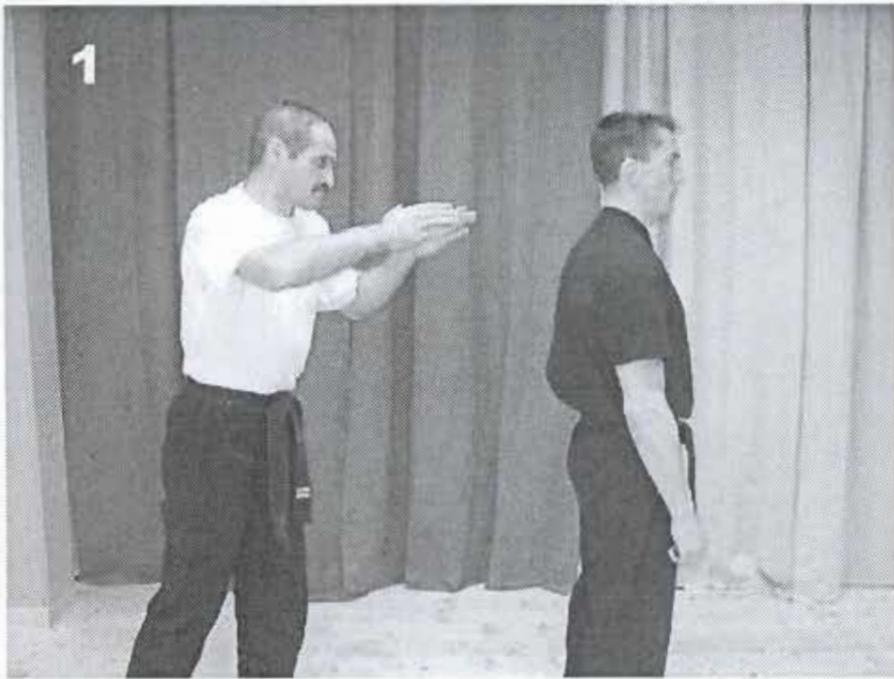
Notes



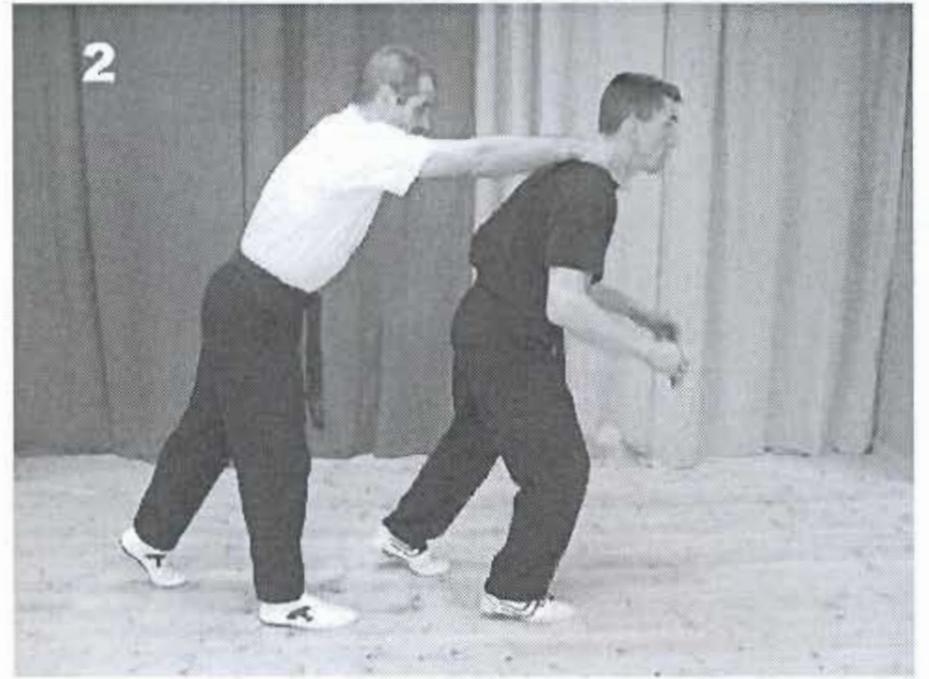
1
Front choke:
 The opponent's arms are straighten.



2
 Then, you release one thumb and you give a palm strike to the face, simultaneously!



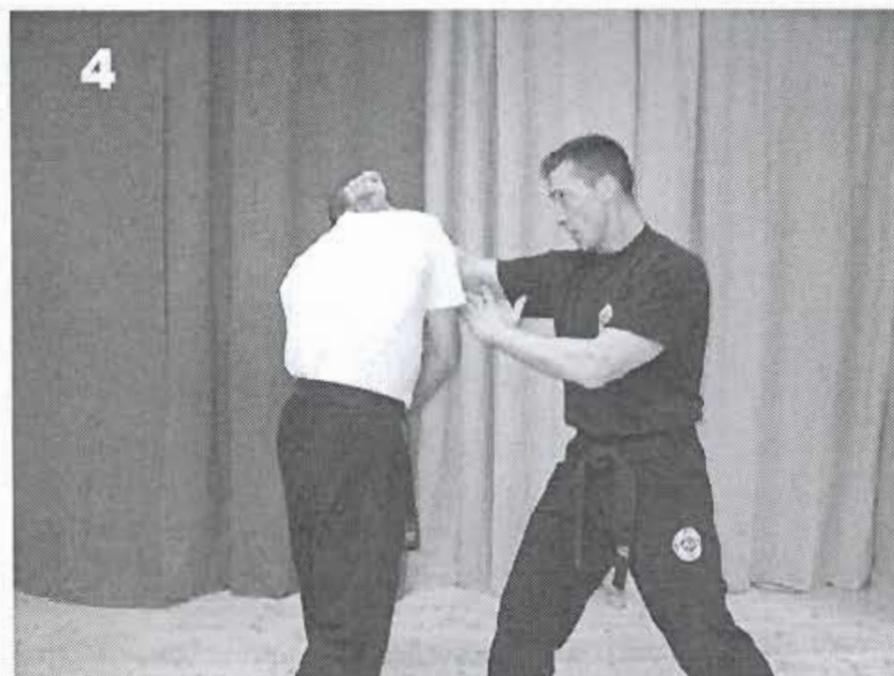
Rear pushing choke:



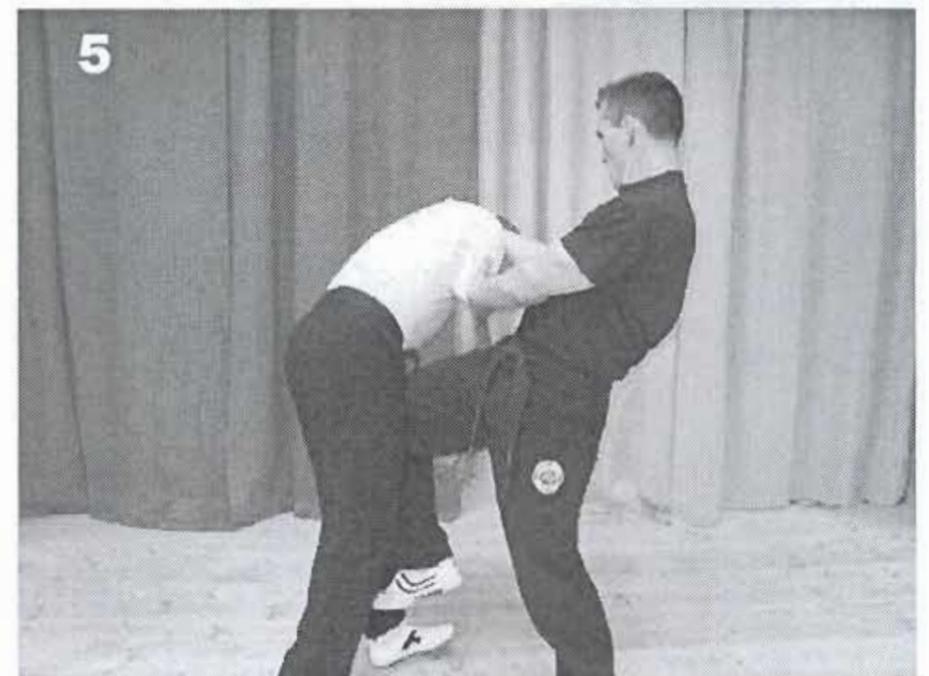
You are losing your balance forward.



One step forward and turn to the side when raising your right arm.



Quickly hit to the carotid. And as soon as possible, restrain the opponent's arm.



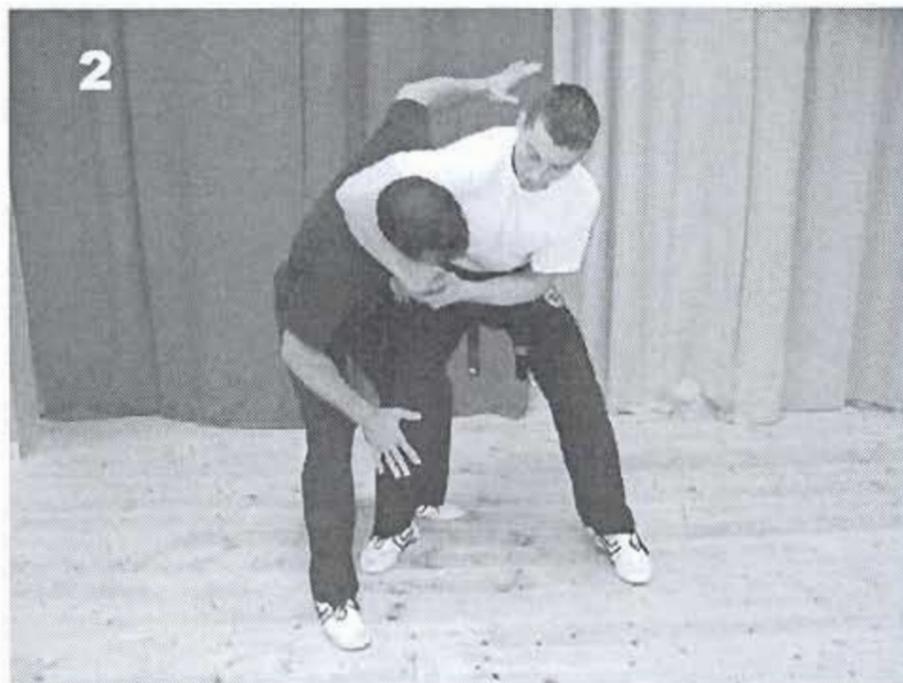
We conclude with a knee strike to the groin!

Notes



Side headlock:

The opponent is behind or beside you to catch your neck.

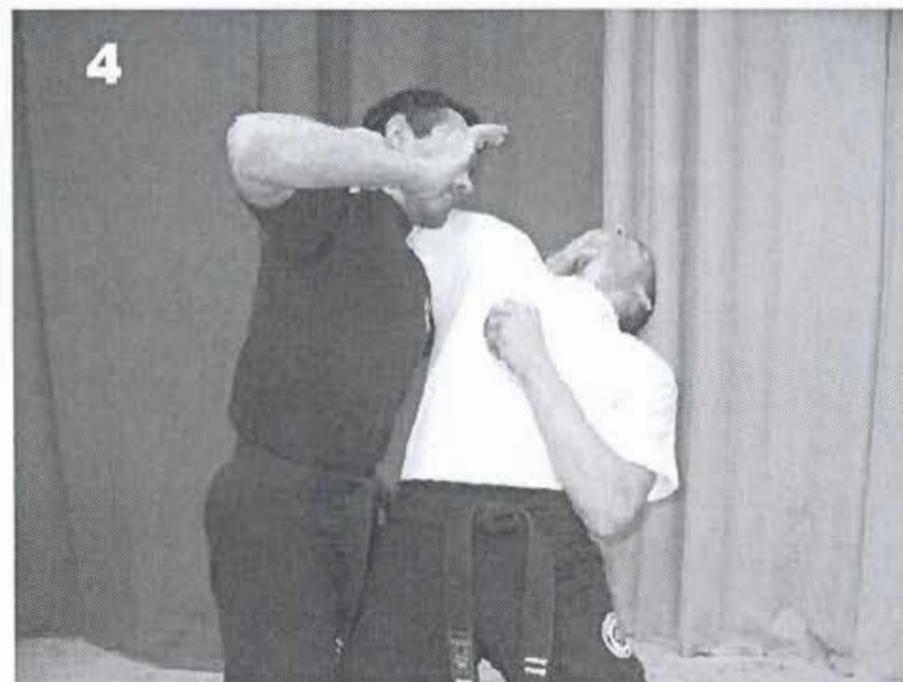


If it's necessary, step forward to keep your balance.

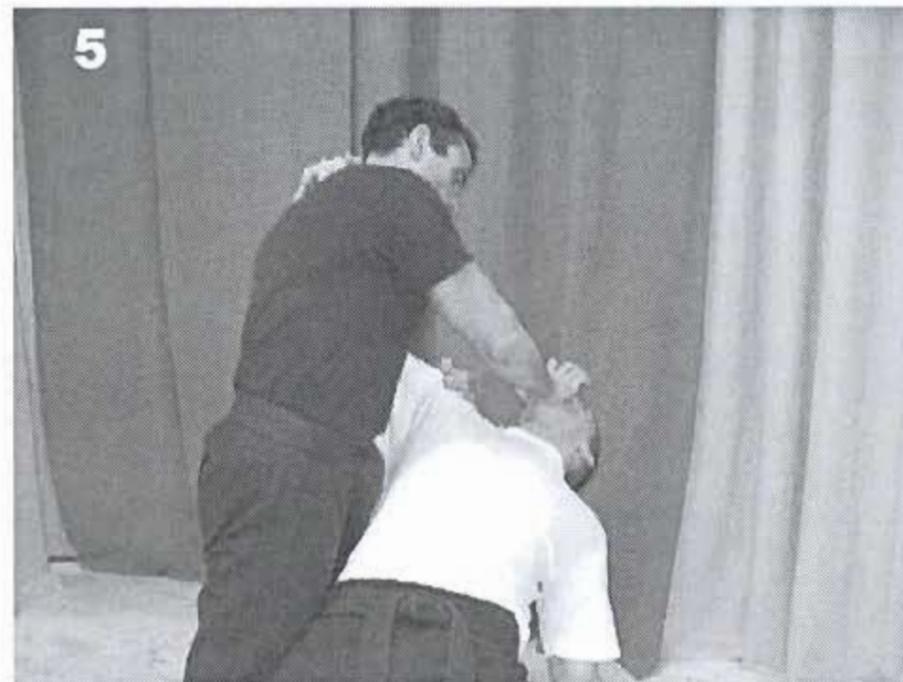


Your right hand hits the groin and your left hand takes position on his eye.

Notes



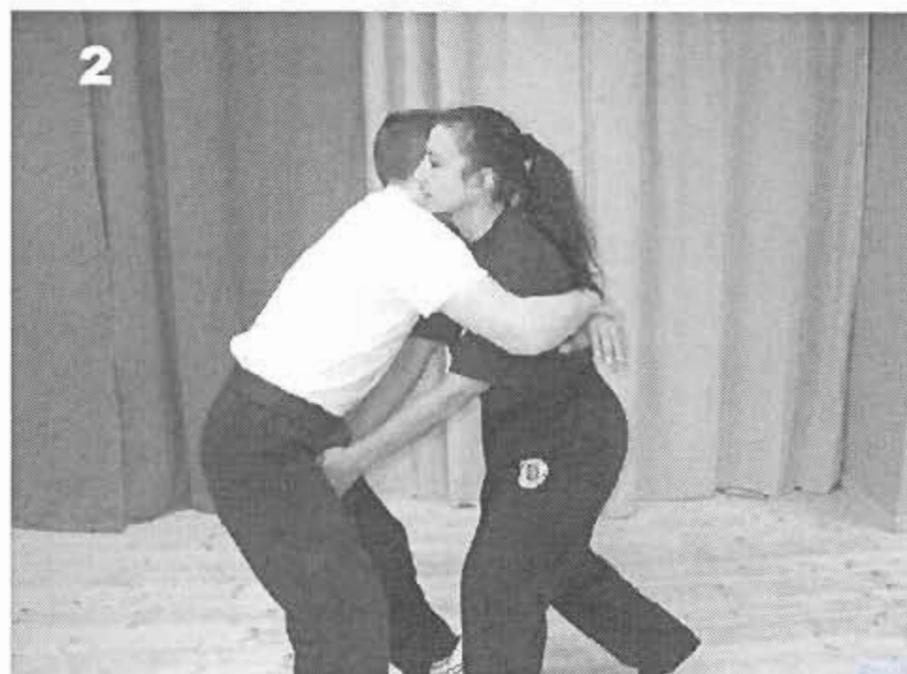
Set his neck in extension by a heavy eye pressure...



...and the palm strikes his chin.



1
Front bear hug - arms pinned:
 Your arms are locked and the opponent is close to you.



2
 Push your hands to the groin to create a space...

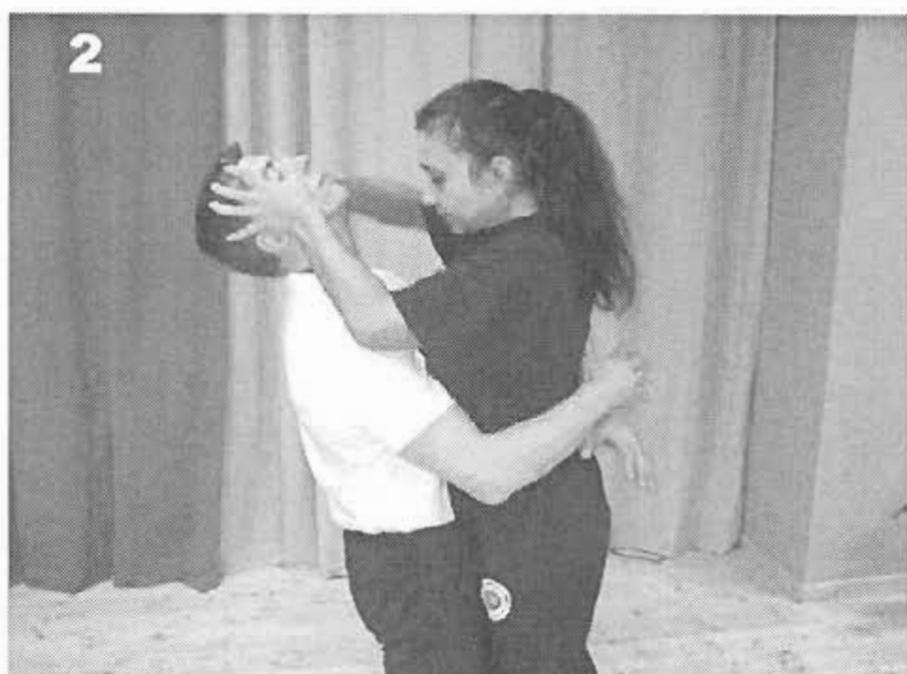


3
 ... and follow with a knee strike.

Notes



1
Front bear hug - arms not pinned:
 Your reaction time has to be as short as possible!



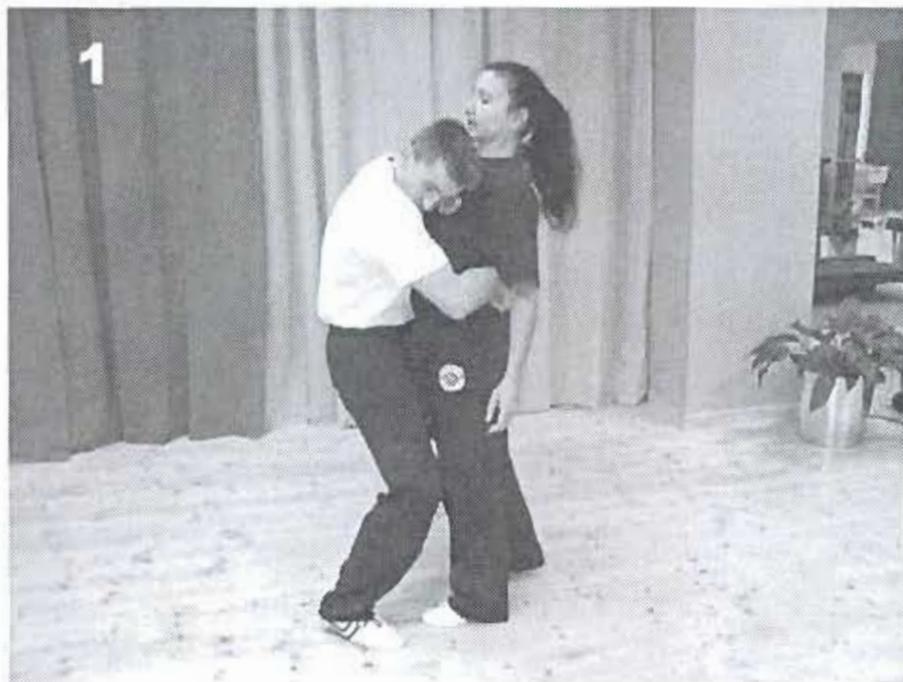
2
 Push strongly, your thumbs in his eyes to perform an extension on his neck.



Continue with a headbutt...



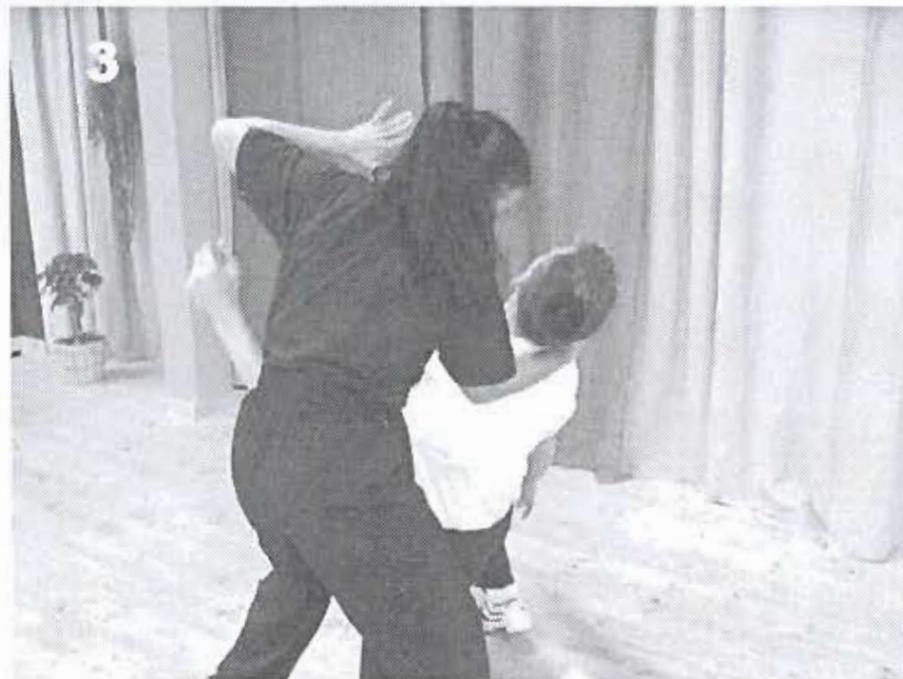
... to conclude finally, with a knee strike to the groin.



Front bear hug - arms not pinned:
Here, the opponent protects his head and his eyes are less accessible.



Grip his hair or his head with your right hand and set your left hand under his chin.



Just perform a spin on his cervicals and you have a good strike!

Notes

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1
Low bear hug - arms not pinned:
 Usually, this kind of bear hug is followed by a takedown, like a tackle!

2
 React quickly, when stepping backward and striking his neck with your elbow.



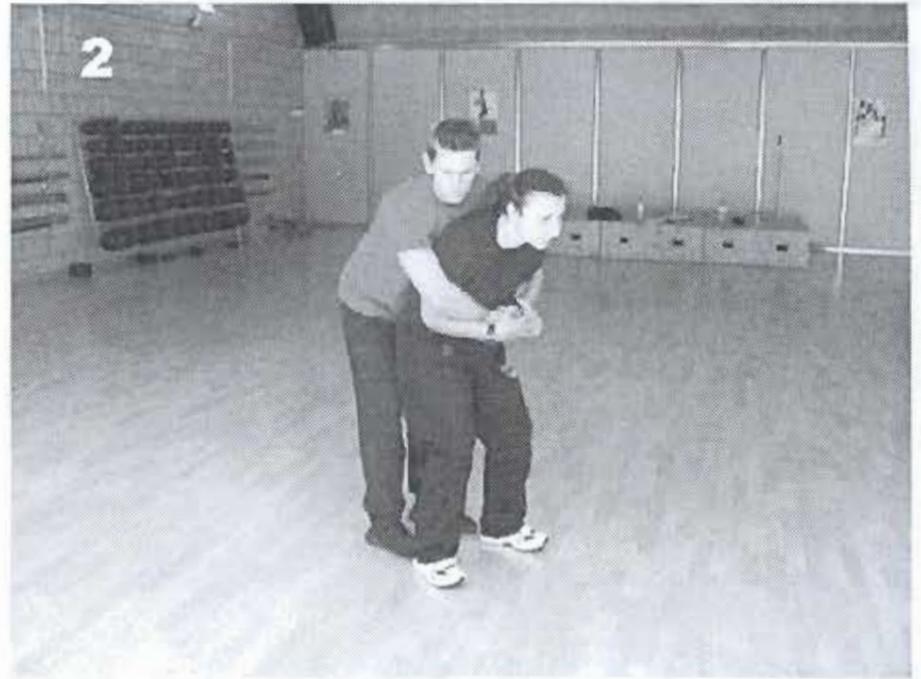
Notes

3
 Now, you can finish him with your right knee to the throat.



1
Lifted bear hug - arms pinned:
 Roll up his leg and strike to the groin with the knee.

2
 You can strike again or push with the head to release you.



Bear hug - arms pinned:
The opponent grips your arms, just over the elbows.

First of all, drop your body weight down!



Then, crush his foot. You have created a small space and you can easily palm strike him...

...to the groin area as show above.



Continue with this elbow strike to his chin.

Notes

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Bear hug - arms pinned:
Here, you are off balance forward.



Rather than fall lie face down, hold his arms and set your leg to block him.



Imagine that you are falling down on your shoulder. Stay cool, the opponent will absorb the shock.



Strike him to the groin before you get up.



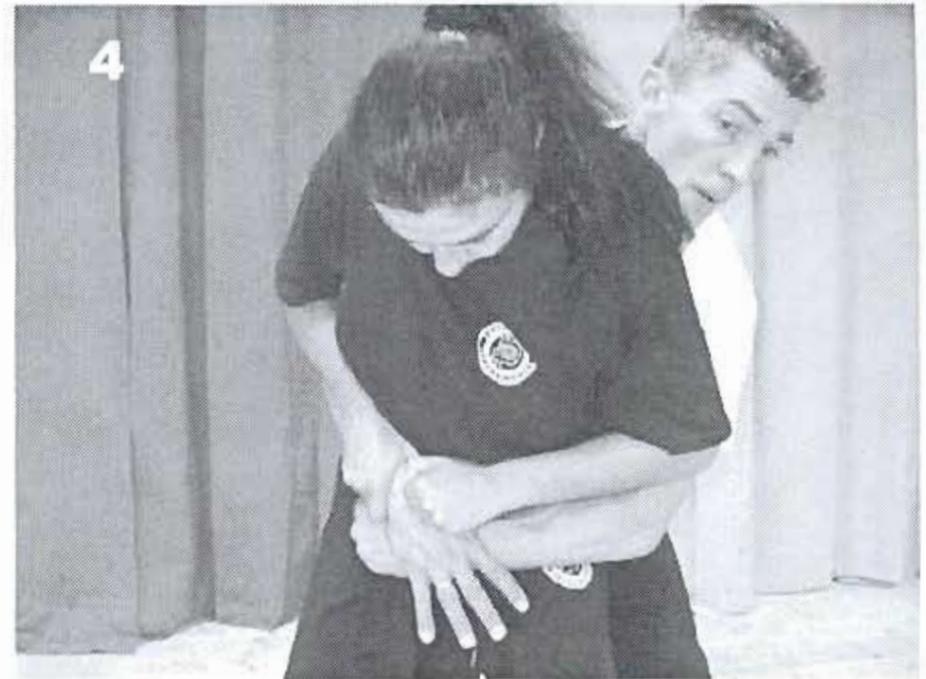
Bear hug - arms not pinned:
Your arms are free.



Perform elbow strike sequences to the opponent's face.



3
Like this!
Don't forget to double on one side of your own choice.



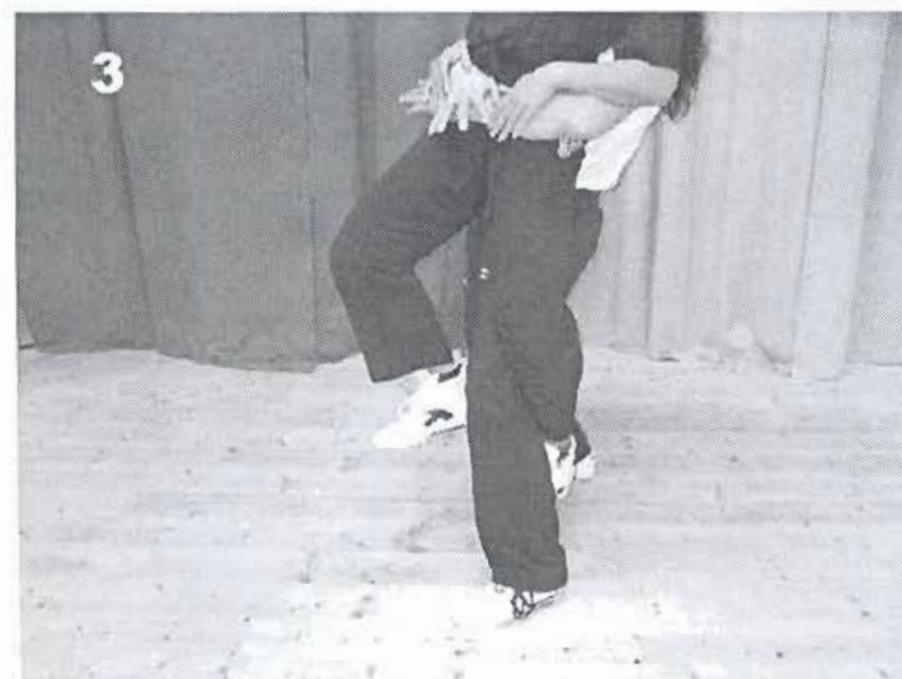
4
If it's necessary, strike the back of the hand with your hand's knuckles to release you.



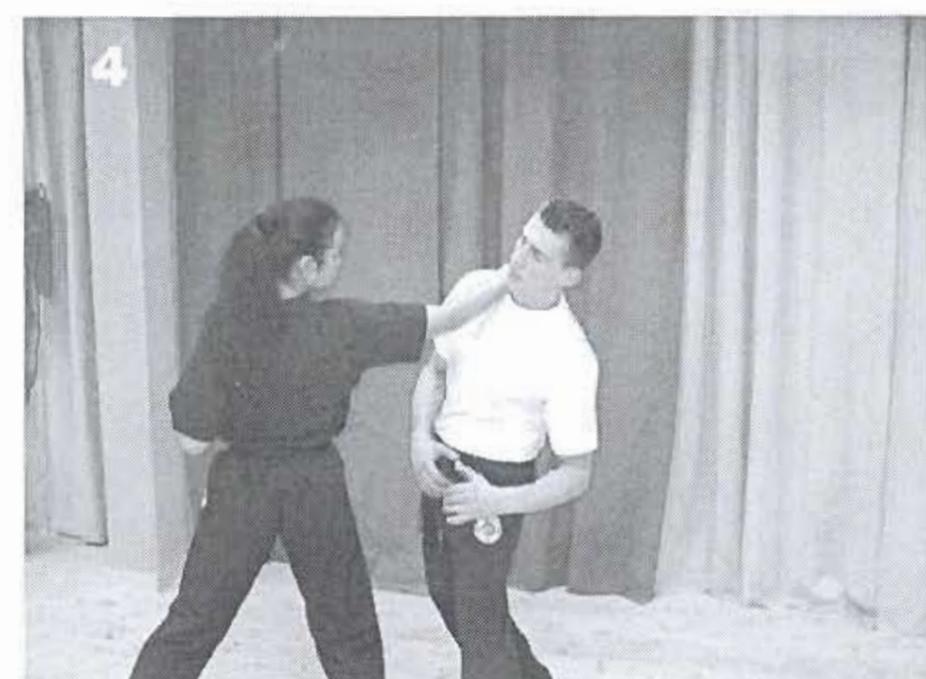
1
Back lifted bear hug:
The opponent lifts you either to carry you or to throw you.



2
Roll up his leg! In this way, you can stabilizing your position and you can decreasing his mobility.



3
Attack strongly inside his knee's joint so that he slackens his hug.



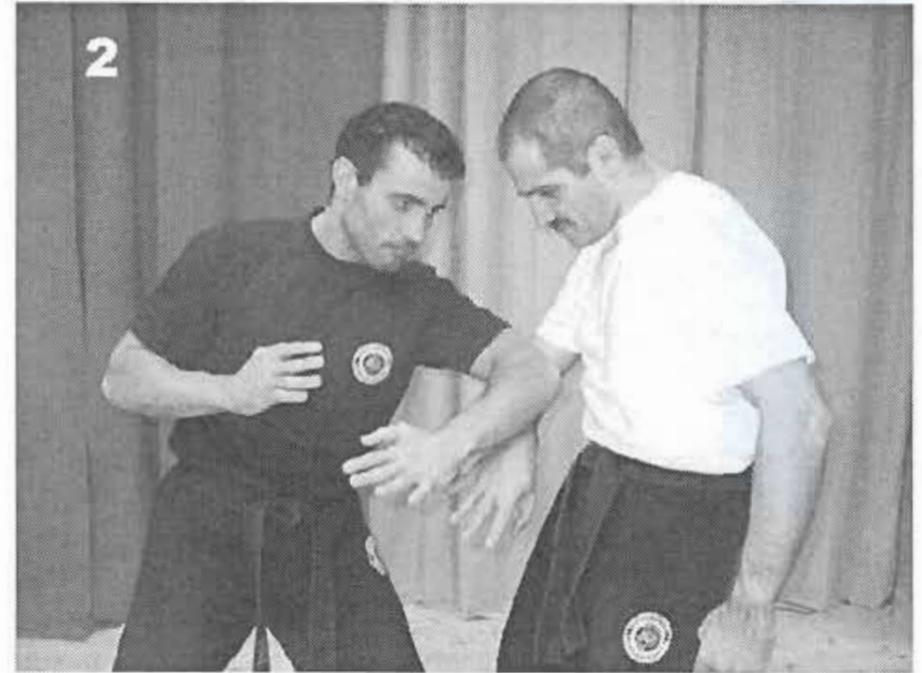
4
And you are continuing with a hammer fist strike to the carotid. Good job!

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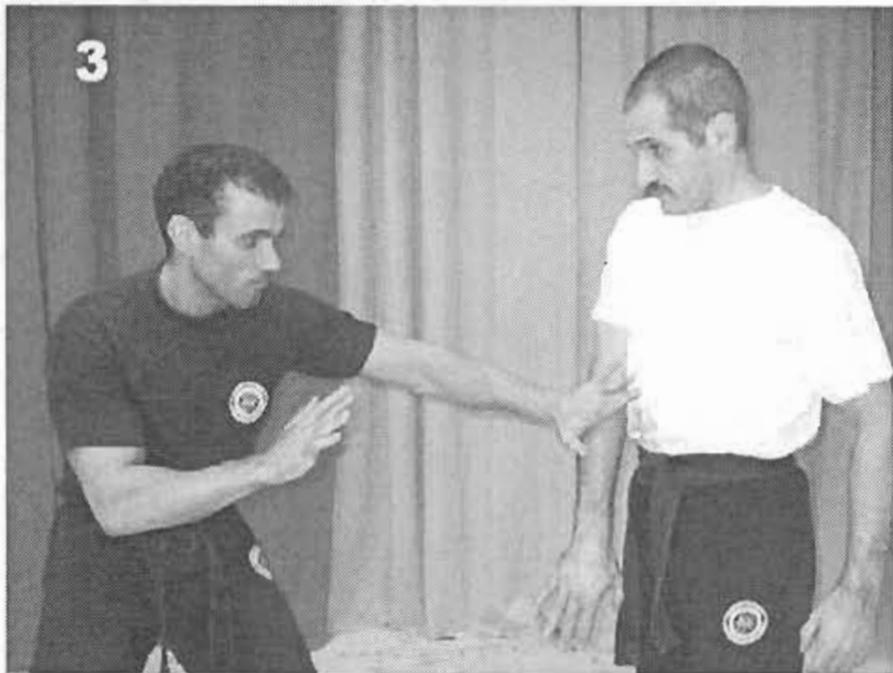


Wrist release:

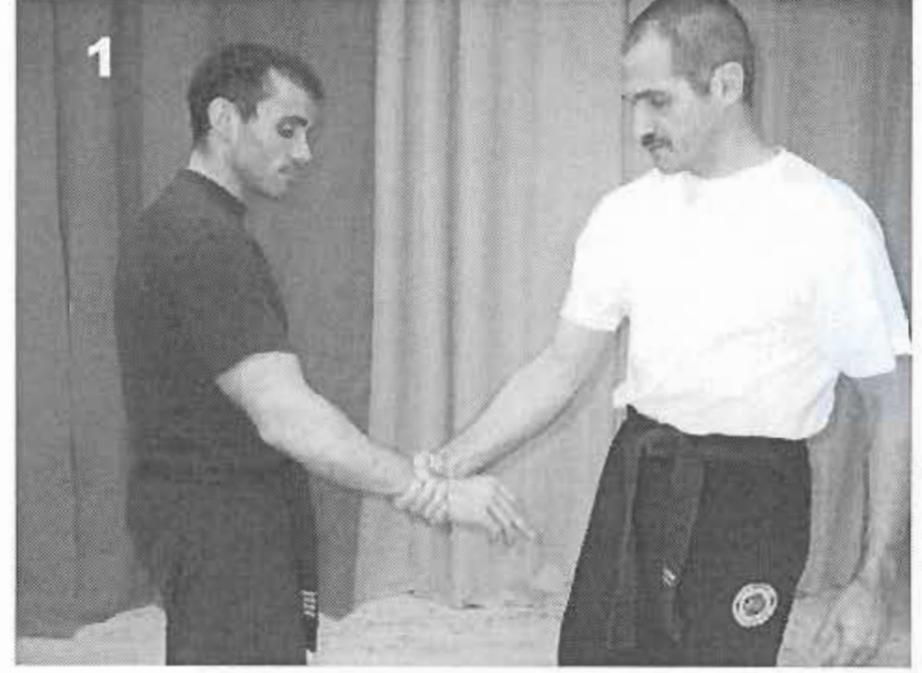
Perform a lever with the help of the forearm.



By bringing you closer to the opponent. If it's powerful, you will strike first.

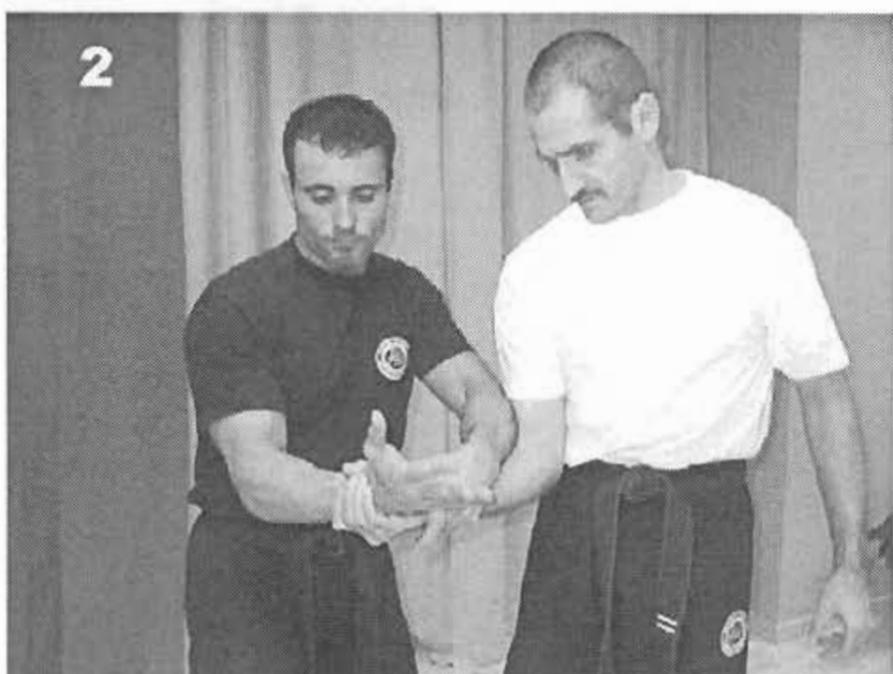


Here, it is better to keep your safety range.

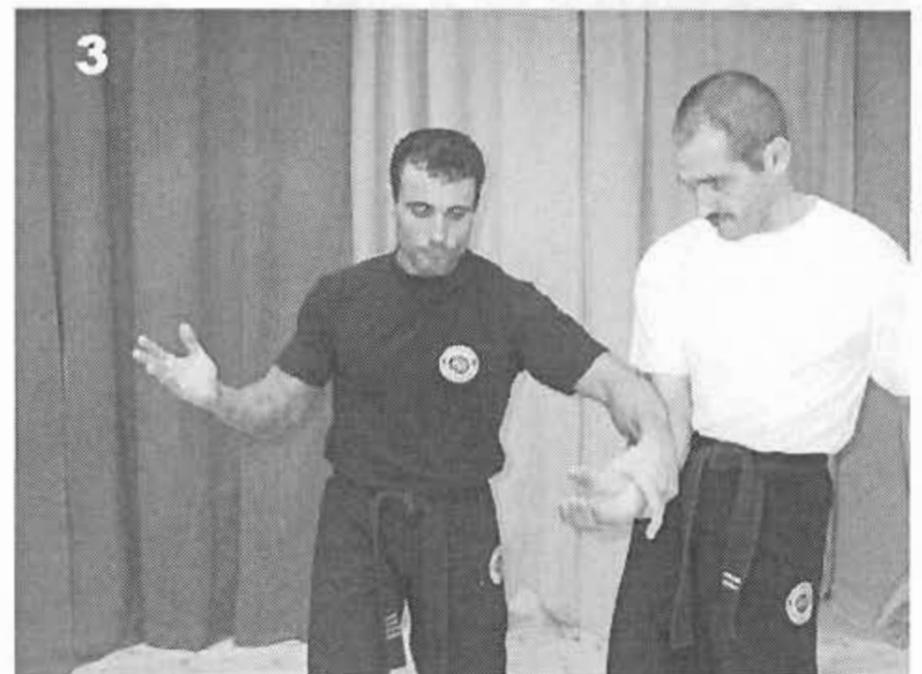


Wrist release:

In this scenario, the grip is crossed.



You are using the same means...



... while keeping a control on the opponent.



1
Wrist release:
 You are always using the lever's principle.



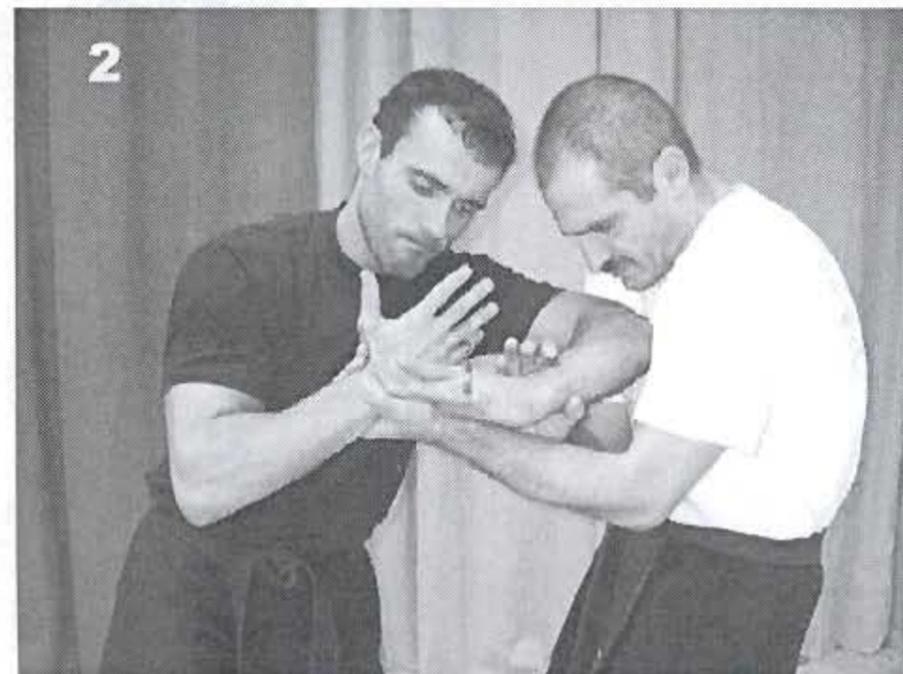
2
 But in this case, you have to use both hands to release you.



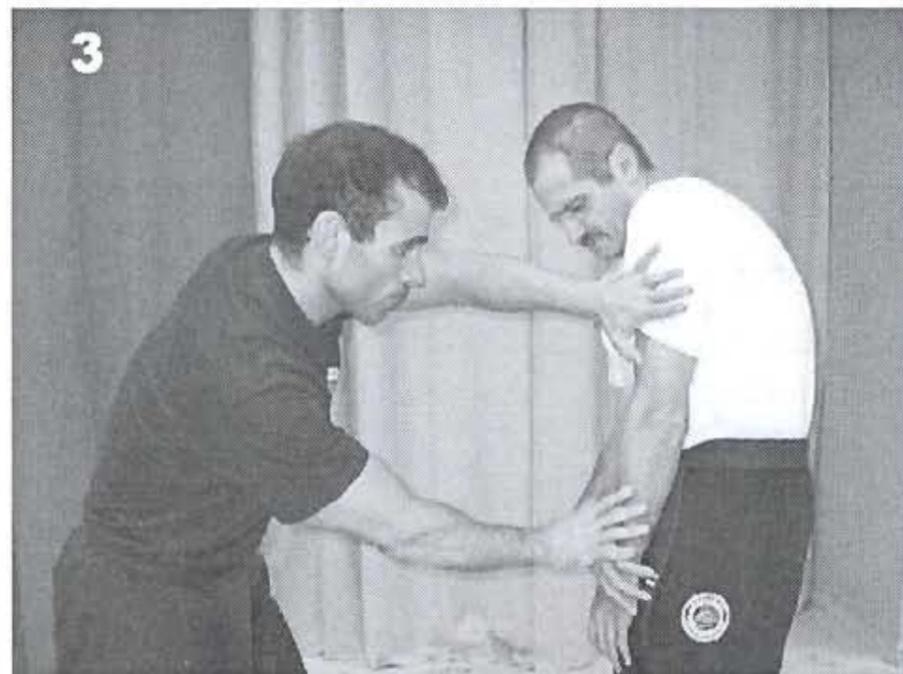
3
 Good job! You managed well!



1
Wrist release, both hands:
 If you understood the wrist release just before, this will be easy for you.



2
 If it's necessary, you can push his solar plexus with your elbow.



3
 Once again, you rejected the strikes option to release you.

ORANGE BELT PROGRAM





High deadened backward fall down:
A little harder!

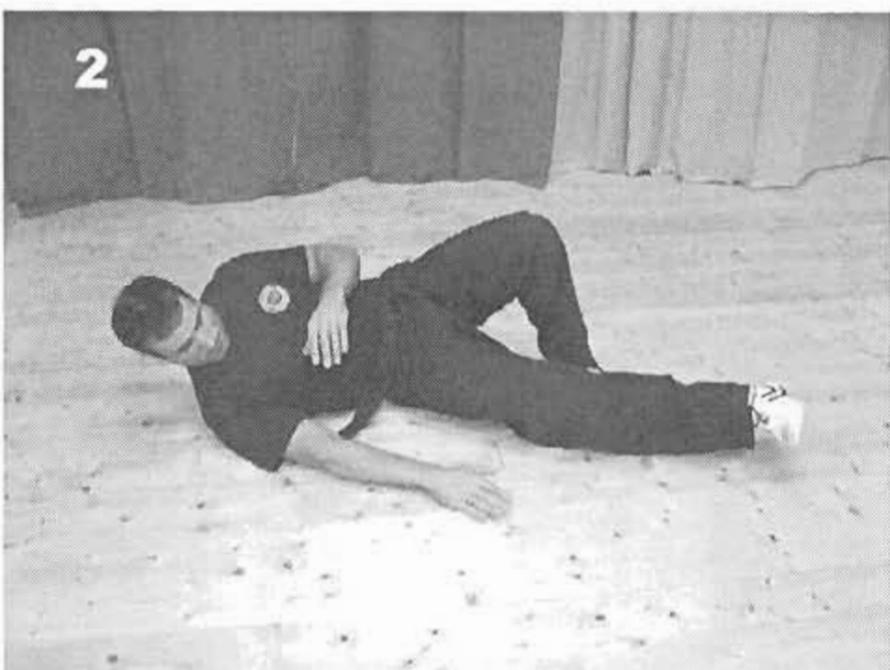


It is important to synchronise the fall and strike on the ground with the arms.

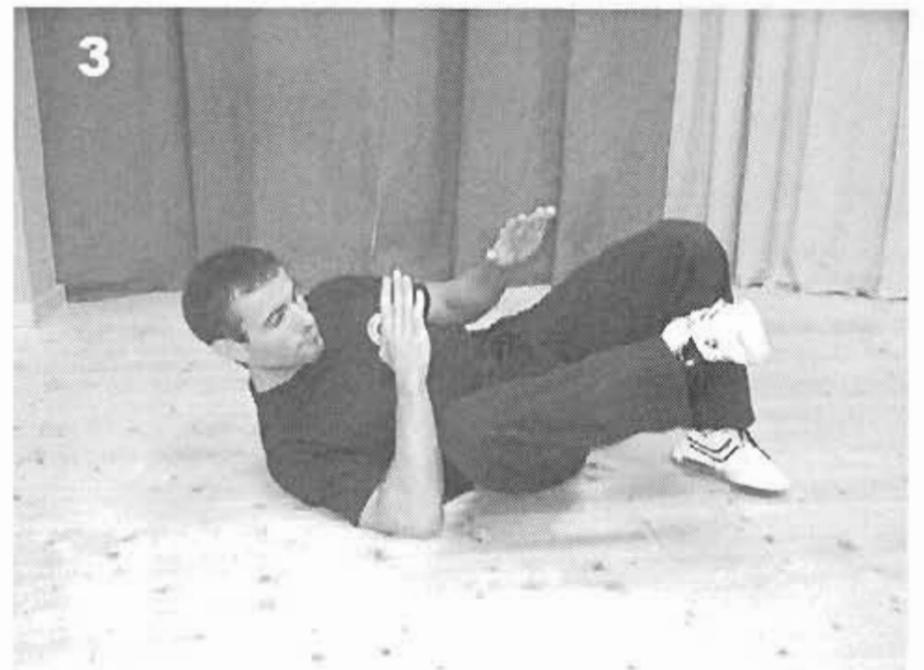
Notes



Deadened side fall:
Flex your left leg ...



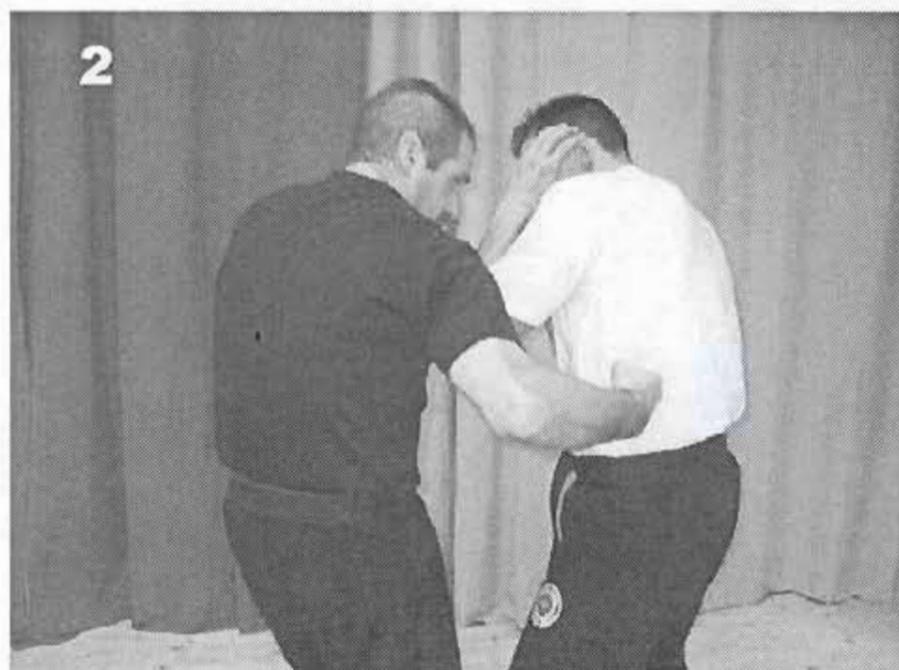
... to land on your right side and deaden your fall when striking the ground.



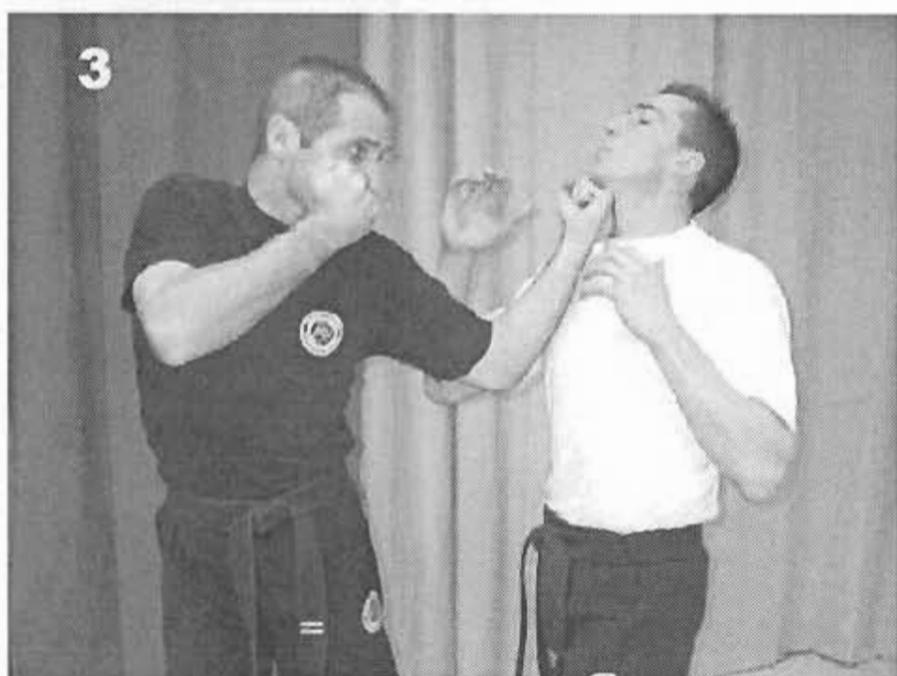
You can defend yourself, if necessary.



Palm hook to the jaw:
Use the heel part of your hand!



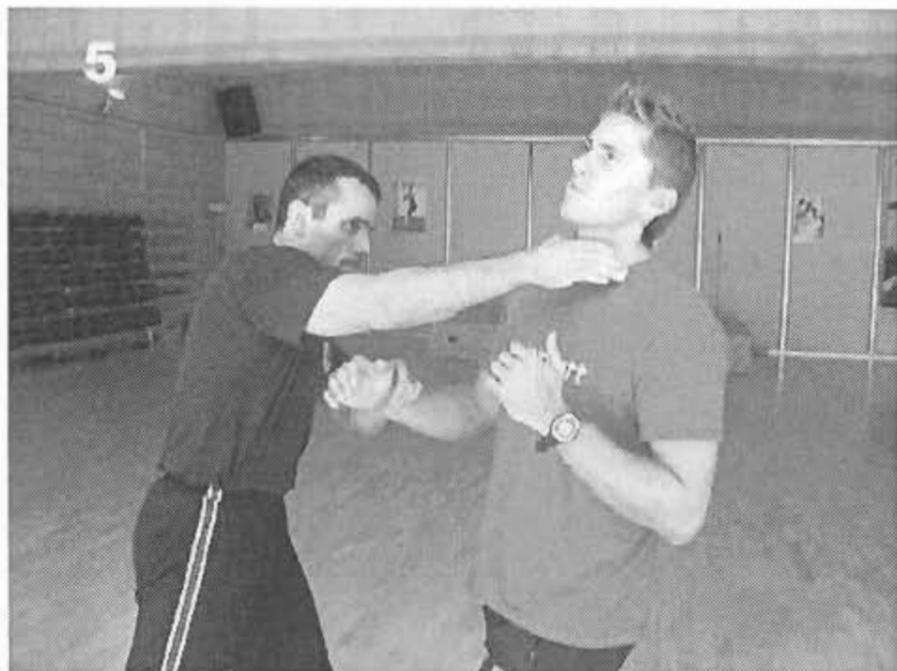
Fist hook to the body:
Your fist is perpendicular!



Uppercut to the chin:
From short range, of course!



Palm strike to the groin:
You are moving out from the attack line.



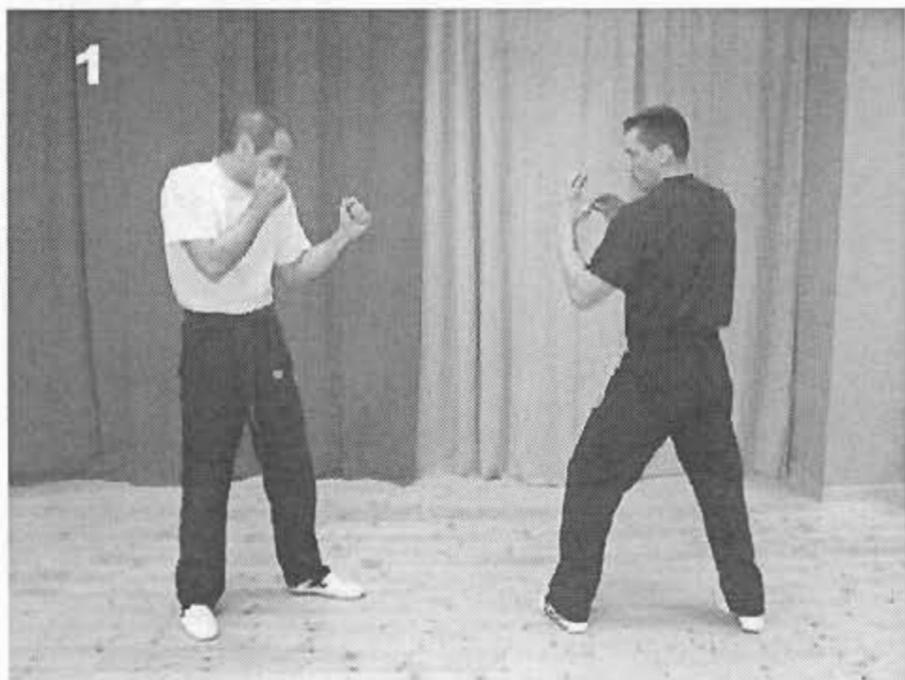
Direct hand strike to the throat:
With the part between the thumb and the index.



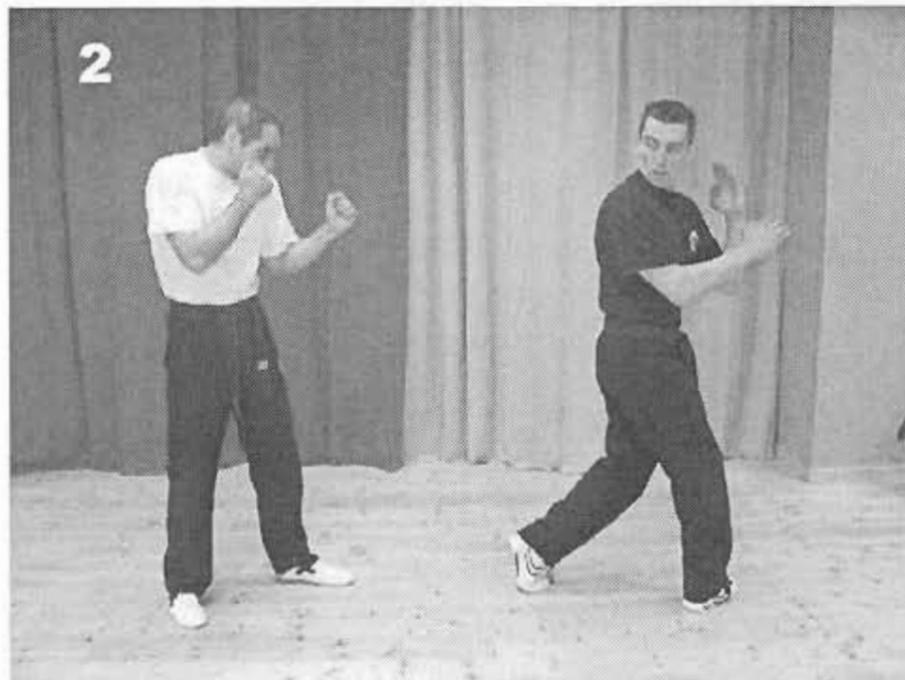
Forearm strike:
Use the inside part (thumb side).

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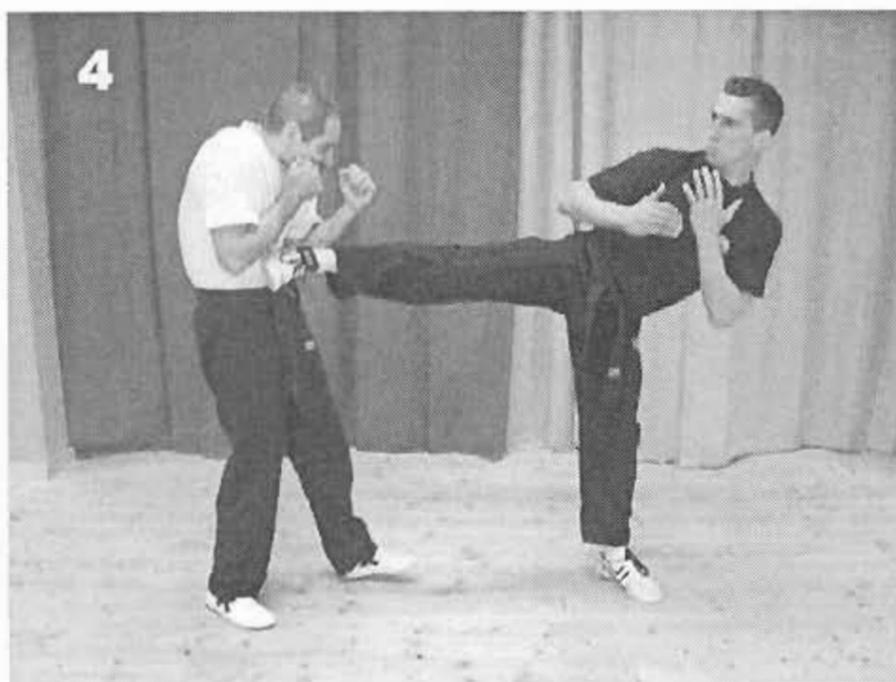
Direct back kick:
Very efficient, if it is well performed!



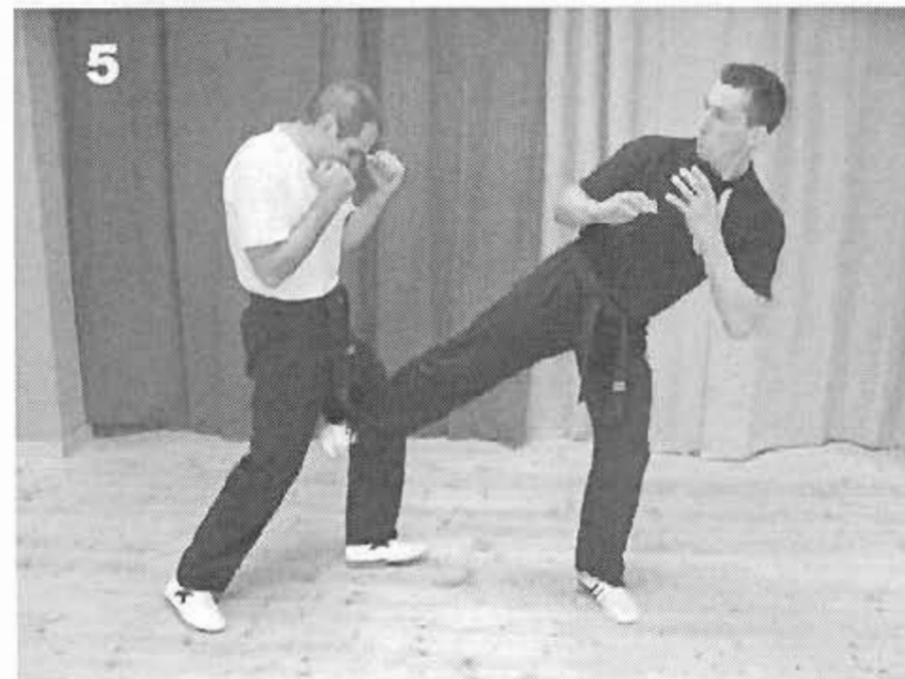
Turn the body when watching your opponent. Then, prepare your right leg...



... and hit with the heel.
Stay back from the opponent!

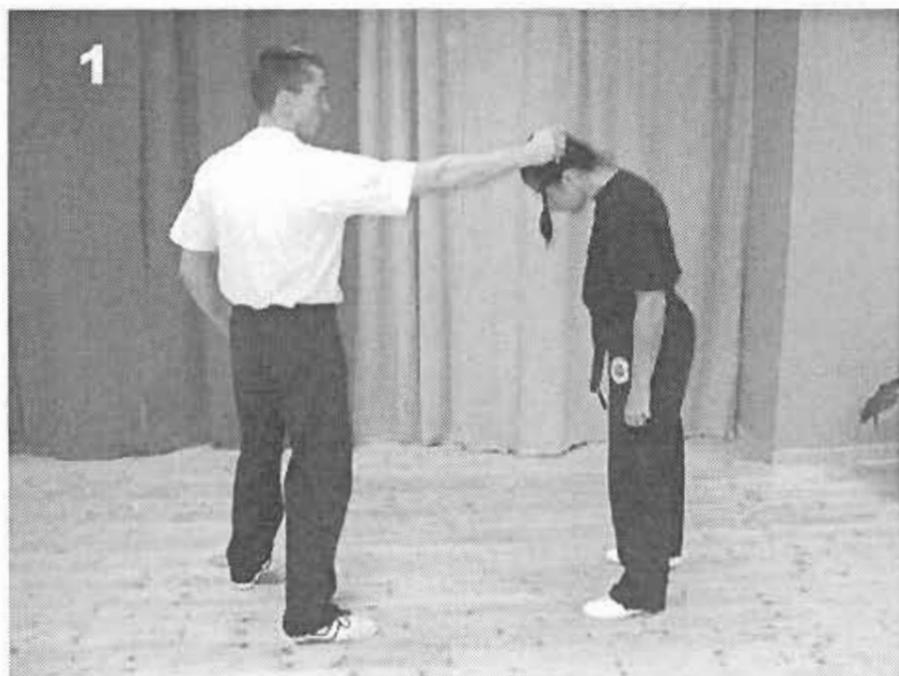


Side back kick:
Just the same motion but your hips rock and you are on your side.

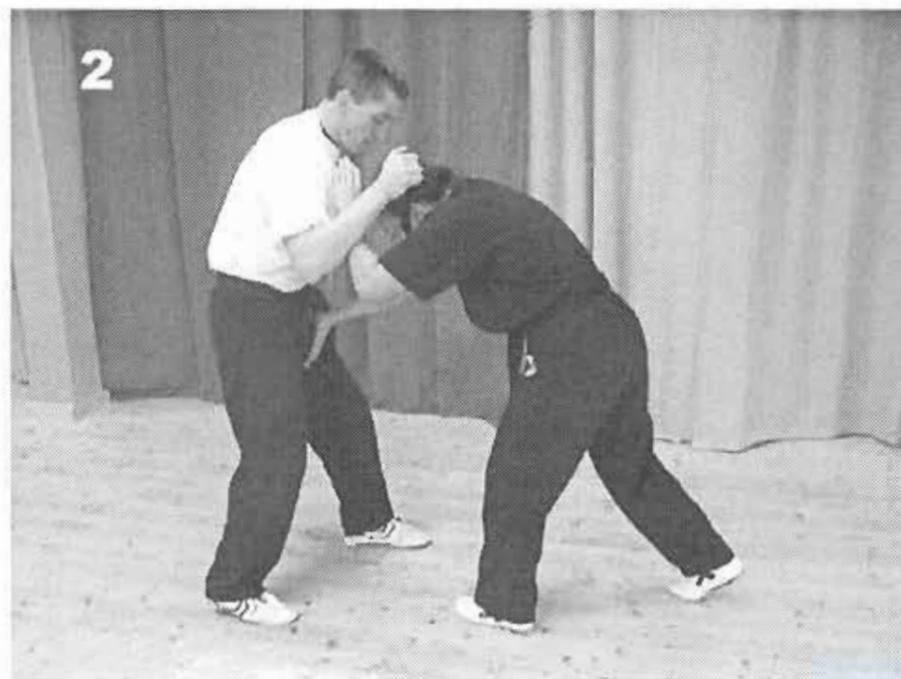


Round back kick:
To perform this, you have to continue your spin completely.

Notes



1
Hair grab to the front:
 Here, the opponent pulls you.

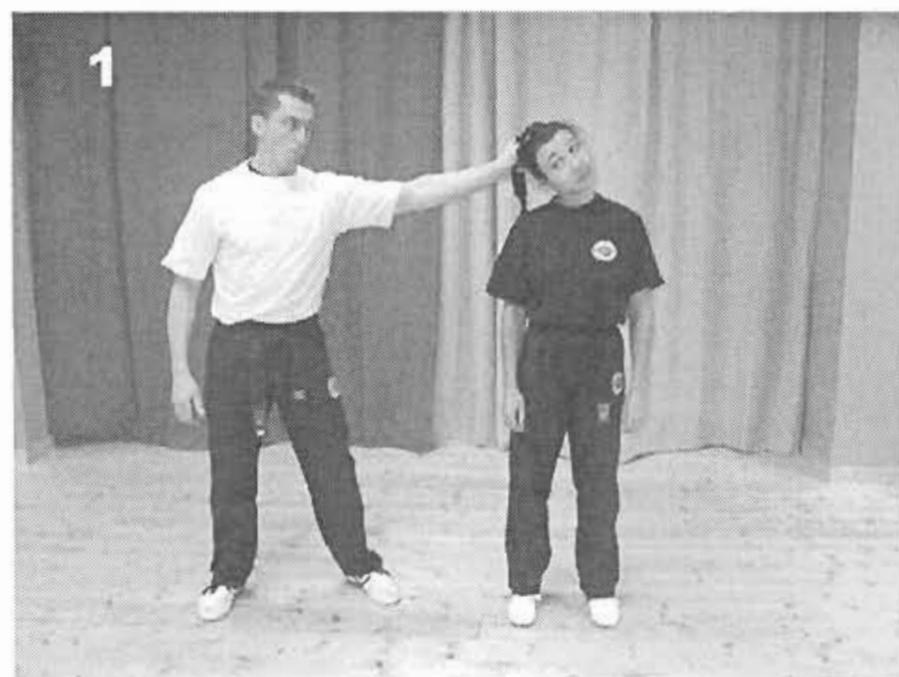


2
 Step forward when hitting the groin ...

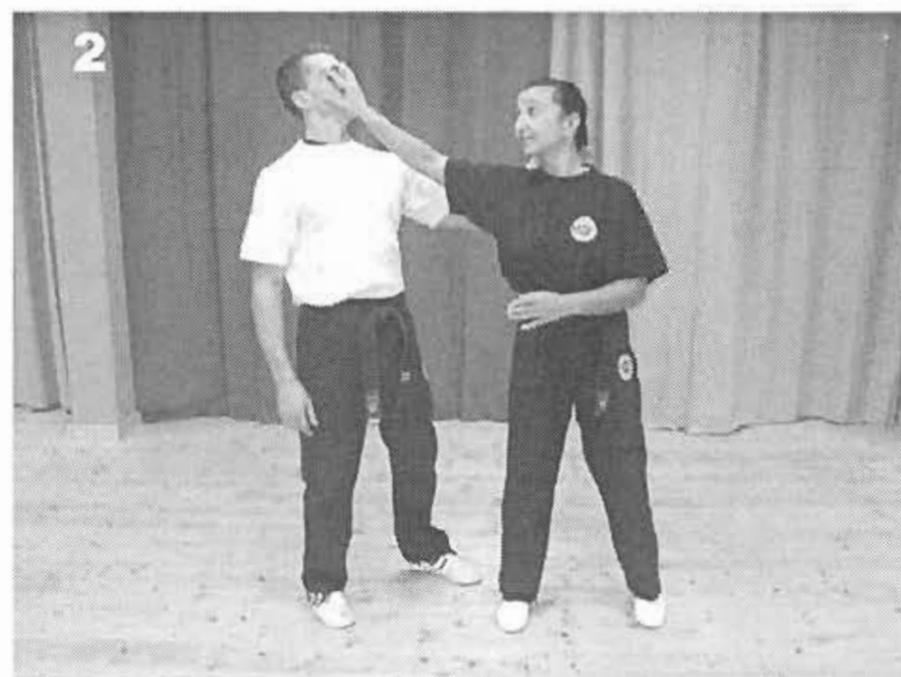


3
 ... the next move, to end with a elbow strike to the throat!

Notes

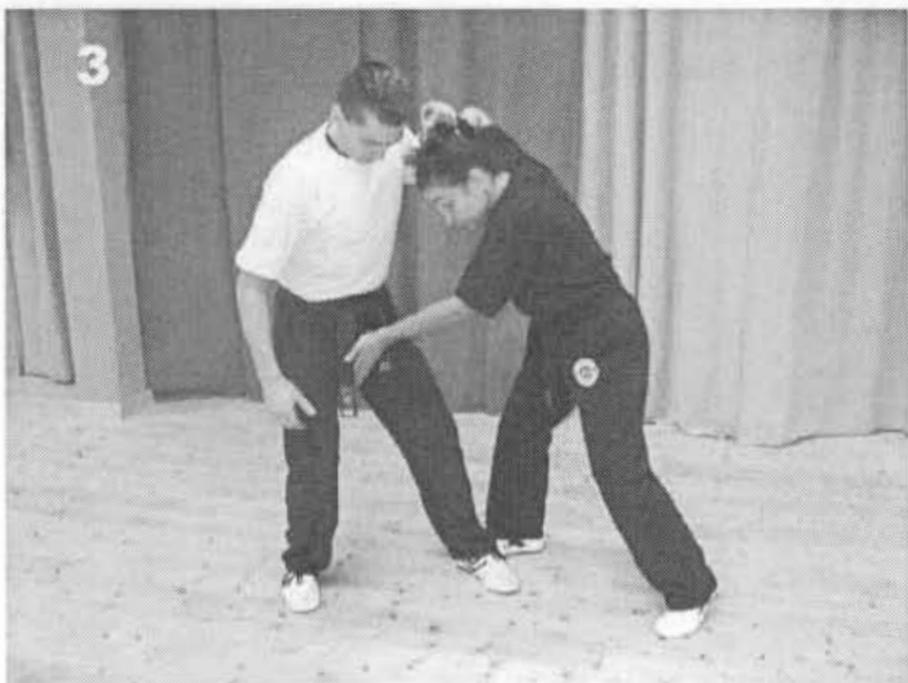


1
Hair grab to the side:

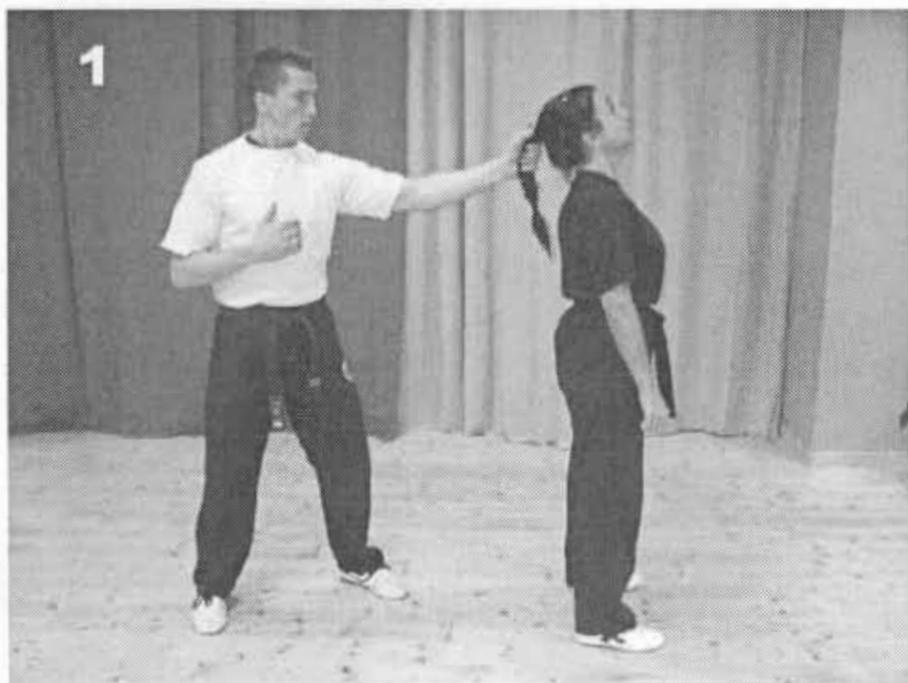


2
 Fingers prick the eyes.

Notes



Then, strike with your other hand to the groin.



Hair grab from behind:
You are unbalanced backward!



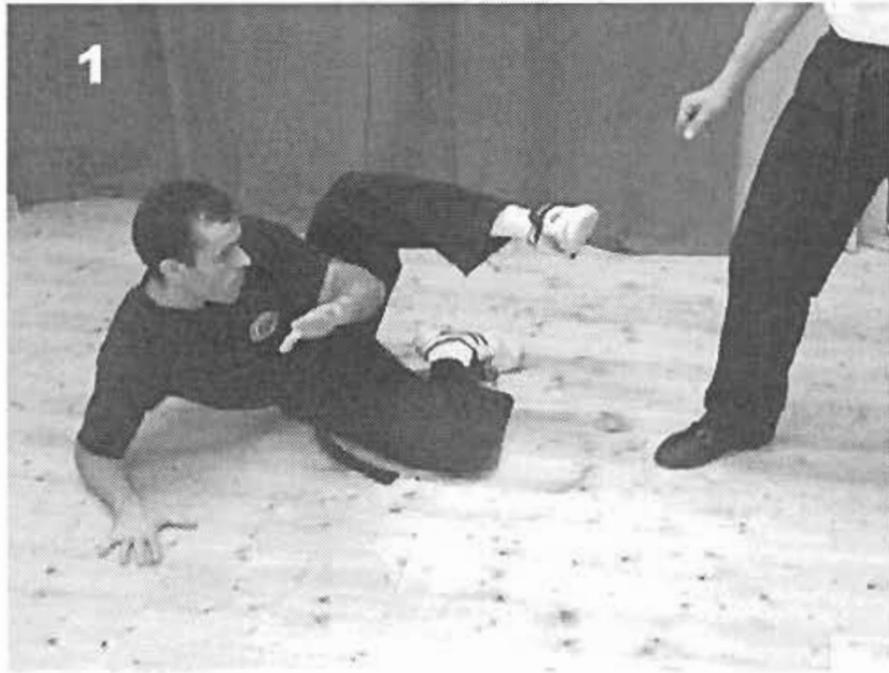
Step backwards and swivel on your support...



... when attacking the opponent's eyes.

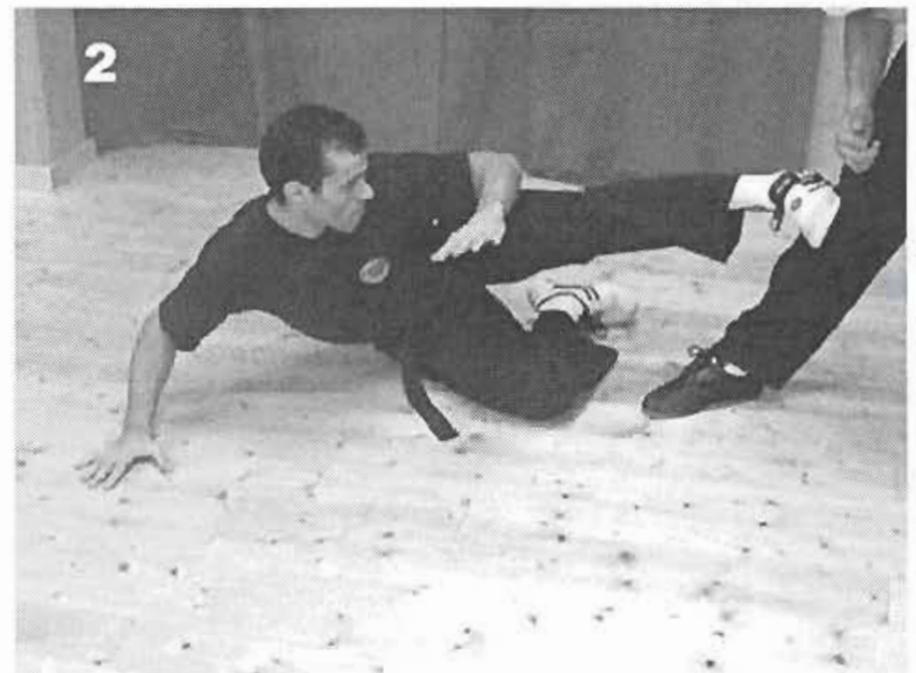


Continue with a knee strike.
Good! Nice defense!



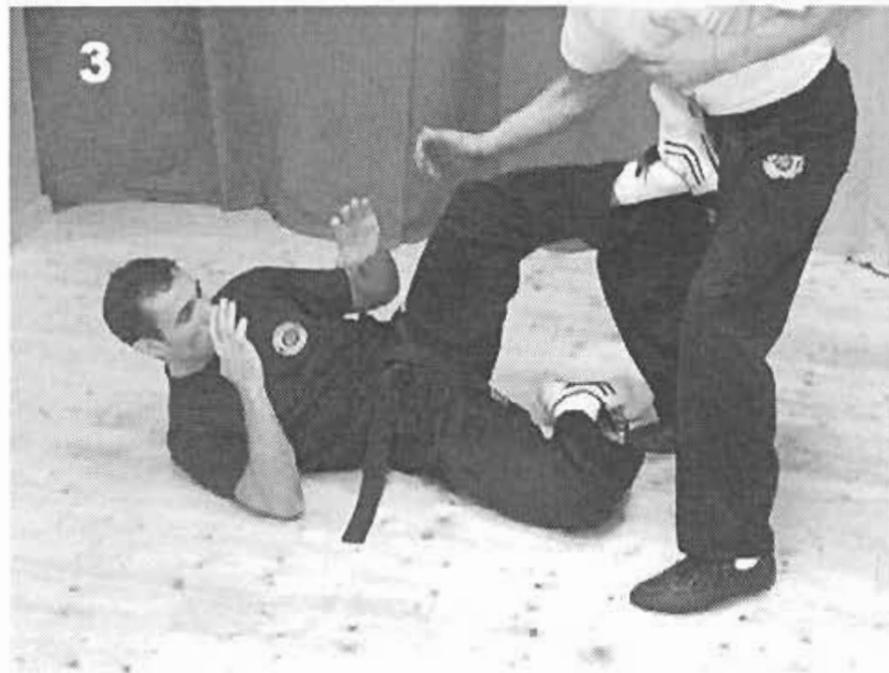
Ground defense guard:

With a compact position, you prevent your opponent to reach you.



Side kick:

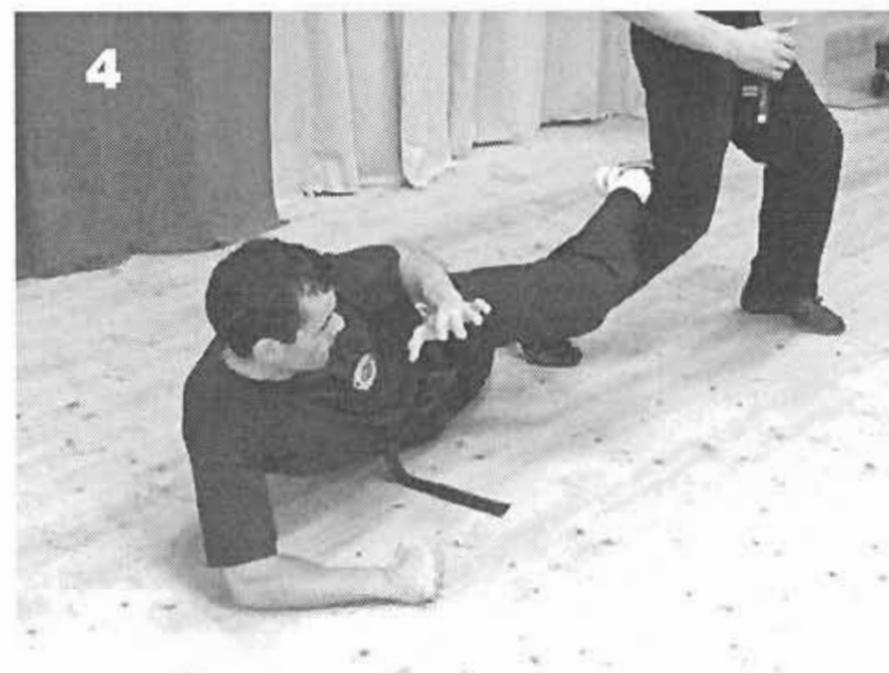
When keeping your hand on the ground, you get more powerful.



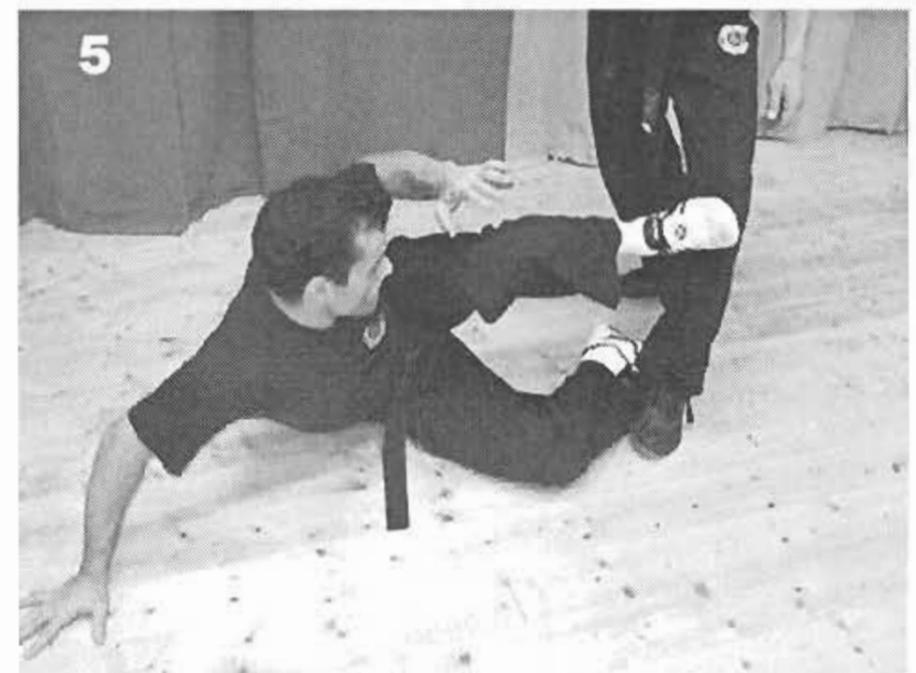
Direct kick:

Here, the range is closer and you stop your opponent, like this.

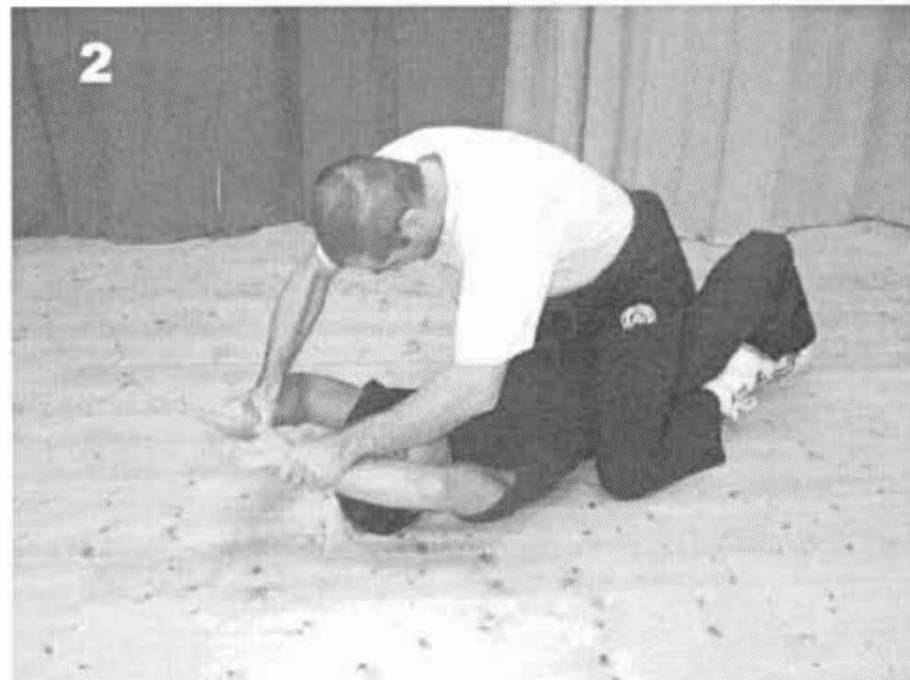
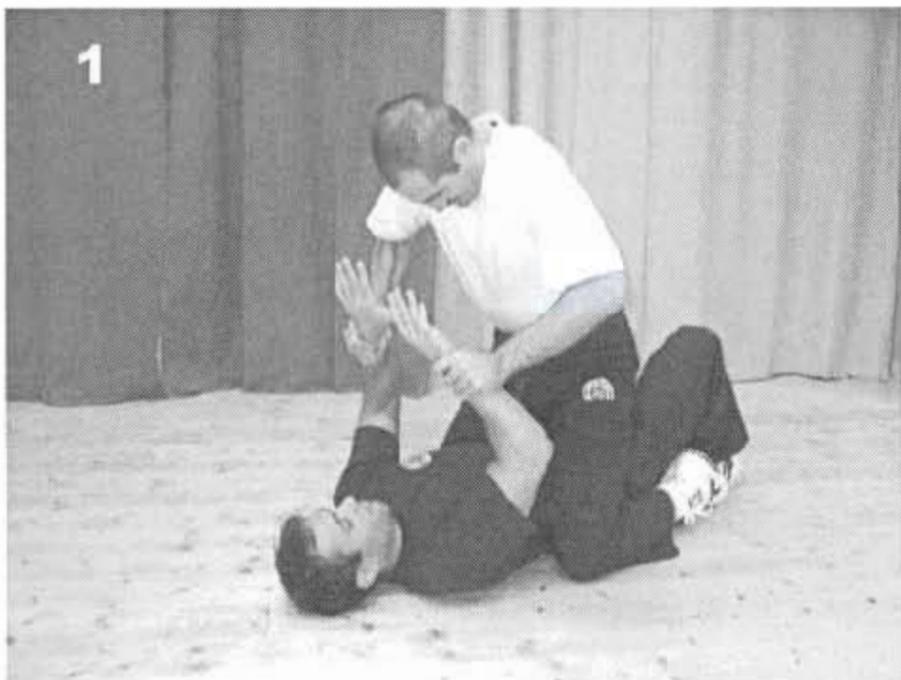
Notes



Lie on your side, then you hit his knee with a **round house kick**.



You can also unbalance the opponent when **hooking his leg and pushing on his knee**.

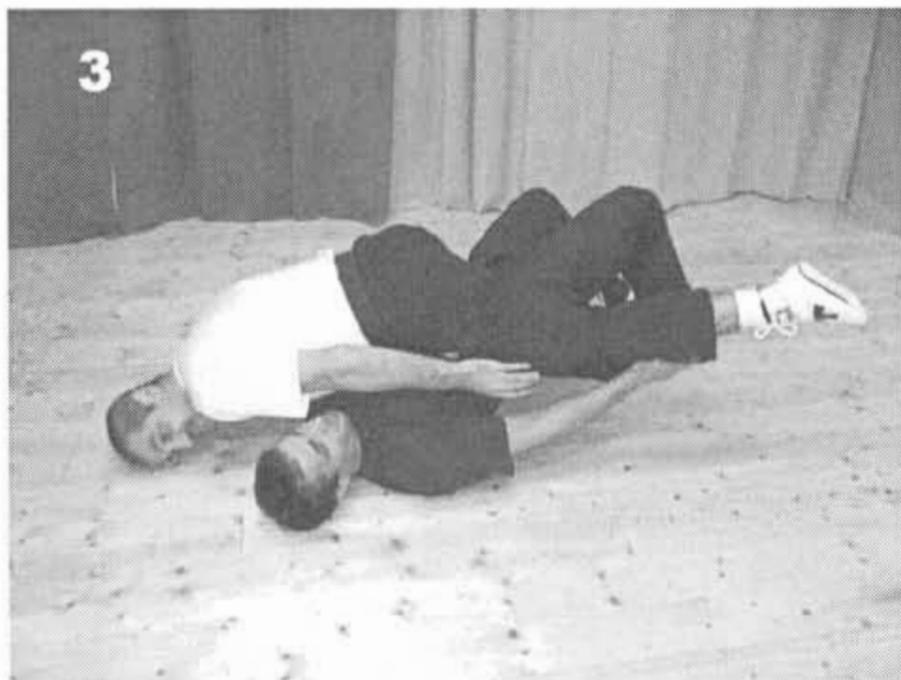


Ground wrists release:

The opponent is in the mount position and he is grabbing your wrists.

Perform a rotation arms' movement when

...



... lifting the pelvis to throw the opponent on the side. Your movement must be explosive!



Attack the opponent and by striking him on the face, next...



... to the groin when controlling his legs.

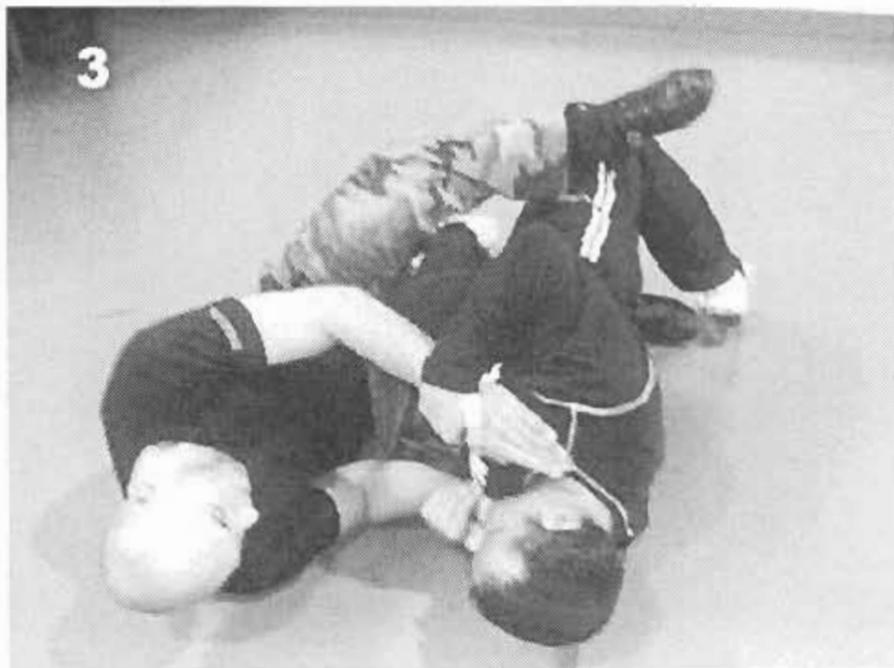
Notes



Choke on the ground:

The opponent is on the mount position.

Release his thumbs and bridge on the side as high as possible simultaneously!



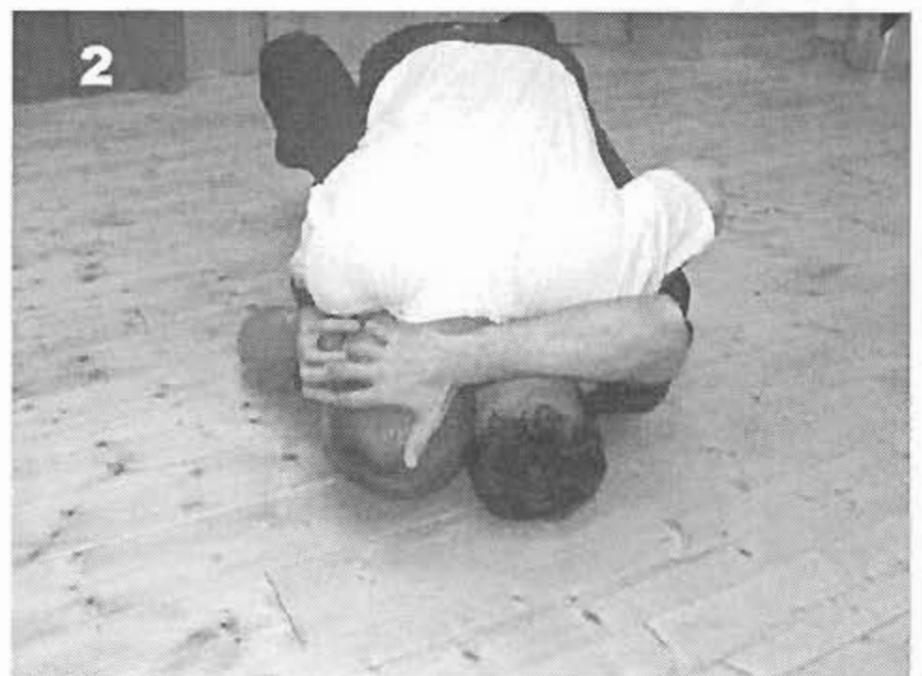
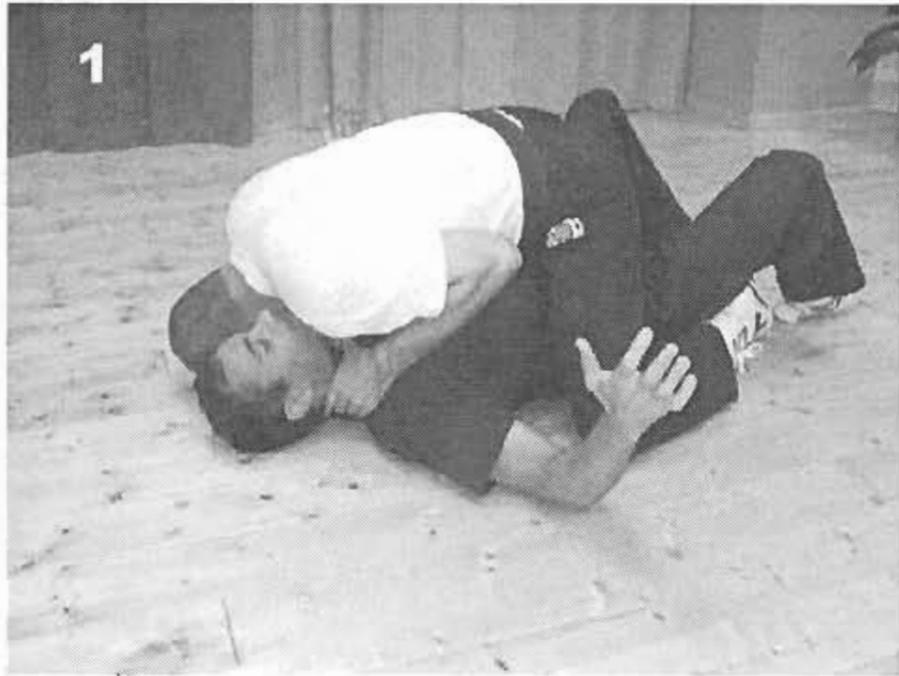
Your opponent is falling forward and you are keeping his hands against your chests.



Counter attack immediately with several punches to his face and to his groin area.

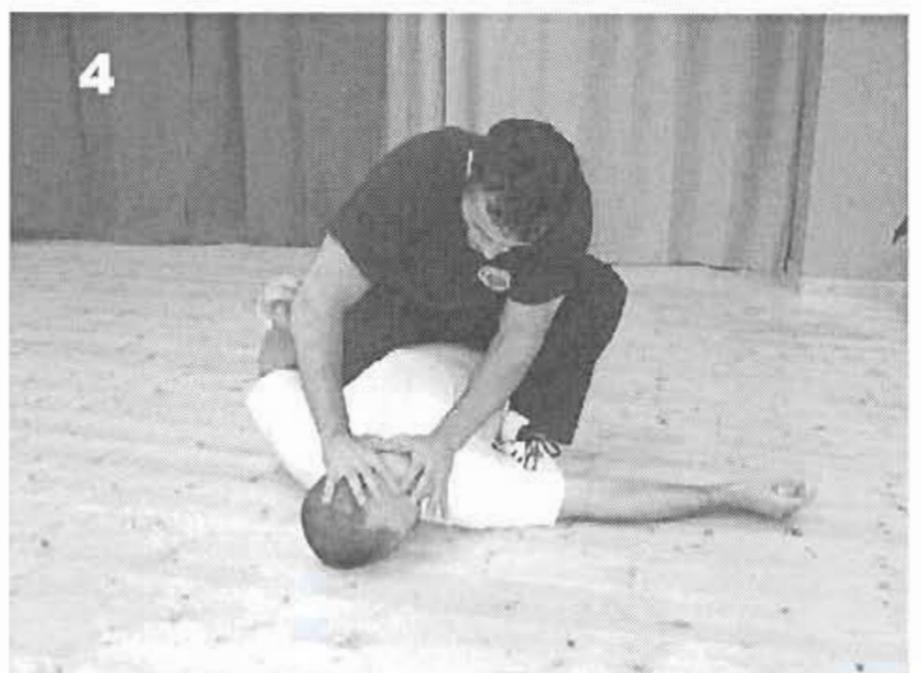
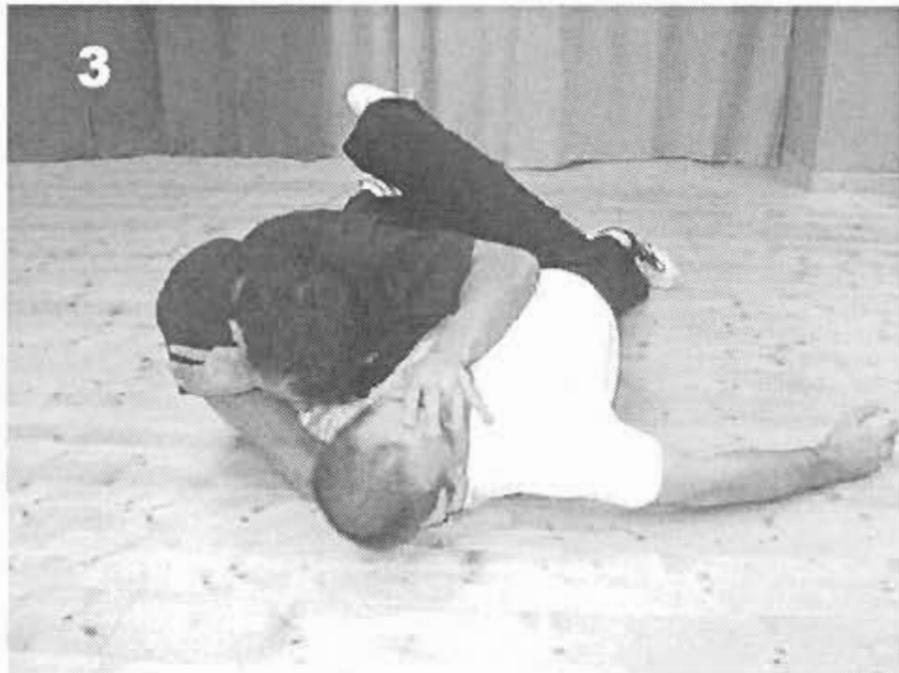
Notes

A series of horizontal lines for taking notes, starting below the 'Notes' header and extending to the bottom of the page.



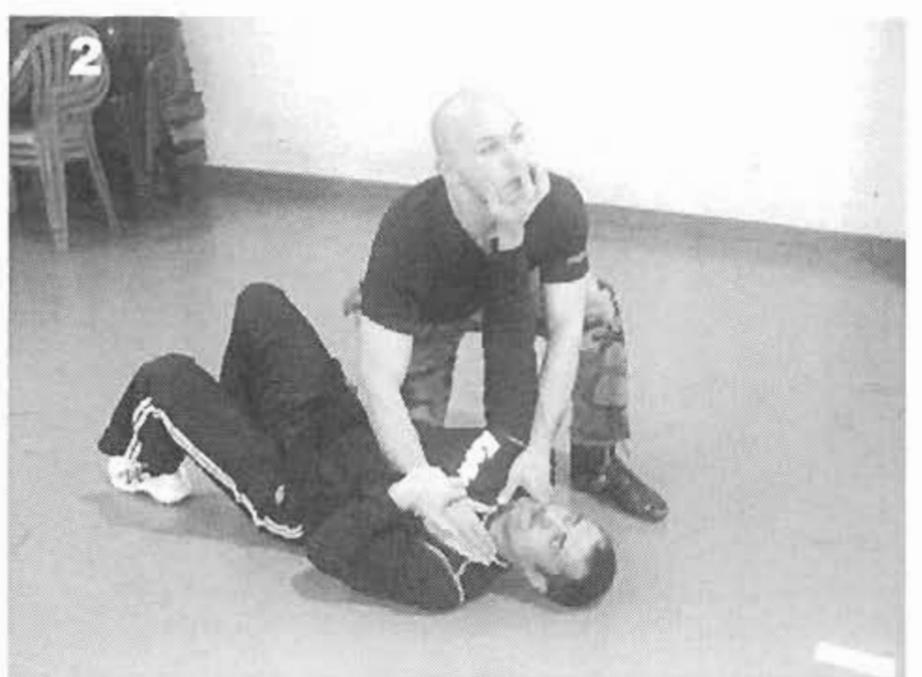
Choke on the ground #3:
The opponent is always on the mount position but he protects his head.

Strike the neck before gripping his head ...



...and perform a torsion on the neck to reverse the opponent.

Pass the guard and attack the face!



Choke on the ground #4:
Now, your opponent is on the side mount position.

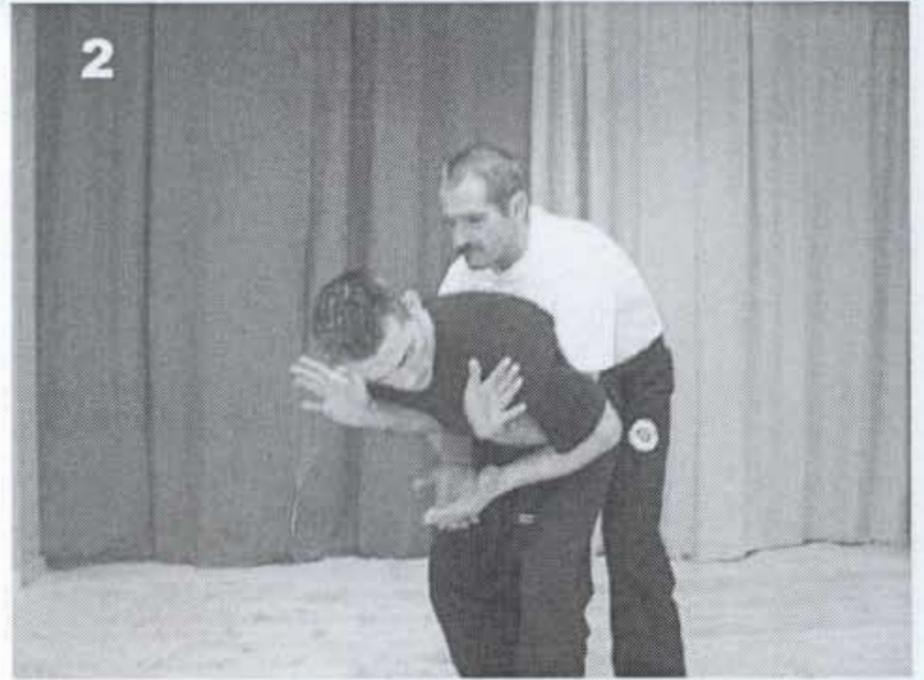
For the first move, release a thumb and strike the face simultaneously!



1

Double Nelson:

The opponent tries to block your neck from your back.



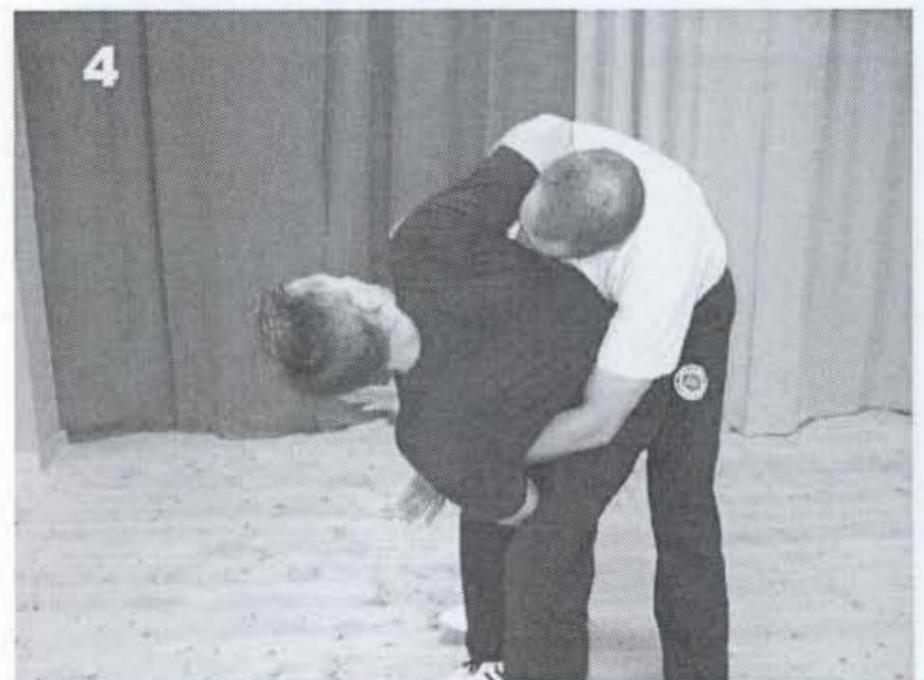
2

Squeeze your elbows when bending your body forward.



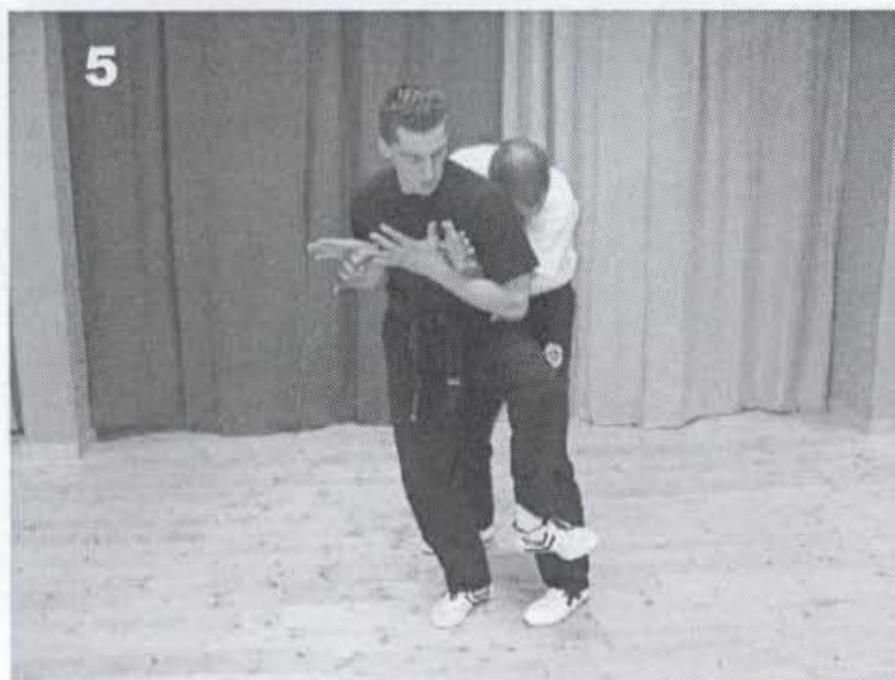
3

Give him, one elbow 's shoot sequence to his face ...



4

... like this!



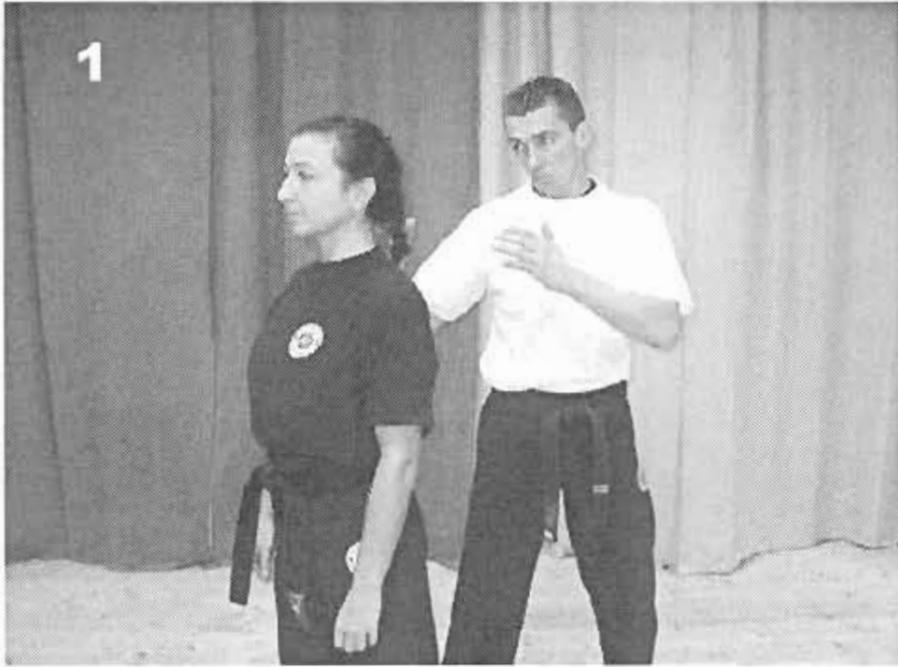
5

Continue with a stump kick...



6

... on his foot next to the groin.



1

Rear headlock with the forearm:
The opponent is behind you and he is going to choke you with his forearm.



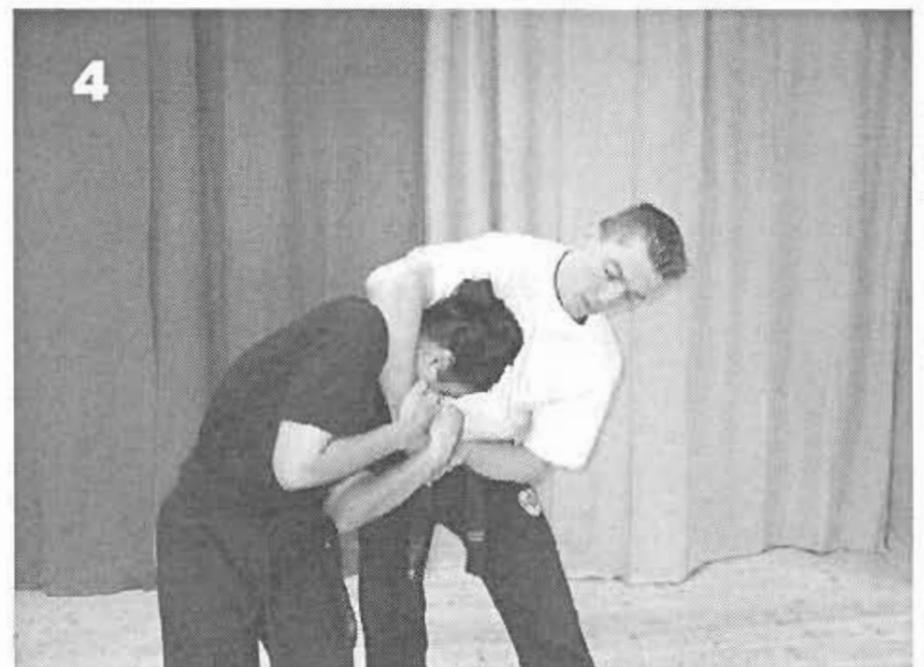
2

Protect your throat when closing your chin to the shoulder...



3

... next strike the opponent's eyes with your both hands.



4

Pull down his arms to create a space and to release your head.



5

Continue with the palm to the groin.

Notes



Grab his wrists next...

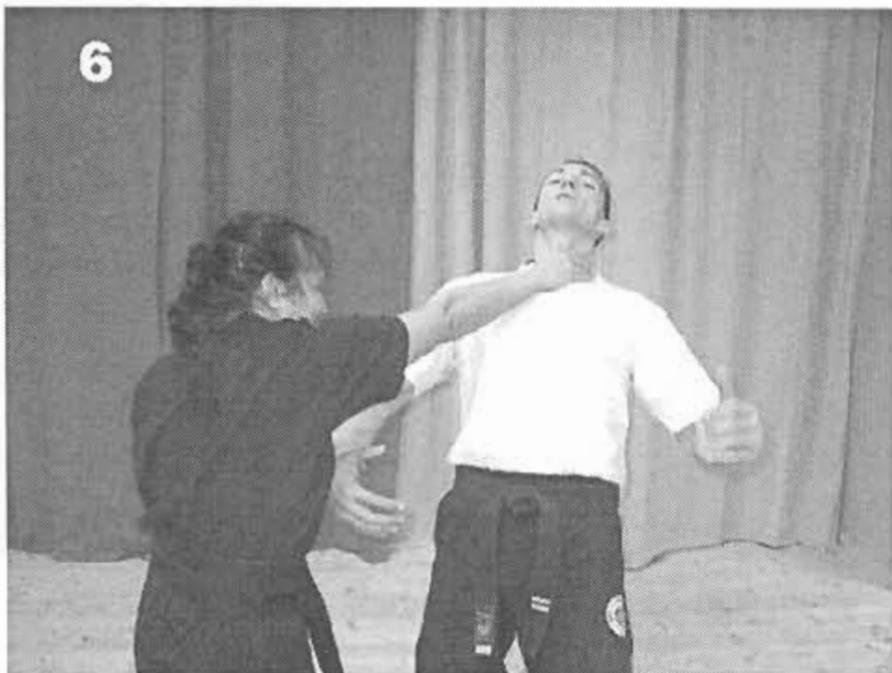


... attack the opponent in the groin. You can follow with a vertical elbow's strike to the chin.



To help you to release your head, use your thumb to his throat ...

Notes



... and push, like this!



If you want, you can finishing with this kick to the groin.



1
Clothes' grab with one hand:
The defense must be proportional to the attack!



2
When controlling the opponent's hand, you're pushing your fingers in his throat.



1
Clothes' grab with two hands:
Fast and precise, please!



2
When controlling the opponent's hand, palm strike him to the face.



3
...then follow up with a knee strike to the groin, like this.



4
Then, push away your opponent to stay in a safety range.

GREEN BELT PROGRAM





High front roll:

Your partner serves you as obstacle!



In this case, the arms' work to absorb and start your roll is more important.



Side roll to the left and to the right:

Little variation of the front roll.



You're using only one arm, like this.



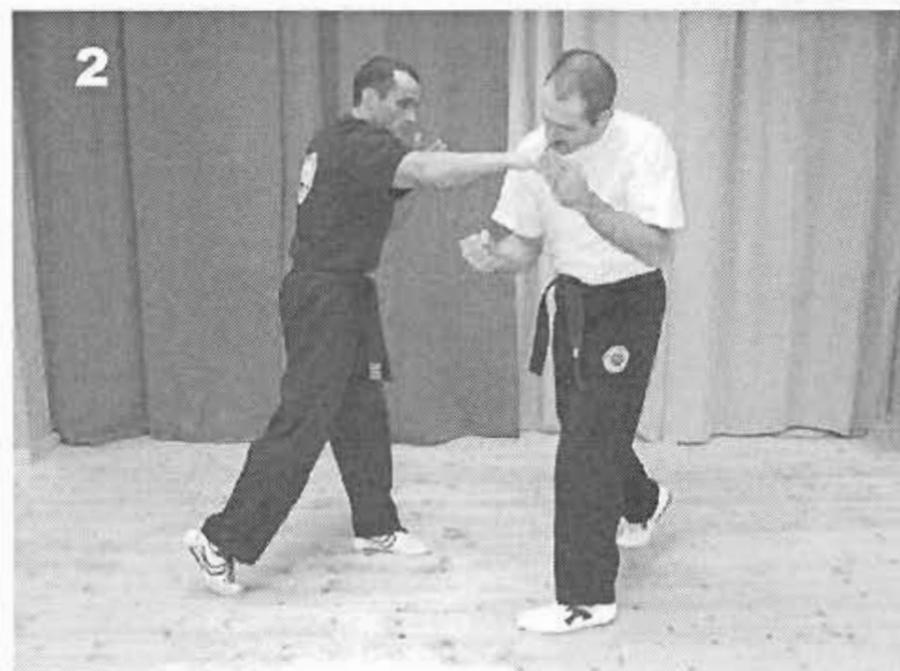
Roll and stand up!

Notes

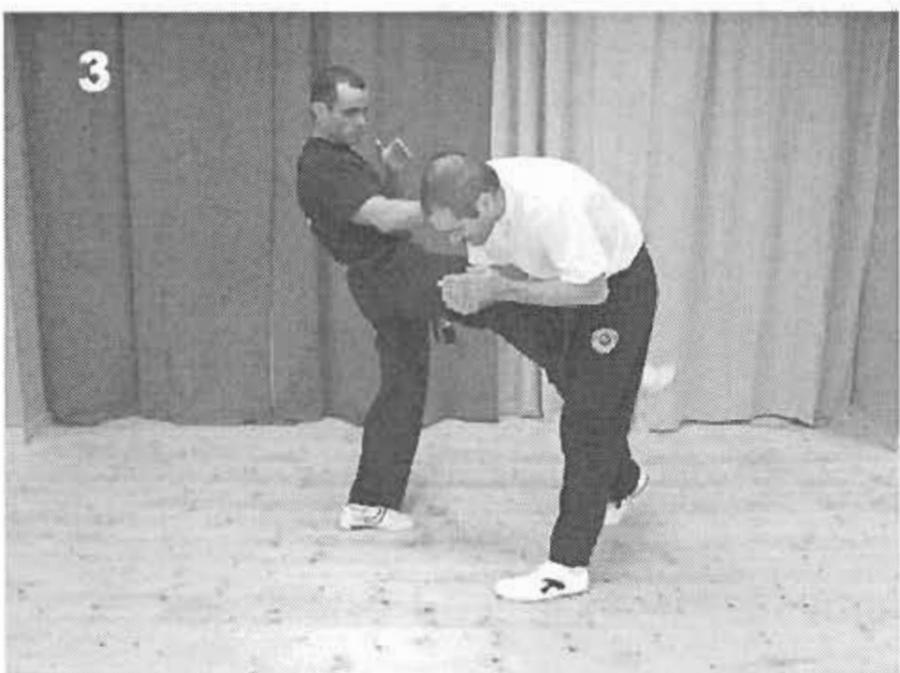


Punch to the face:

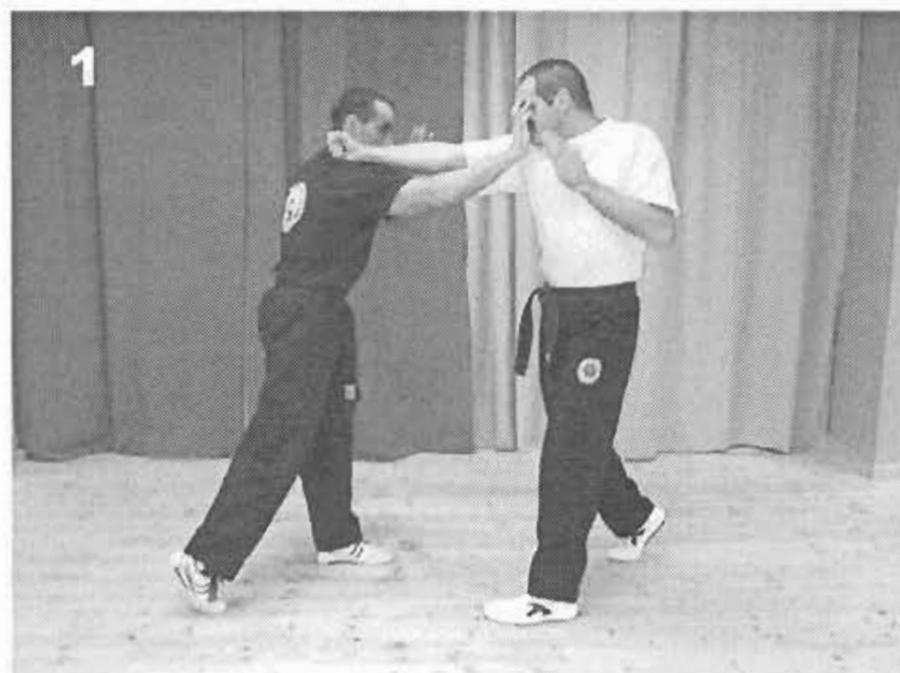
From the guard, inside parry with your left palm ...



... and counter with a straight punch to the throat.



You're following with a direct kick to the groin.

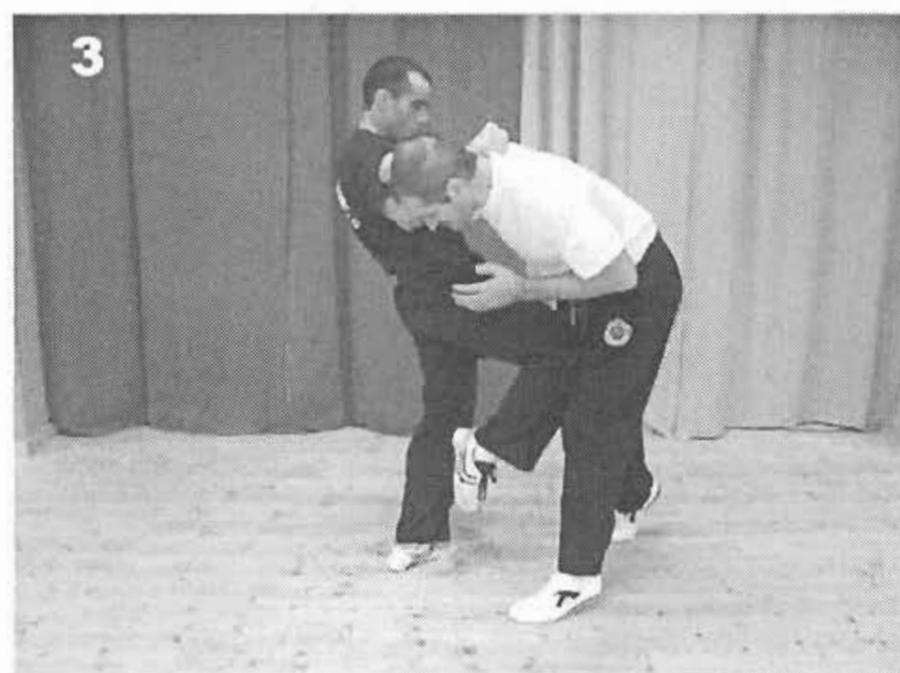


Punch to the face #2:

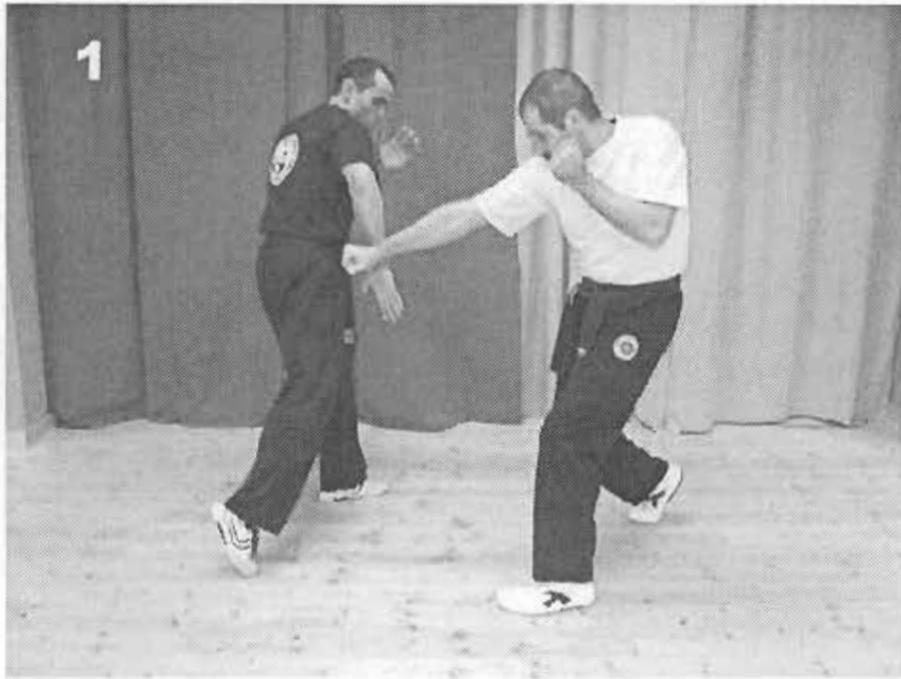
Parry and counter simultaneously to the opponent's eyes!



Then, you're catching and pulling his arm to headbutt him.



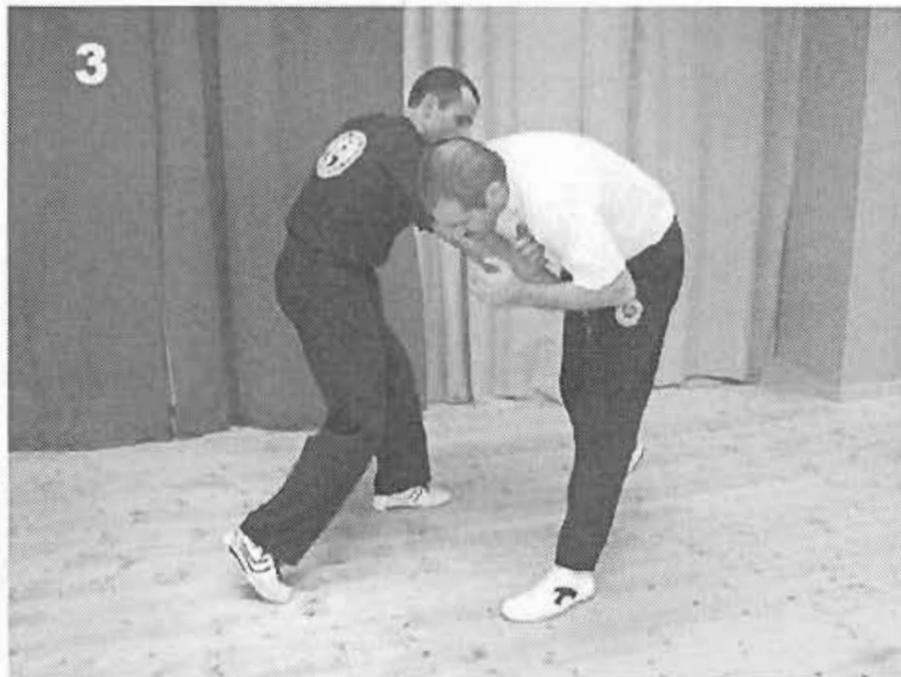
You're finalising your action with a knee strike to the groin.



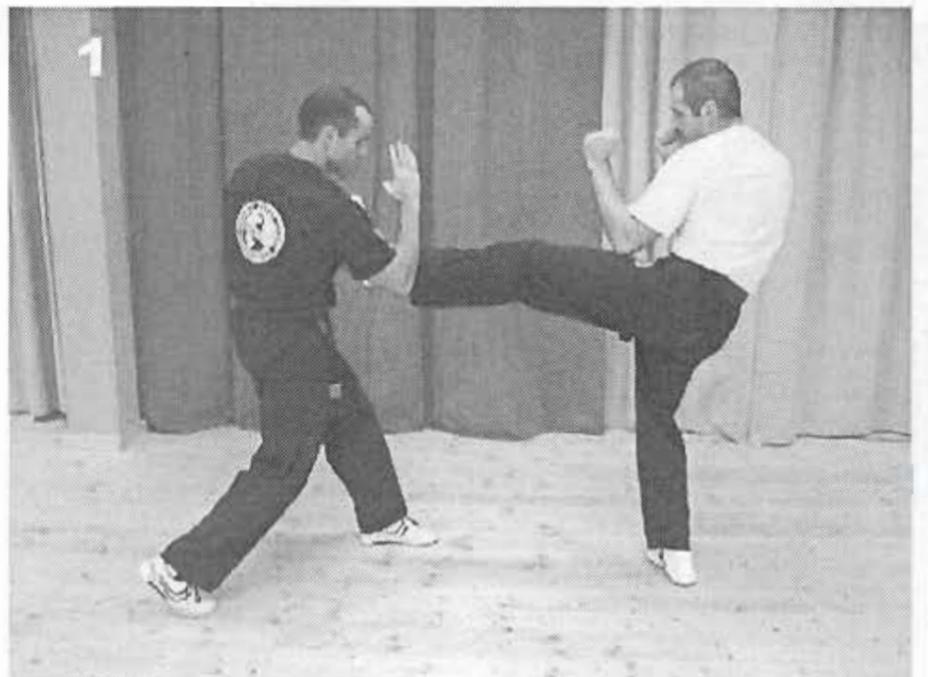
Straight punch to the body:
Perform a outside parry when clearing
you ...



... and counter with a straight punch to the
throat.



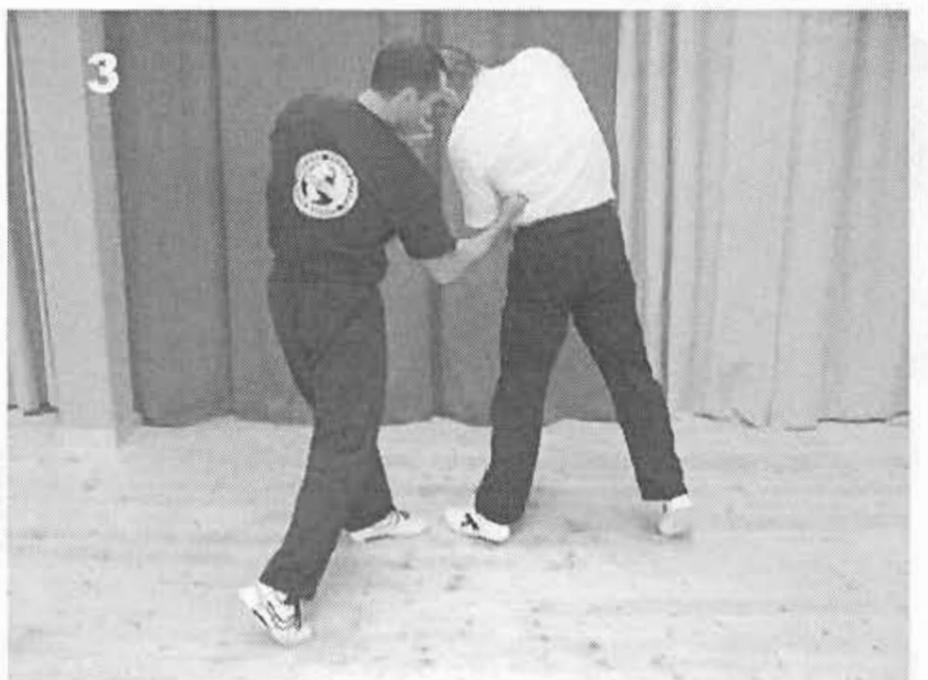
Next, follow with this palm strike to the
groin. Good job!



Direct kick to the body:
Perform a forearm parry, this one being
vertical ...



... and counter with the other hand to the
face.



And finally, you're giving him this body
shoot.



Front shoulder lock:

You're holding strongly the wrist and the forearm with the help of both your hands.



Step towards the opponent and grab your forearm to lock the grip!

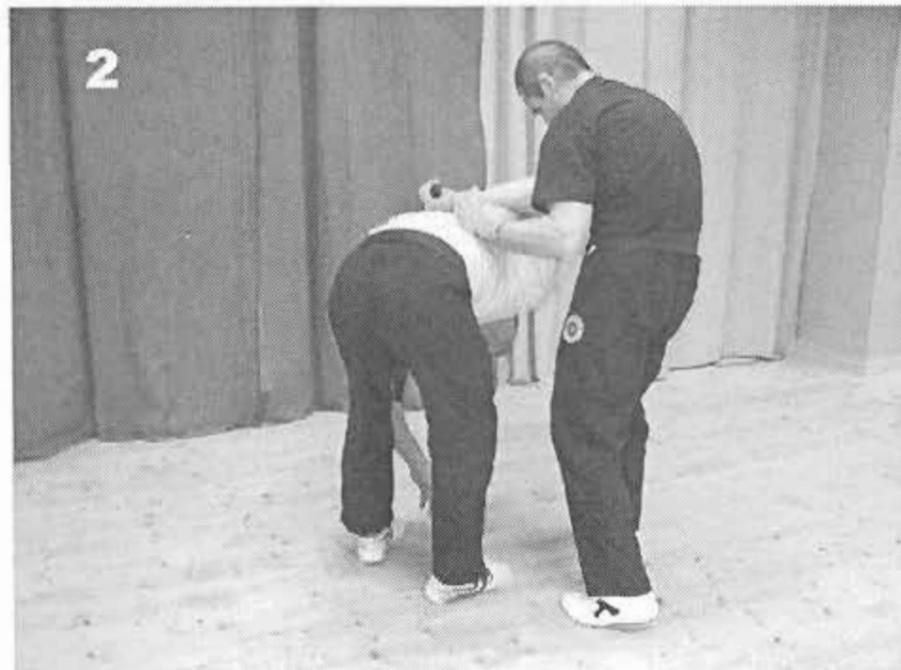


Follow and unbalance him when using the body weight.



Back shoulder lock:

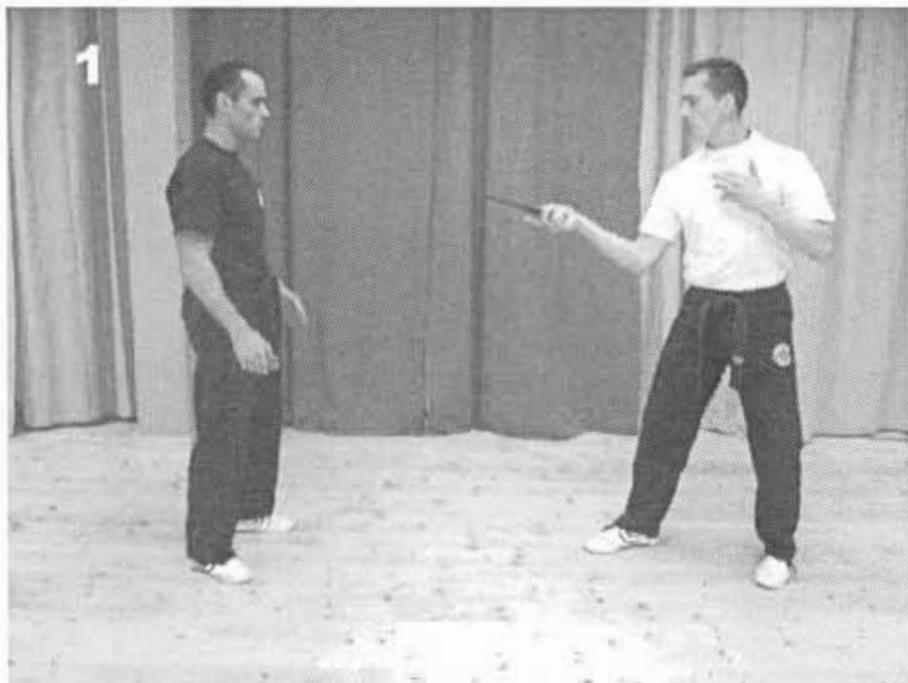
Here, your opponent is bended forward. Push his arm on his side...



... and lock the grip when grabbing your forearm as before.



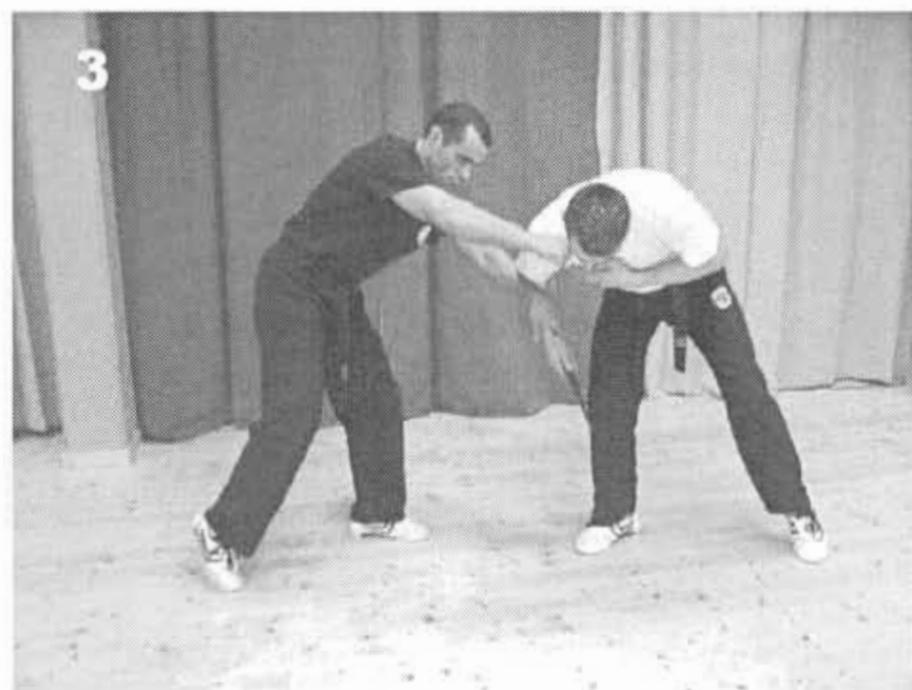
Under this view, the detail of the back shoulder lock.



1
Defense against a straight stab:
From the neutral stance.



2
You're stopping your opponent with a direct kick to the body.



3
Next, you're grabbing his armed arm when hitting him simultaneously to the face.



4
In this sample above, you're bringing your opponent to the ground with a kick to the groin and with a wrist lock



5
To disarm him, you're hitting his elbow against the ground!

Notes



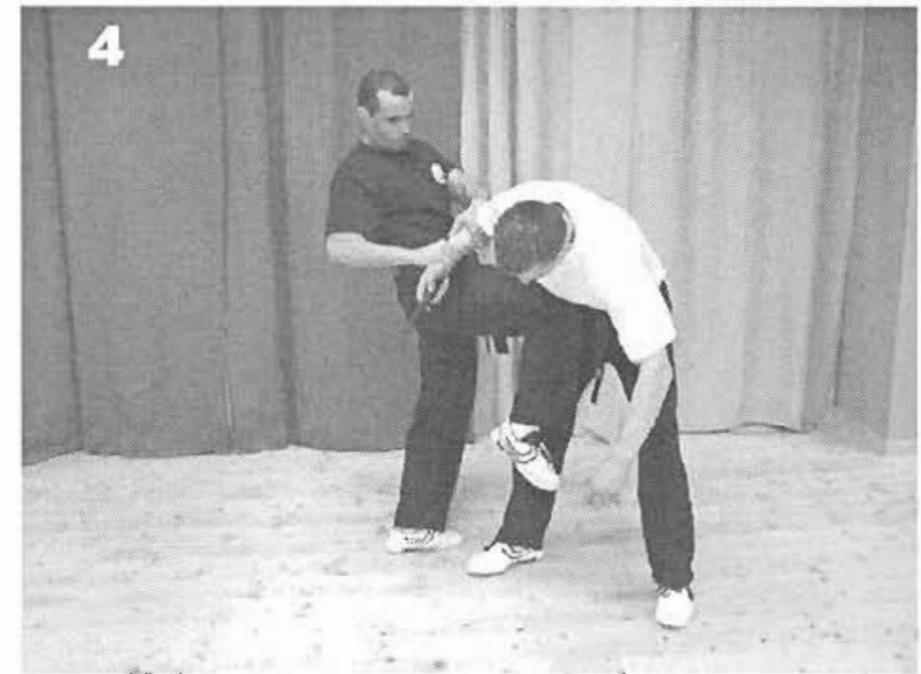
Defense against a straight stab:
you're in your left stance and your
opponent is closer to you.



You're performing a inside forearm parry
when clearing slightly on the side and...



...you're striking the opponent's throat
when catching the armed arm.



Next, you're holding the armed arm with
both hands and you're striking his groin
with your knee.



Remaining is for you to disarm your
opponent when bringing him to the ground
using a shoulder lock .

Notes



Defense against straight stab #2:
Now, you're in your right stance.



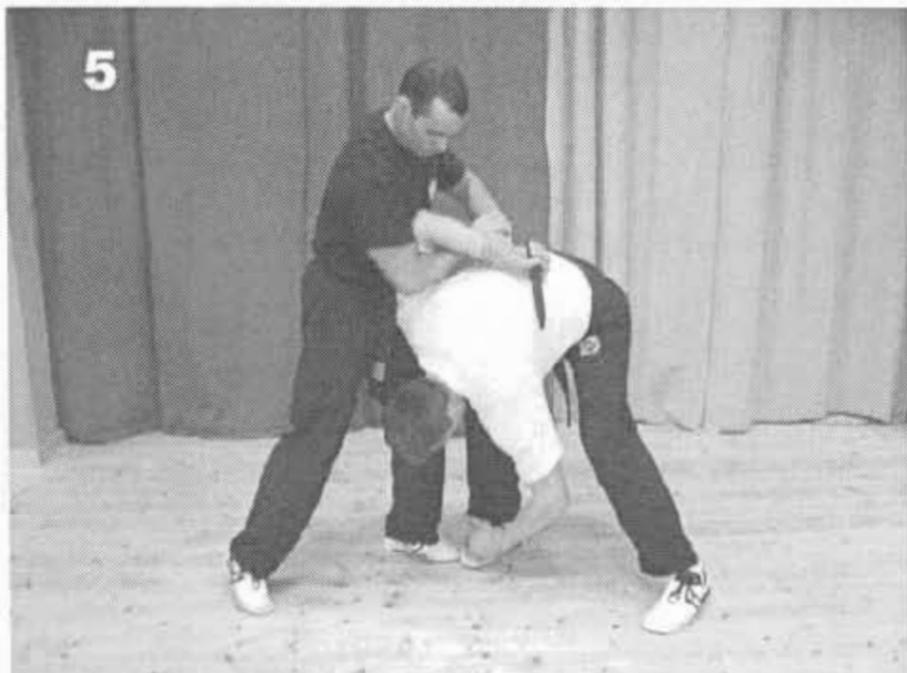
You're performing a inside forearm parry
as before...



...then you strike the opponent's throat
with your forearm when holding his armed
arm.



You're following with a knee strike to the
groin which you can double!



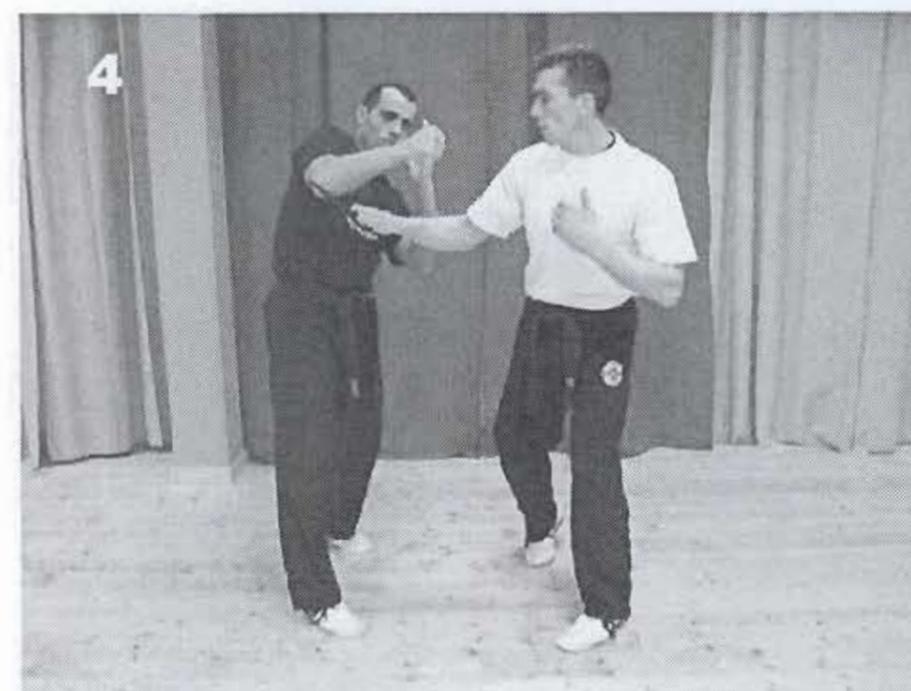
Here, you're locking his shoulder to bring
your opponent on the ground and to
disarm him safely.

Notes



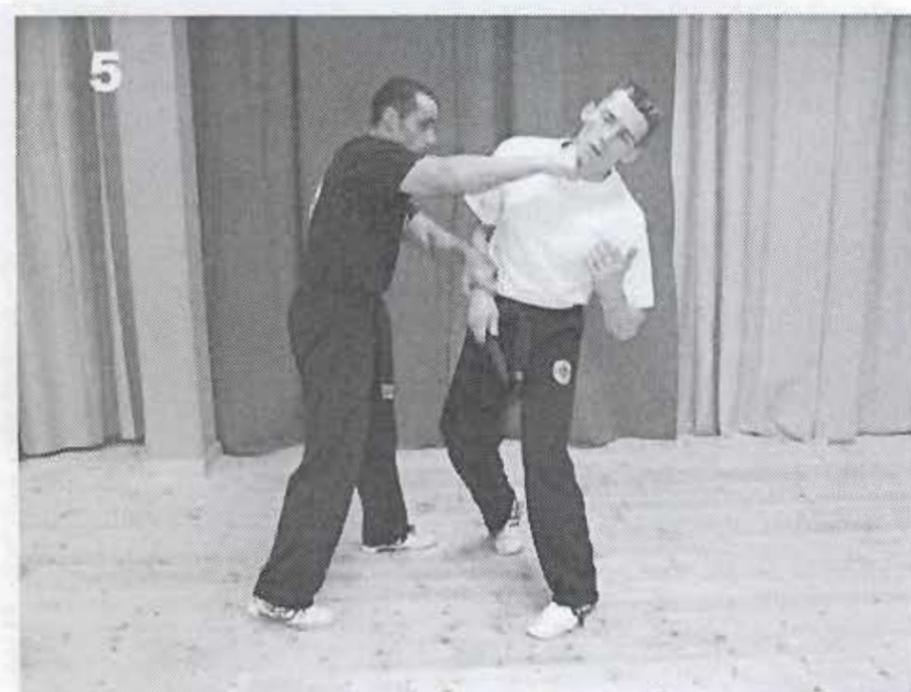
Defense against a slashing attack:
Your opponent is closer.

You're dodging backwards the first
opponent's slash...



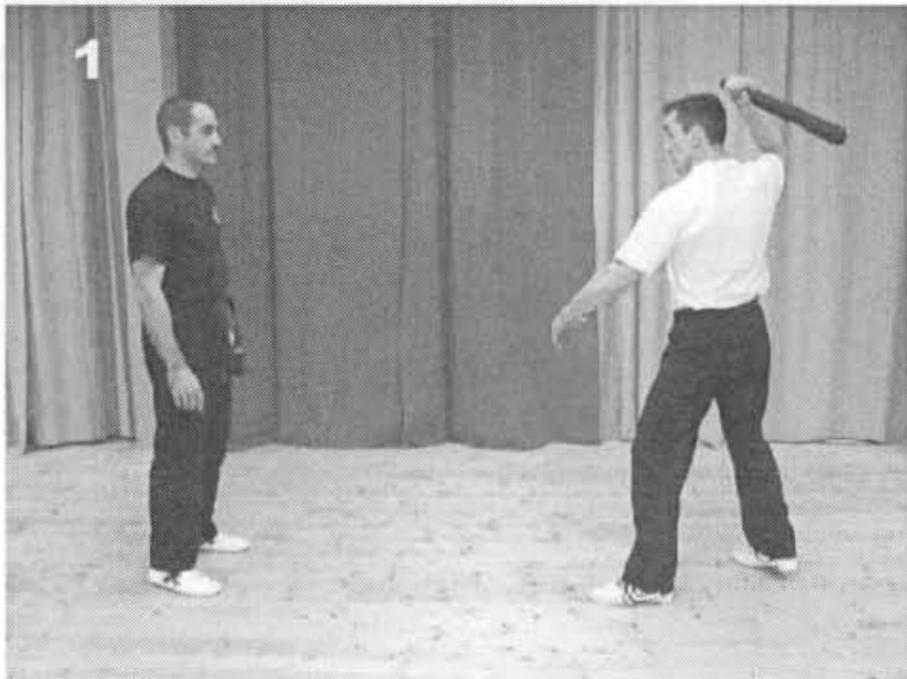
...block his forearm, like this!

The sample above, shows you the
intermediary phase of your defense.



There! You're striking the opponent's
throat at the same time controlling the
armed arm.

Now, you can grab his armed arm with
both hands and give him a knee strike to
the groin.



Defense against overhead stick:

To reach you, your opponent has to move one step forward.



Enter into the attack like this. The stick will slide on your left arm, then your side and your right fist will hit his throat.



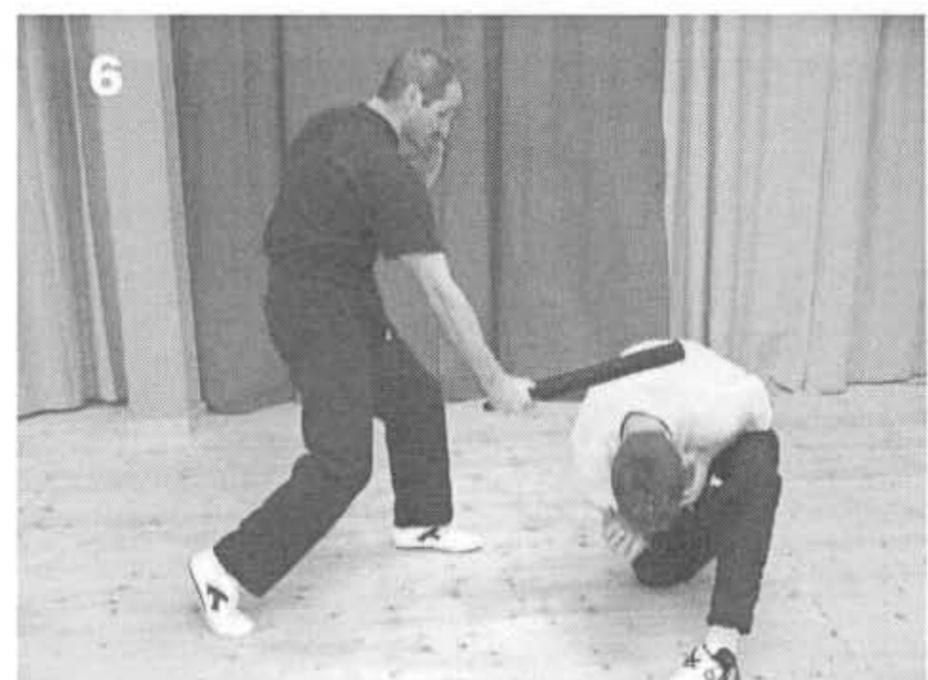
You're rolling his armed arm over and you're striking him to the groin simultaneously.



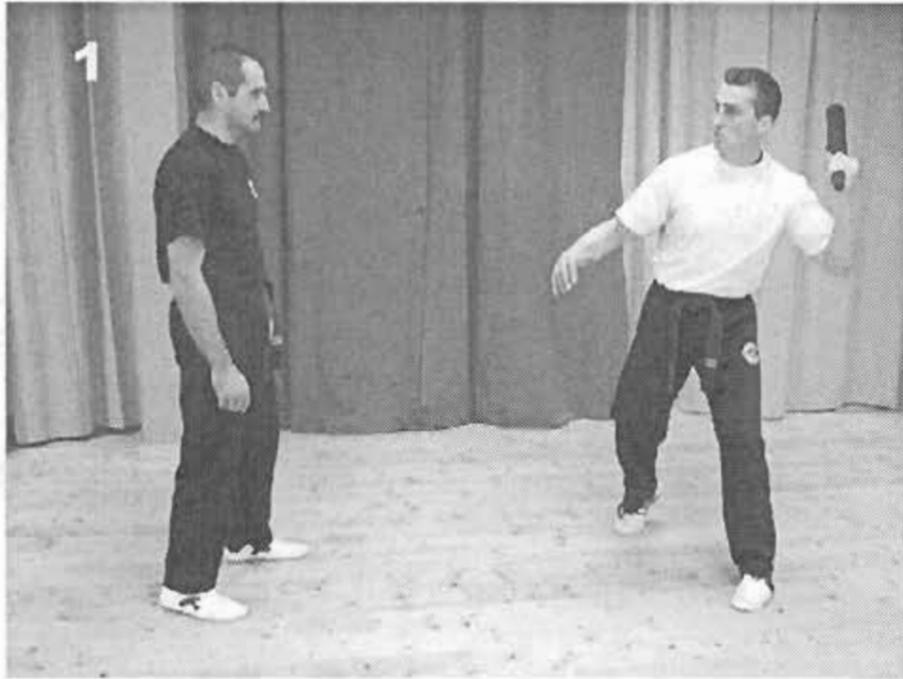
To disarm him, you're catching the stick nearest his hand and...



...you're tearing off by swiveling backward.



Stay focused because if your opponent has a knife in his pocket. You must react like this!



1
Defense against side stick:
 You must to have excellent timing!



2
 Plunge towards the opponent like this to reach him by the throat.



3
 Attack him in the groin with your knee at the same time controlling his armed arm.



4
 When holding the stick like this, you can disarm...



5
 ...your opponent without extra force!

Notes



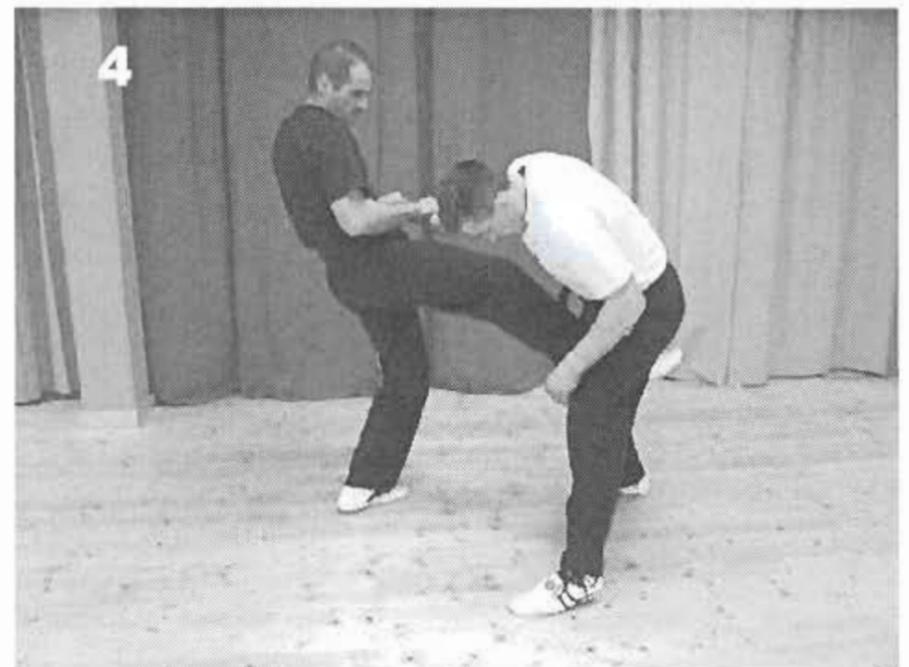
1
Defense against low stick:
Often, the position of your opponent indicates the type of attack to you.



2
Slide on your support foot and block his forearm with your shinbone.



3
Catch the stick and hit the opponent's throat.

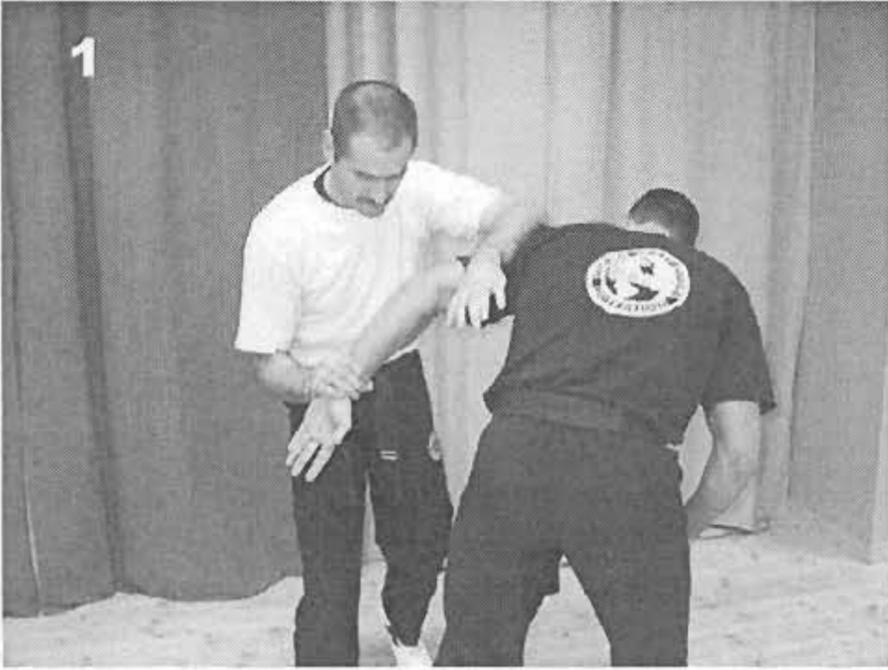


4
Finally, you're finishing your defense with this kick to the groin...



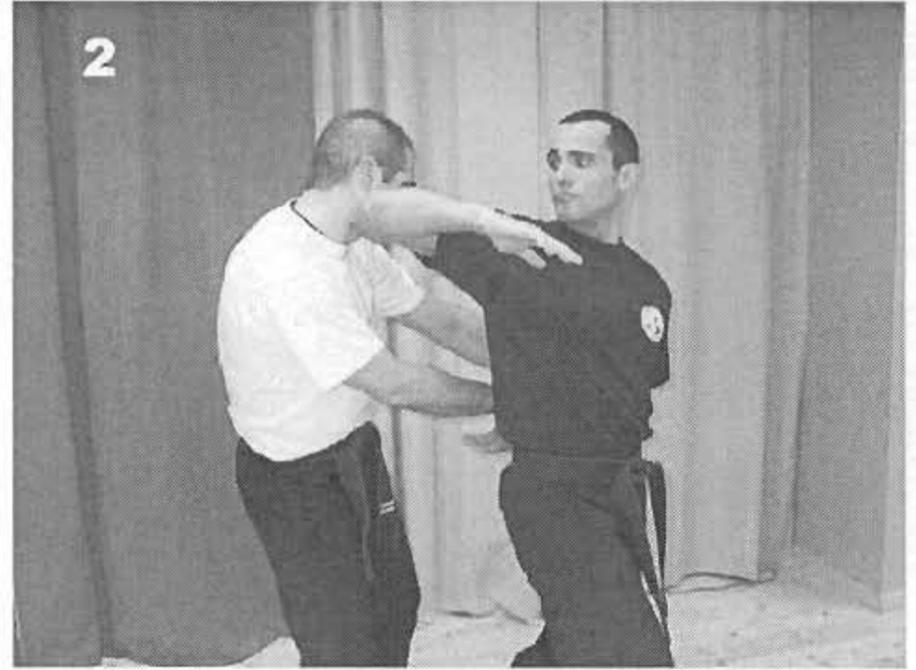
5
...when retrieving the stick.
Stay focused!

Notes



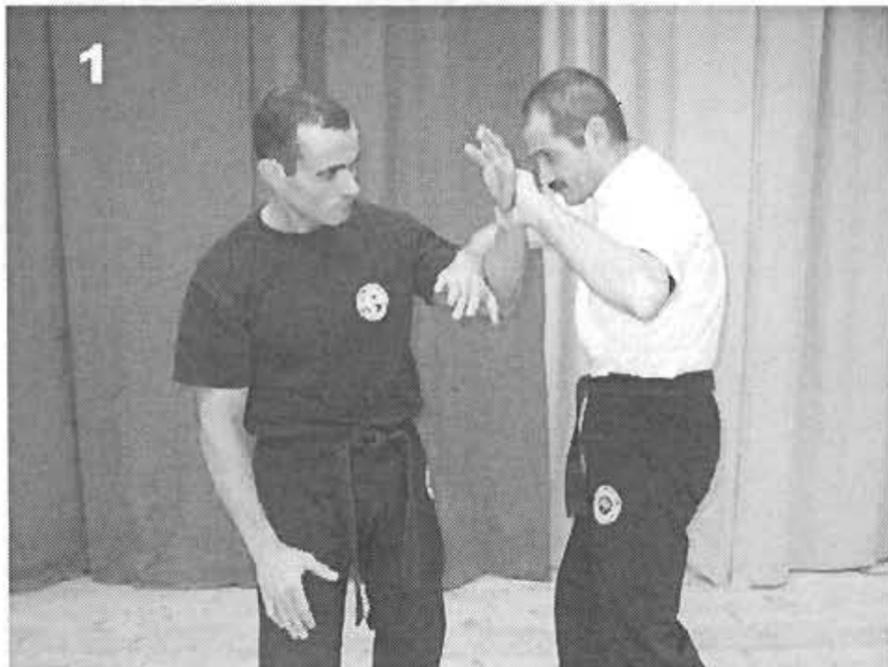
Back shoulder lock release:
Your opponent is trying to lock your shoulder.

Notes



Swivel and strike him with your elbow to his throat.

Notes



Front shoulder lock release:
Last scenario!



Release yourself by driving out the opponent's hand.

BLUE BELT PROGRAM





Hips throw:

You're in the close range, start by striking and unbalance your opponent...



...forward when setting your leg, like this!
Be careful, don't forget to keep your opponent unbalanced.



Throw him forward with a body torsion movement and finish by striking his face with your knee.

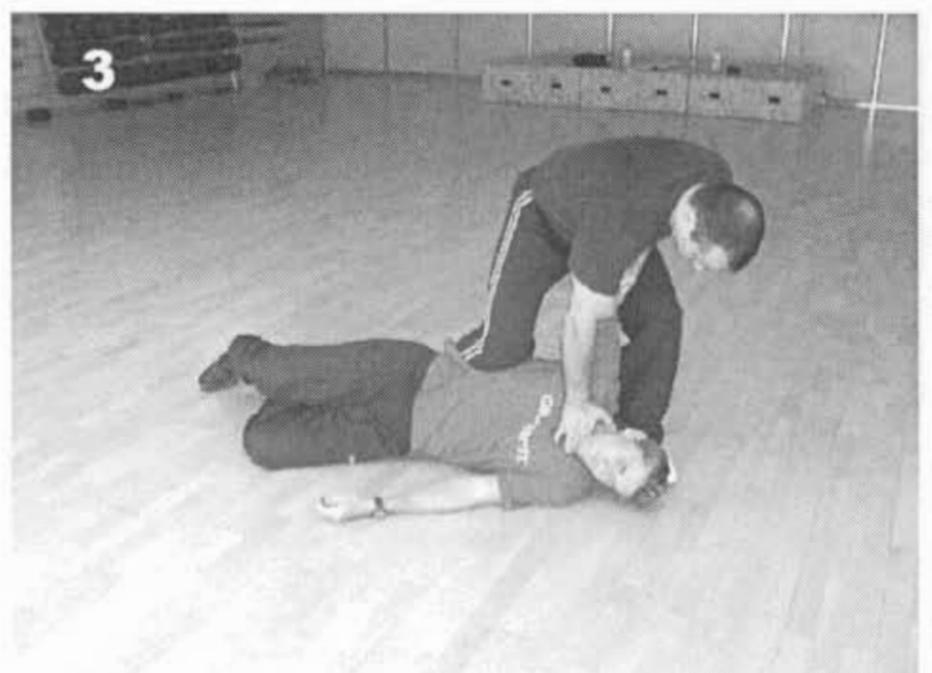


Takedown by pushing the throat:

Put your hand on the opponent's throat...



...then, set your leg behind him by pushing his throat.



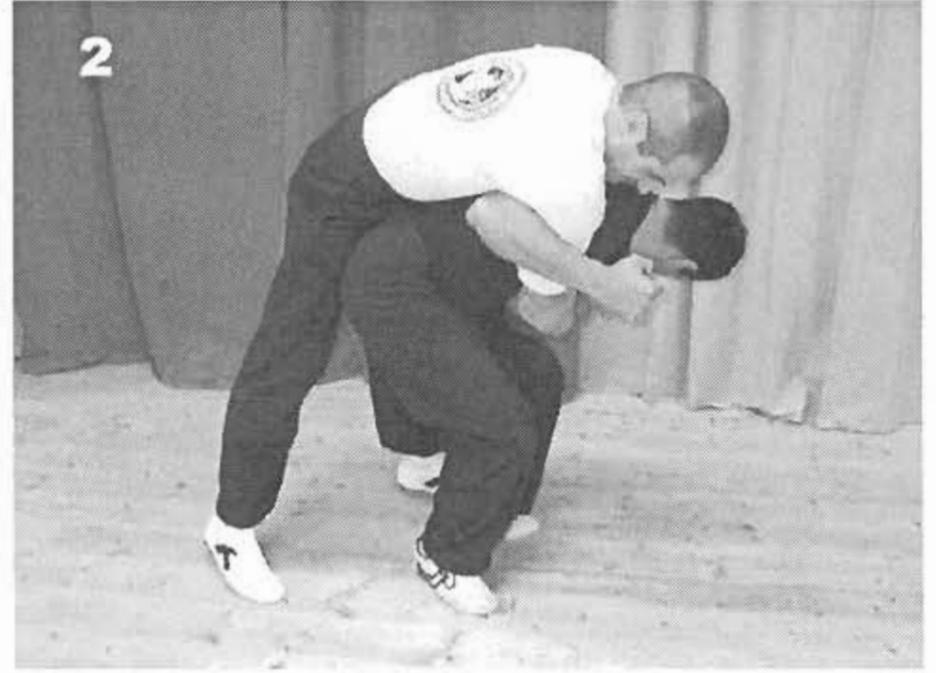
Keep the pressure on the opponent's throat.



1

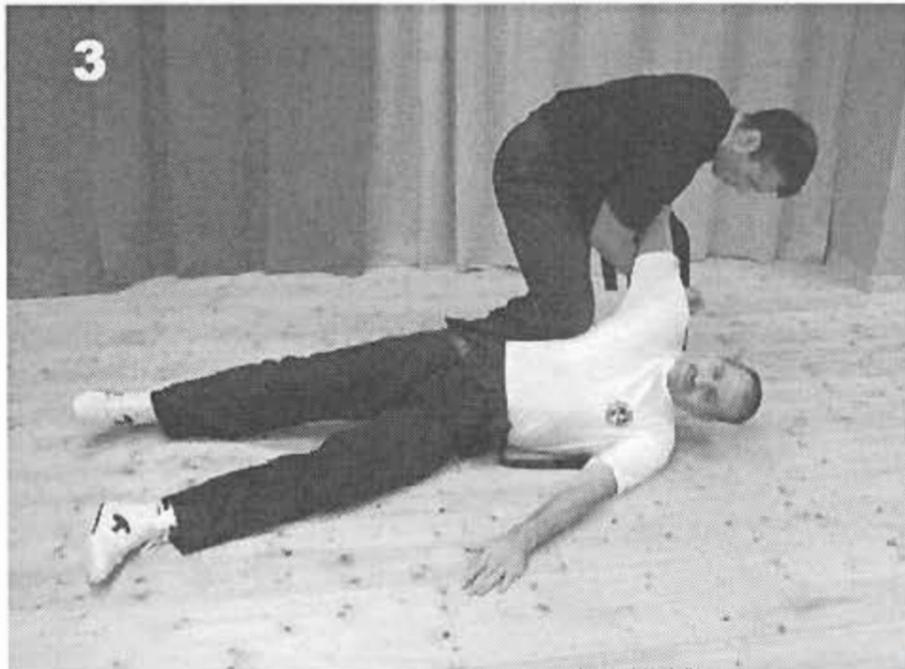
Shoulder throw:

From a close range, you're blocking the opponent's leg.



2

Get him in front of you and set your arm under his shoulder strongly.



3

Lift and throw your opponent over your shoulder.



1

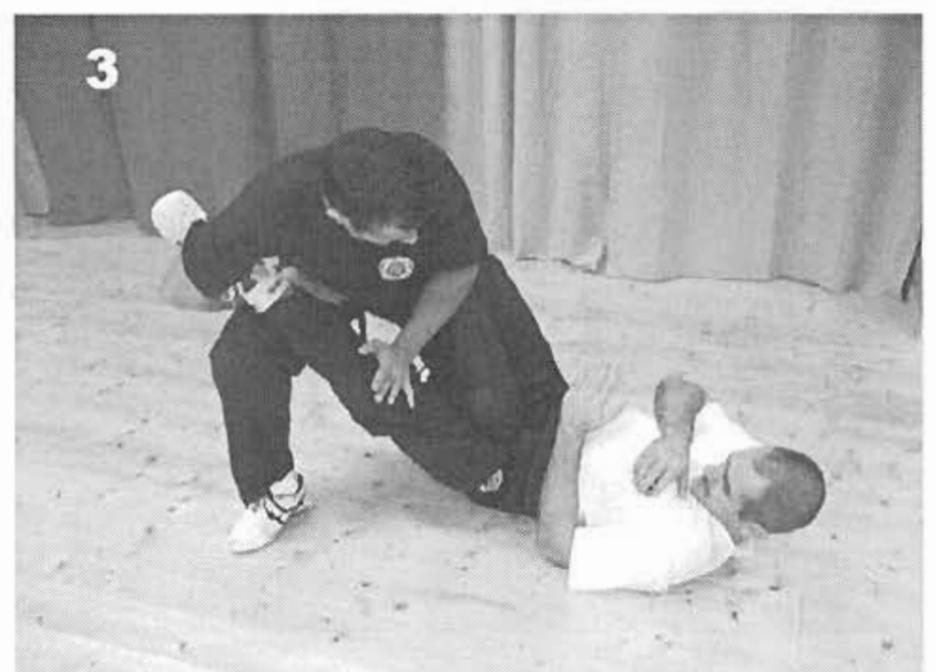
One leg throw:

You're dodging the opponent's punch and you're striking his groin.



2

Next, catch his ankle and push his thigh to unbalance him backwards.

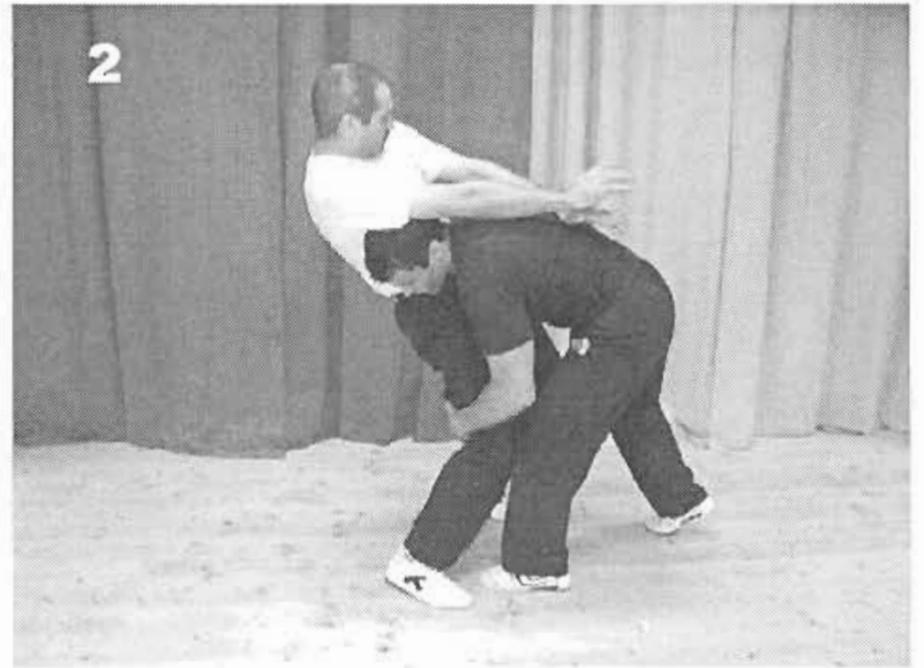


3

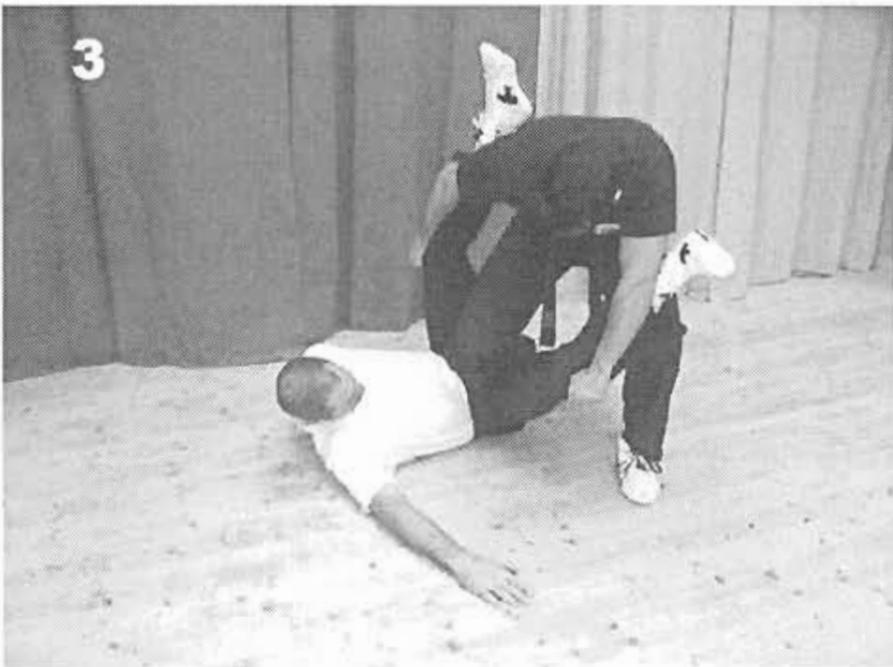
Follow with your knee to the groin.



Two legs throw:
Hold your opponent's arm, then...



...grab his thighs under his knees and lift him slightly to throw him to the ground.



Keep holding the legs to prevent any further attack!

Notes



The airplane:
It's better to start your actions by striking beforehand.



Now, you're positioning on the side and you're passing your arm between the opponent's legs.



Then, you're rocking your opponent to the ground when pulling your hand backwards.



Finish by striking his knee!



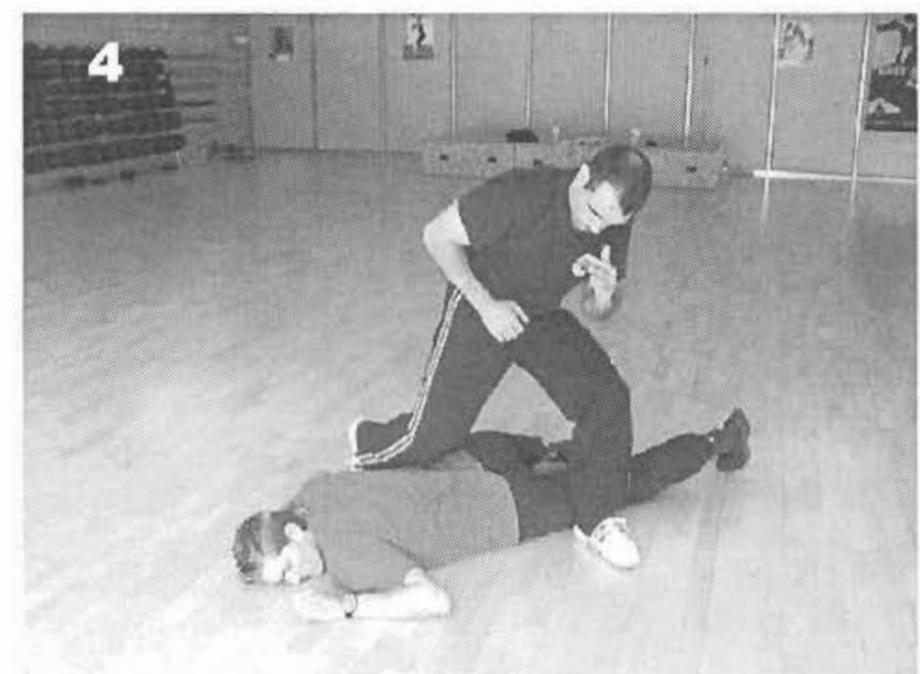
Takedown by hooking the leg from behind: You're catching your opponent from behind.



Hook his leg over his knee.



And rock your opponent on the side...



... next hit his kidney with your knee by dropping your body weight.



Takedown by hooking the leg in the front: First of all, strike your opponent!



Grab him around his waist and hook his leg.



Now, you're rocking your opponent sideways. Bend your body!



Next, you're continuing the fight by kneeling him to the groin and...



...by striking his face.

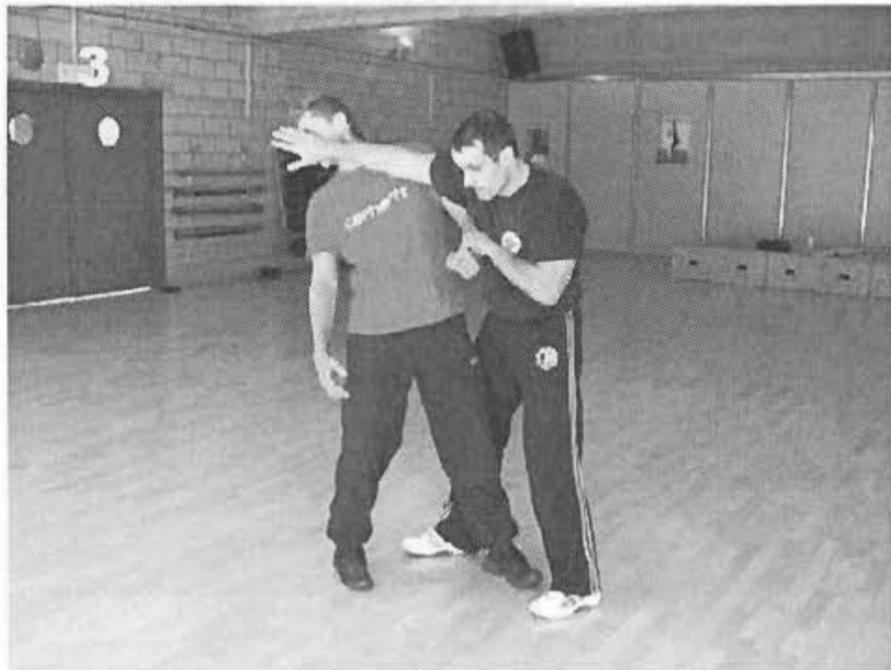
Notes



Takedown with leg and arm straight:
Close the range then...



...hit your opponent to the chin.



Set yourself to the side with your arm and your leg straight to unbalance him...



...backwards by pushing with your arm behind you.



Finish your defense by striking his face, like this!

Notes



Straight punch:

Focus mitt work is essential! Here, you're performing a left straight punch...



...and a right straight punch. See the way of holding the focus mitt.



Hook: Your partner has to offer a slight resistance to the moment of the impact!



You're performing hooks with the heel of the hand.



Knee:

Pull with your arms and use also your hip!



The sample, above, show you how your partner must place himself for deadening the power of your strikes.



Front kick: Train yourself often with the focus mitt! Now, you're performing a front kick to the body.



Striking is given with the heel to the the solar plexus of the partner.



Uppercut: Place your body weight forward and keep your fist in the straight line of your forearm.



By placing the focus mitt like this, your partner offers to you the possibility to exploit your potential fully!



Middle kick: Round kicks to the body are given with the shinbone and strong!



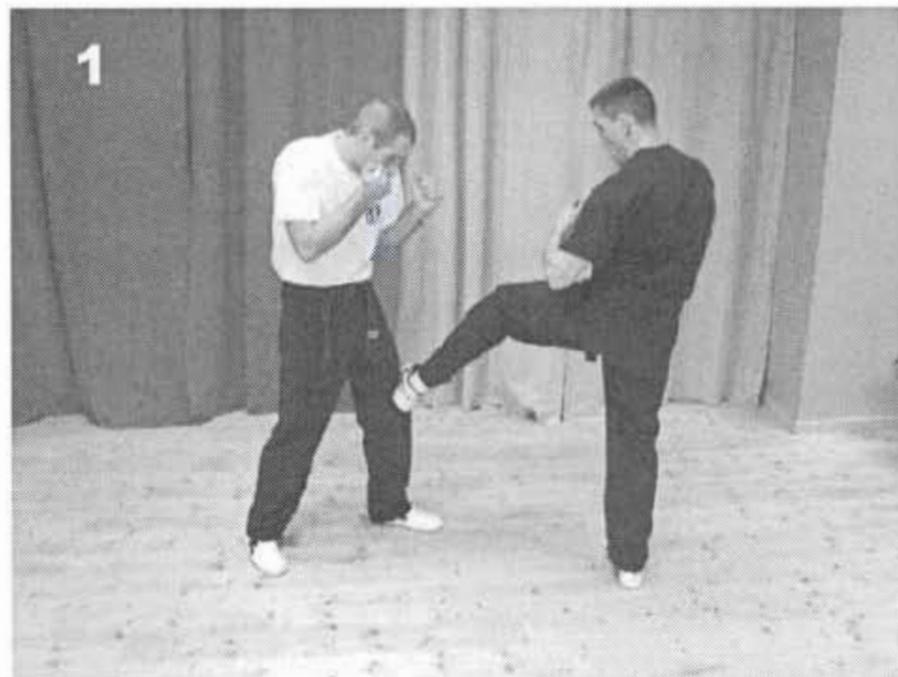
Be precise and don't hesitate to carry out simple sequences of maximum five strikes of your own choice.



Bidding sweep:
Stop your opponent before the attack!



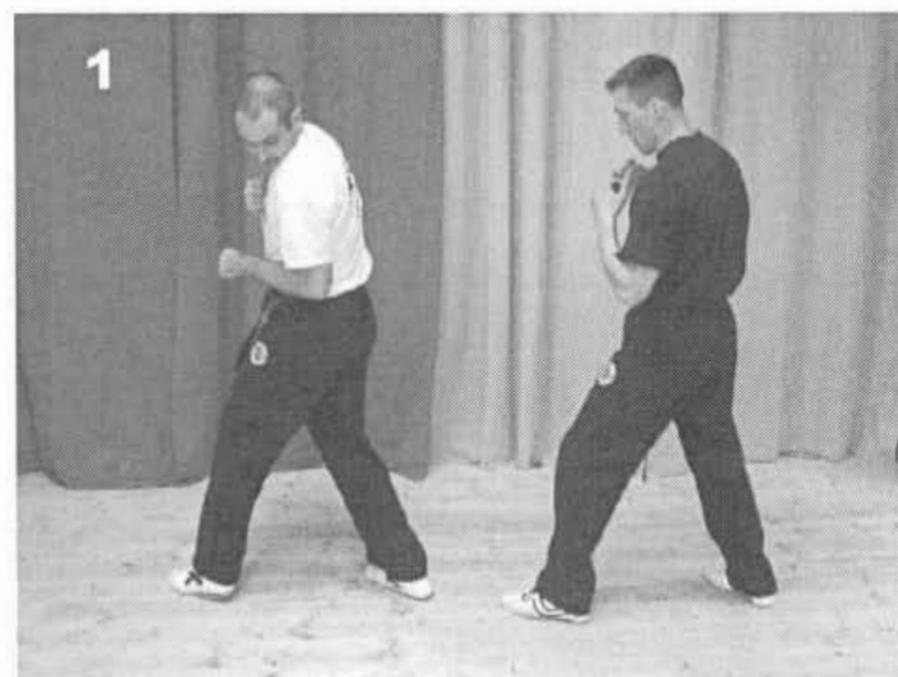
And, follow with this elbow strike to the face.



Above, You're using your front leg to prevent the opponent's attack.



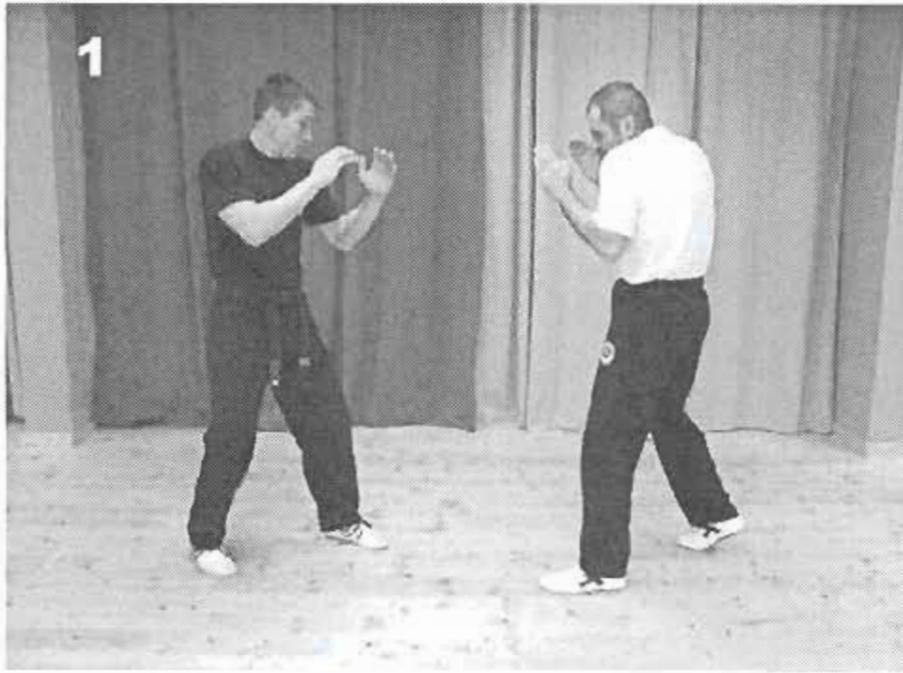
Next, you're counter attacking with this straight punch to the throat.



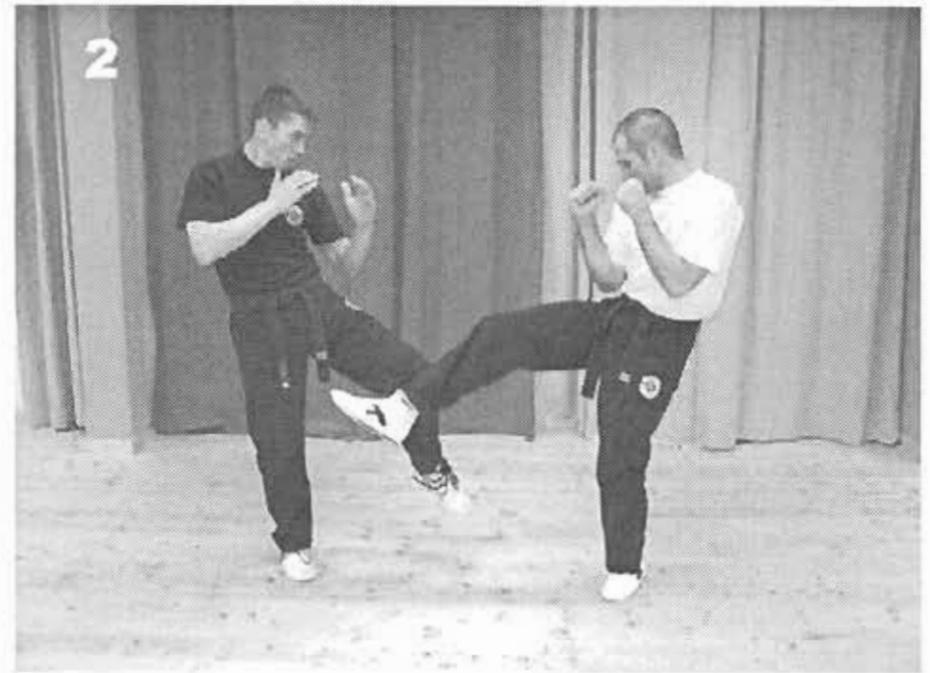
Your opponent is trying a spinning back sweep.



Withdraw your leg quickly. Now, you have plenty of possibilities to terminate him.



1
In fighting stance:
 Your opponent starts with a powerful kick to the groin.



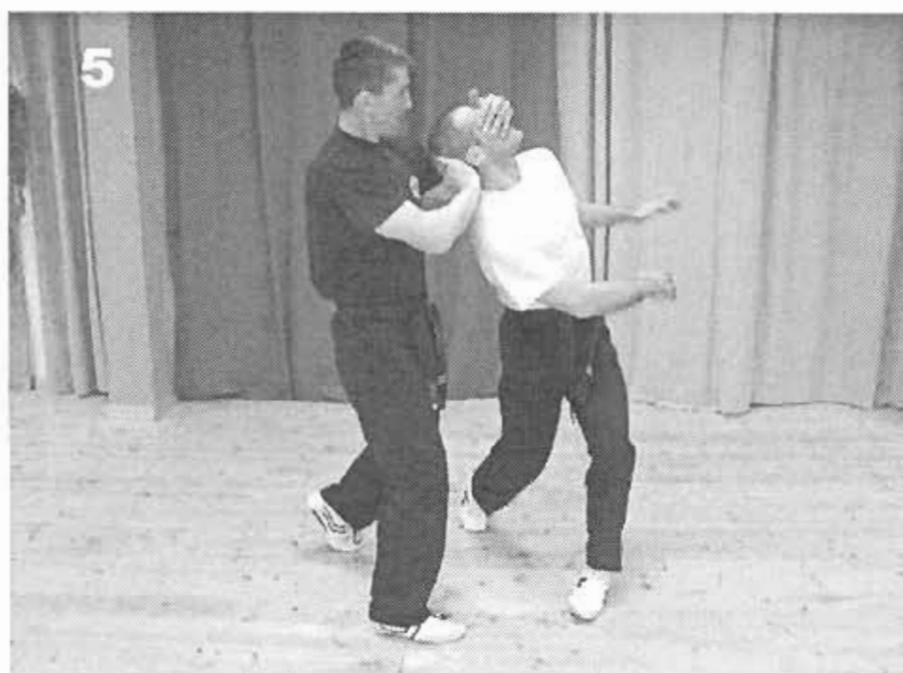
2
 Block the kick with the high face of your shinbone...



3
 ... and strike back with this straight punch to the throat.



4
 Catch his head, then give him a elbow strike to the face



5
 Follow with a neck torsion to bring him to the ground and to neutralize him definitively.

Notes



1

Front threat to the body:

Use the advantage of surprise: "I don't want any trouble" and start...



2

...your defense by driving out the armed hand and by kicking to the groin simultaneously.



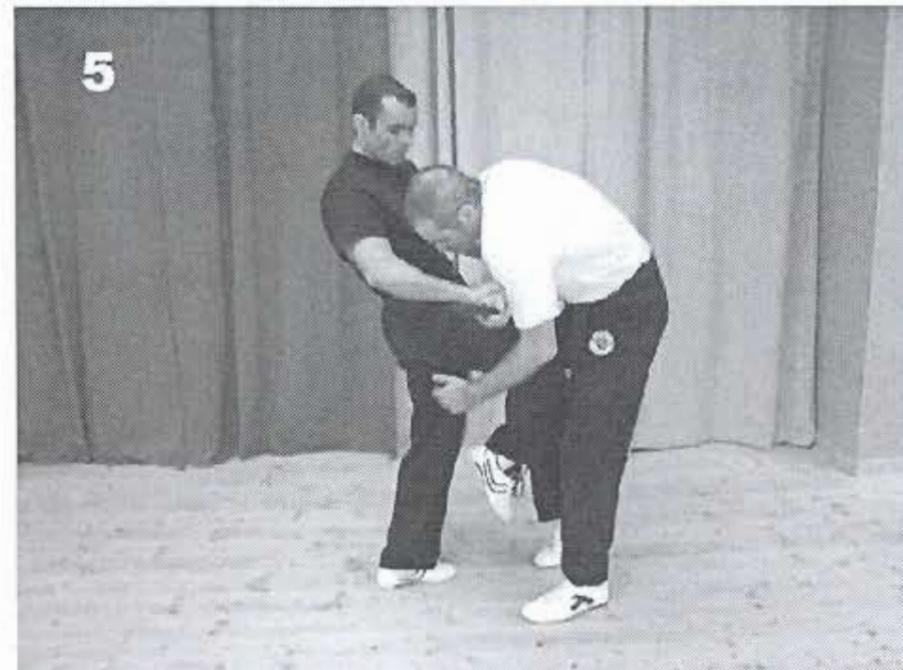
3

Grab and restrain the armed arm with a straight punch to the throat...



4

...secure your hold with both hands. Headbutt him, if you want!



5

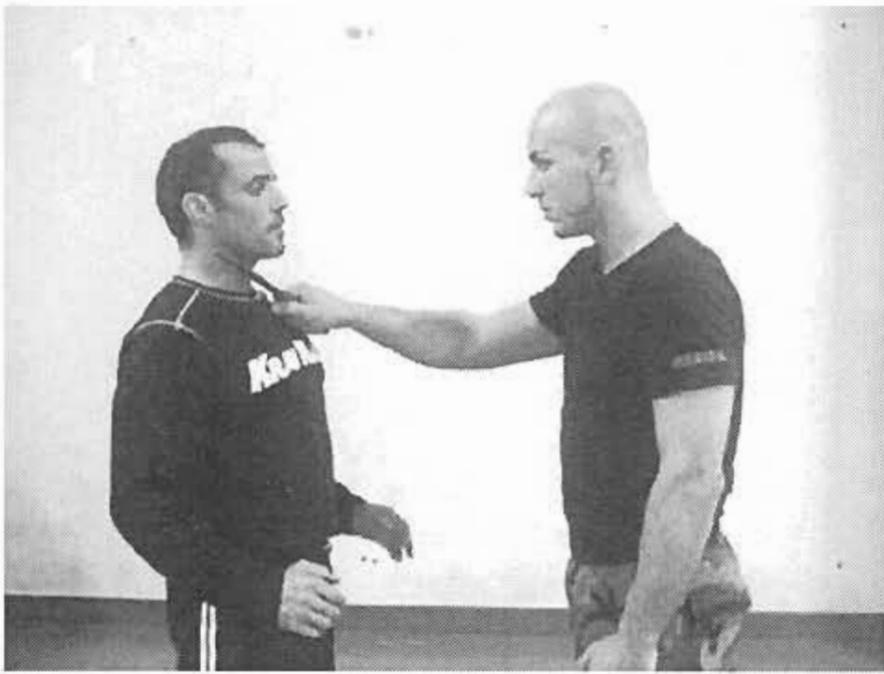
Here, you're continuing with this knee strike to the groin for finally...



6

...disarming your opponent on the ground.

Notes



Front threat to the throat:
Doesn't precede your action by a call
action!



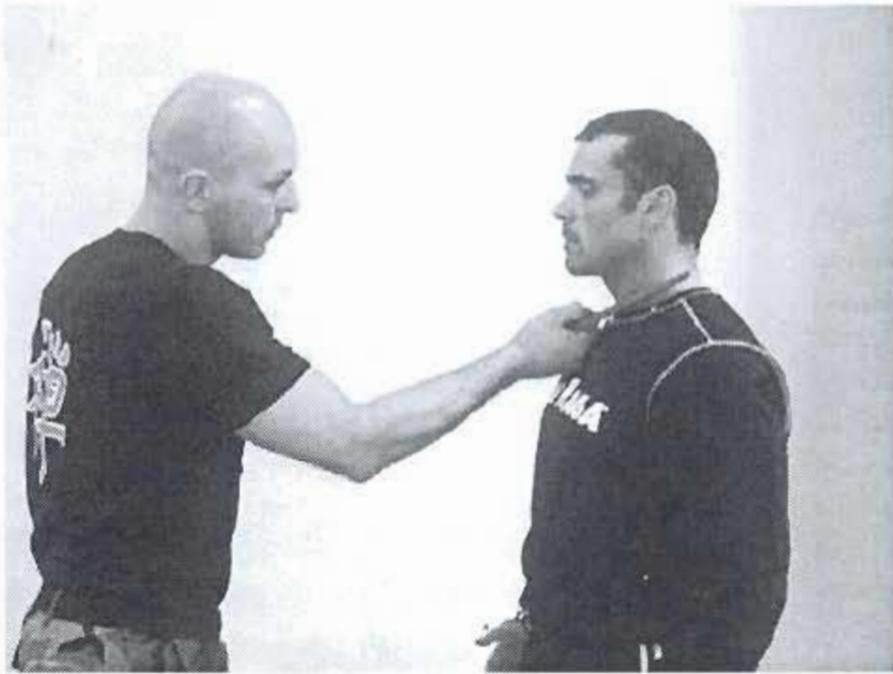
Clear your throat off the blade and
restrain the opponent's arm
simultaneously with your both hands.



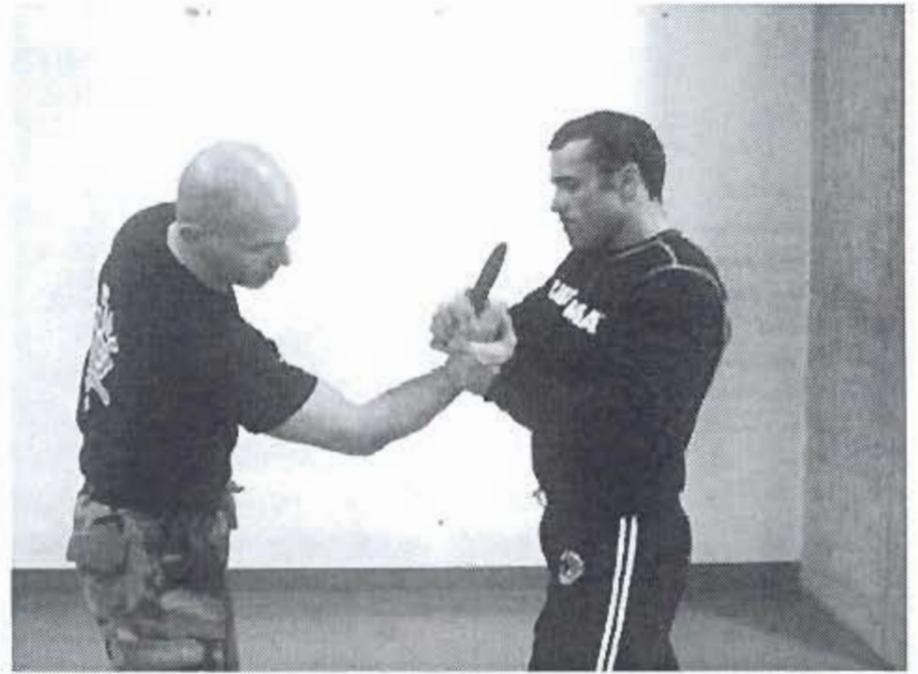
Then, you're restraining his armed arm
and you're striking him with powerful kicks
to the groin.



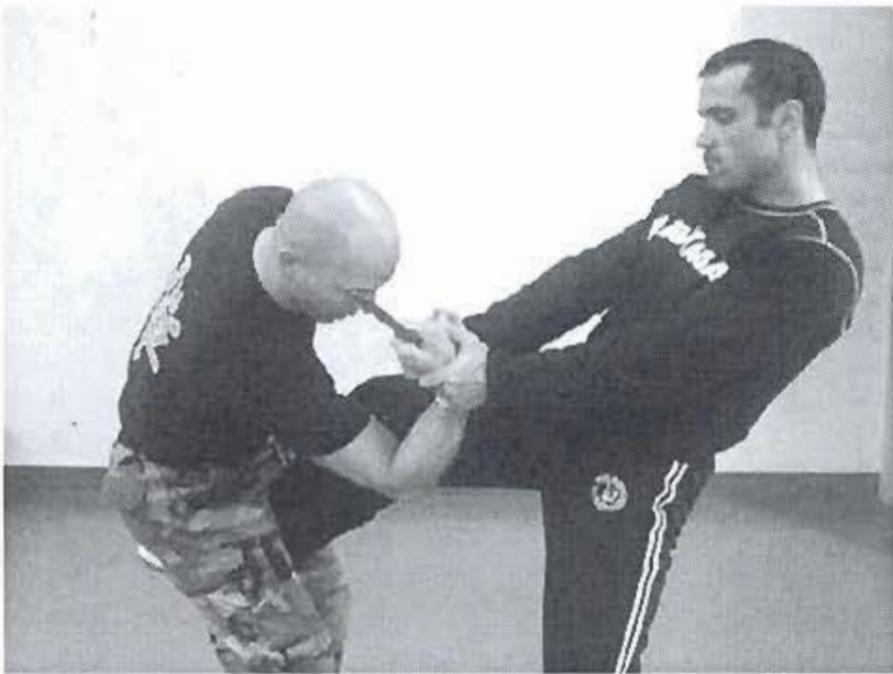
Here! You see how you can wrist lock you
opponent ...



Front threat to the throat:
The blade is on the other side!

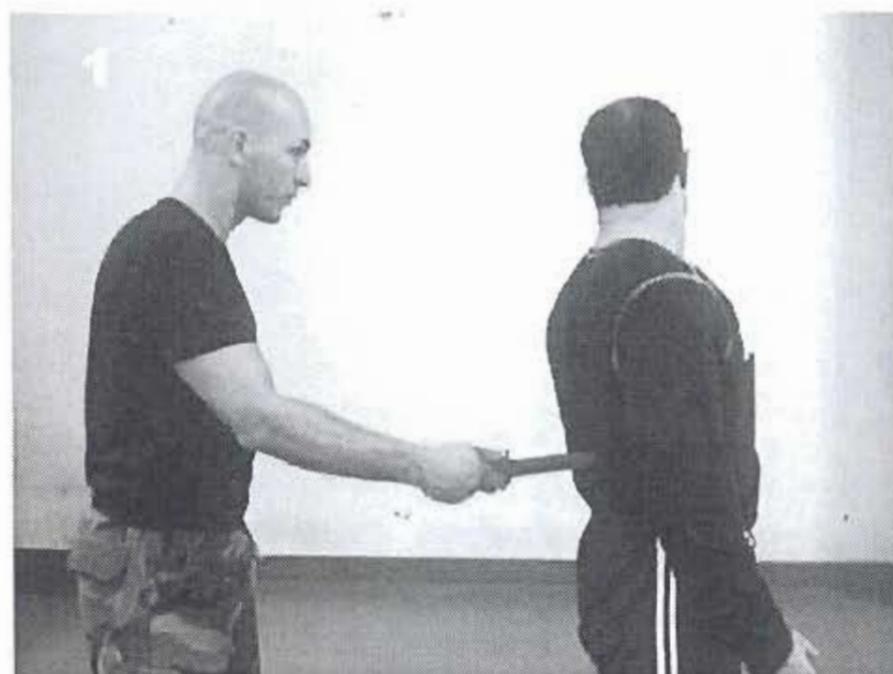


You're using the same principles as before. Clear your throat off the blade when grabbing his hand firmly ...



... then, counter attack aggressively with multiple kicks to his groin!

Notes



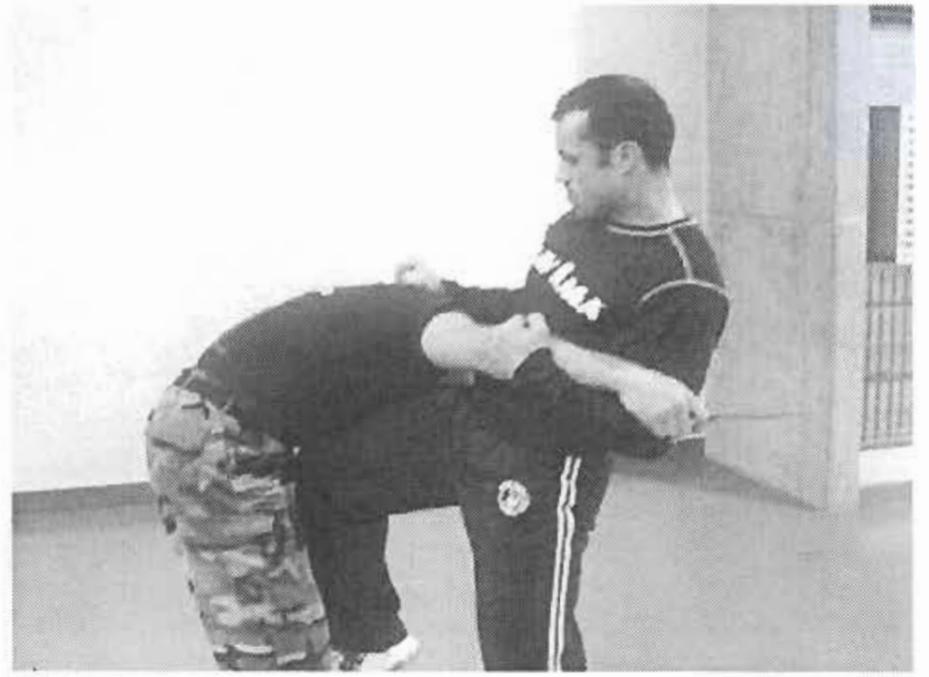
Back threat to the body:
First of all, you have to check and see his other hand.



Clear your body off the blade by moving yourself inside and...



...burst forward and elbow strike the opponent's face when trapping his arm.



Keep a maximum hold and strike your opponent as much as possible.



If it's necessary, you can disarm your opponent ...



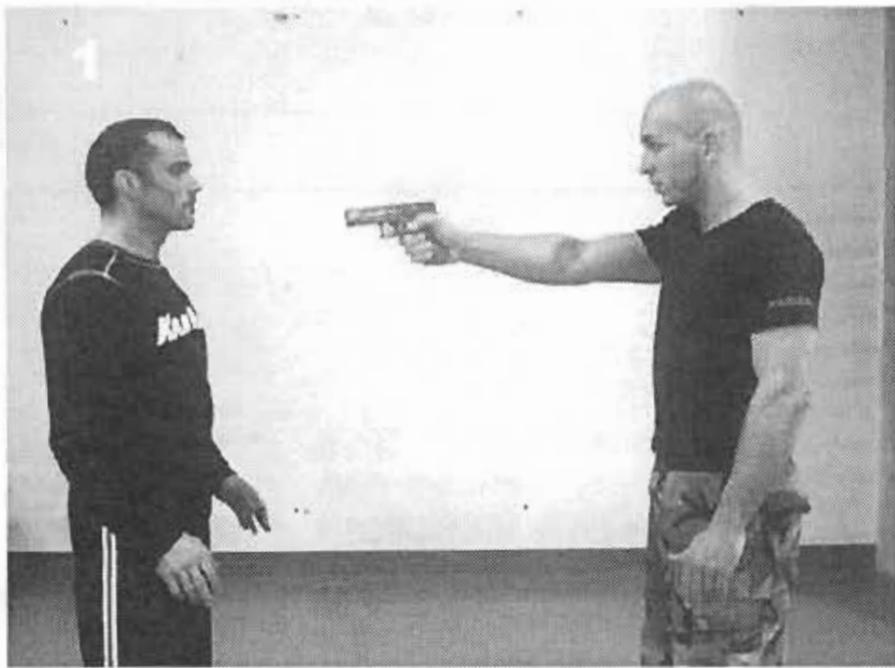
... by applying a wrist lock, like this!



Back threat to the throat:
Comply and start your defense when your opponent inattentive!



Catch the armed arm by clearing your throat and rock your shoulder forwards.

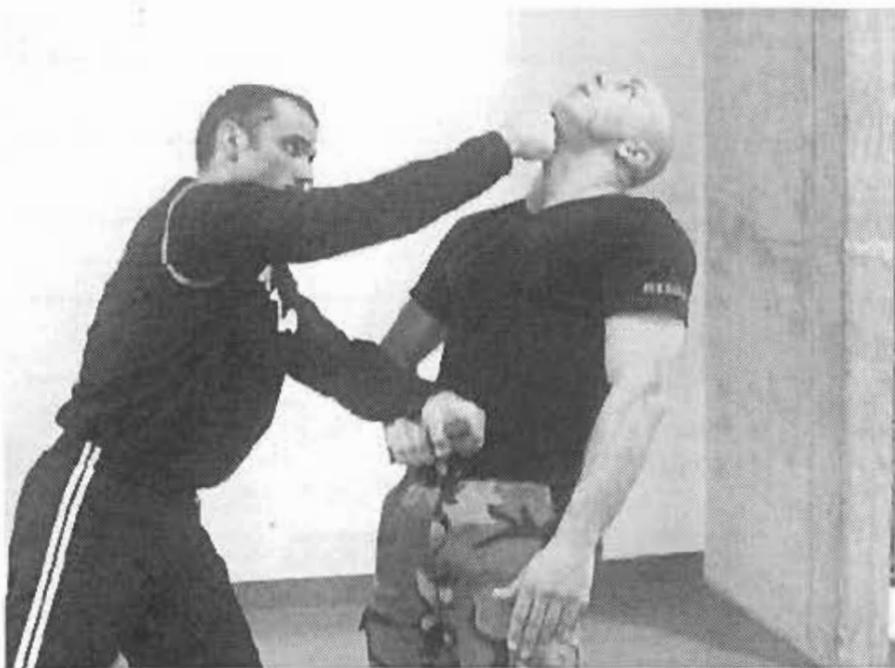


Front threat to the body:

Keep your hands down, your defense will be less detectable ...



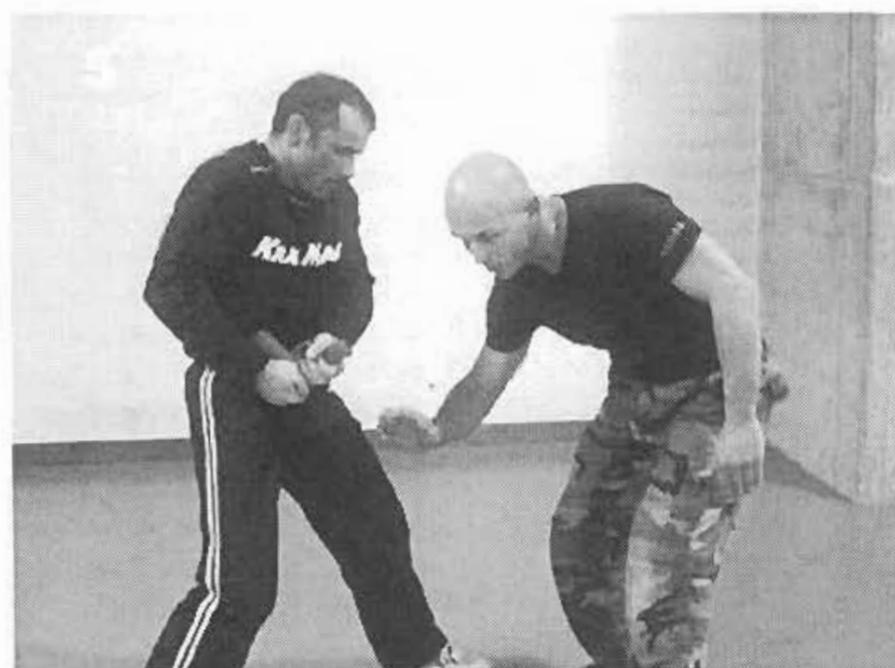
Redirect the line of fire by catching the weapon firmly! Your hand defense must lead your body defense ...



...burst forward, putting weight down on the weapon, and counterattack with punches to the face!



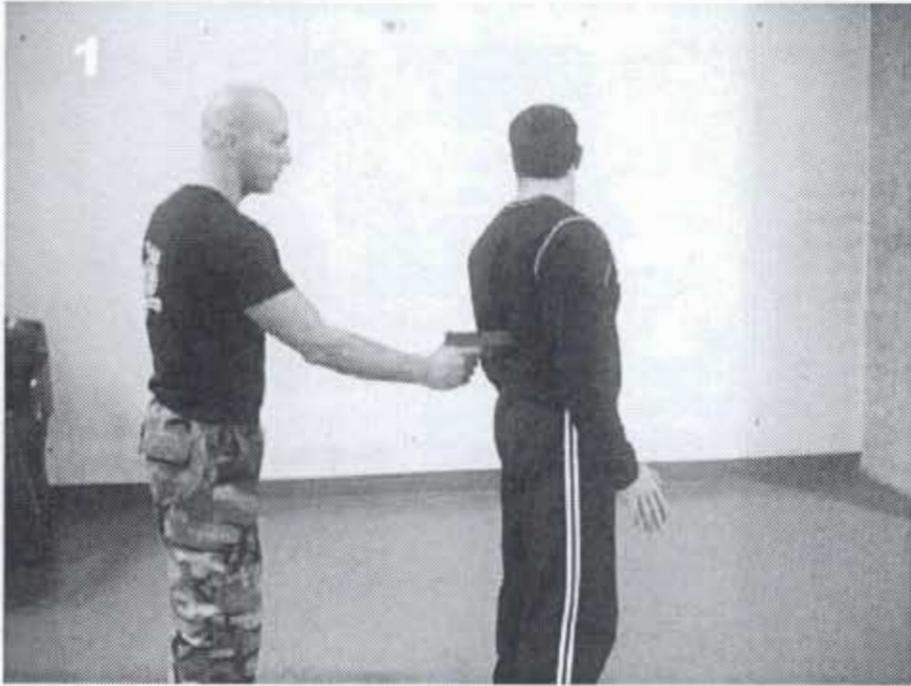
Recoil your hand and catch the weapon. like this!



Rotate the weapon sharply and pull the gun back to you to disarm him.

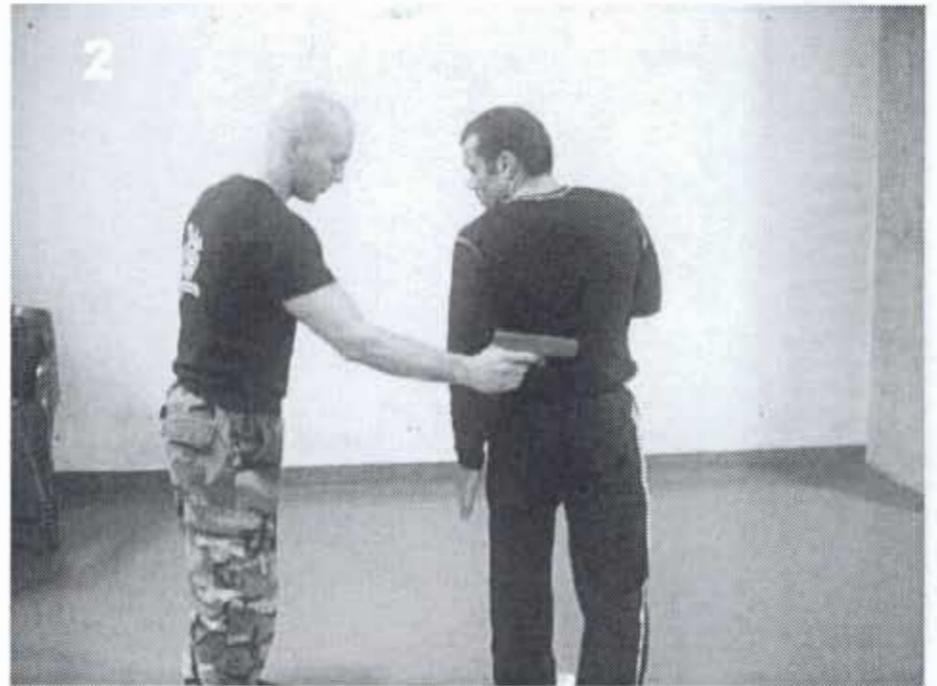


Then, retreat.



1

Back threat to the body:
Look first - make sure the off hand is empty!



2

Turn sharply, redirecting the weapon with your arm.



3

Burst toward your opponent when delevering a strong elbow to his face and trapping his arm simultaneously.



4

Follow up with knee strikes to the groin or to the solar plexus. Strike your opponent as much as necessary!



5

Then, disarm him by grabbing the gun, like this!



6

If you have to use the gun to strike your opponent, do it with the gun directed toward him.

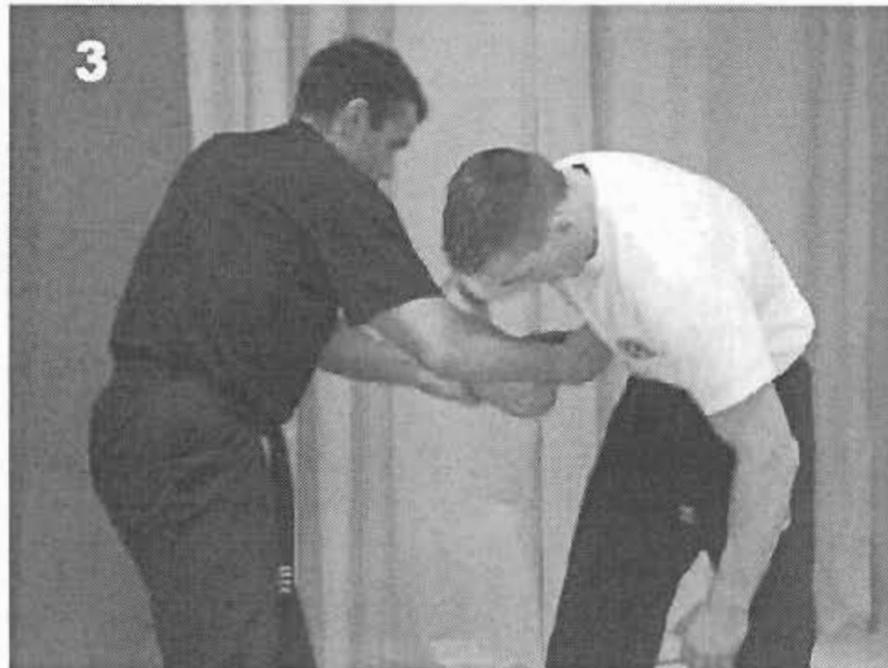


1
Side threat to the body:

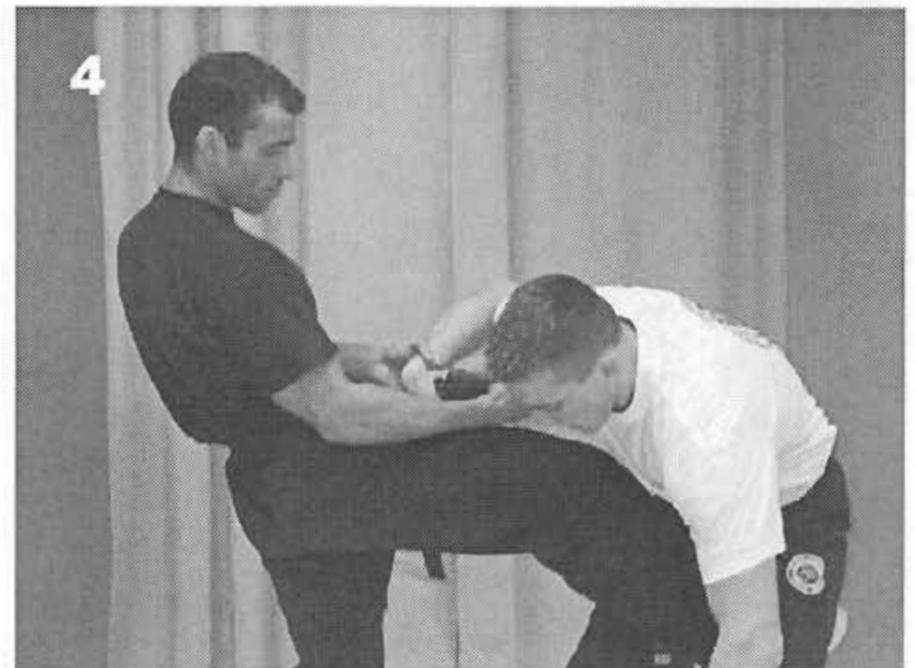
The gun touches you! Get out of the line of fire by stepping your leg backwards and...



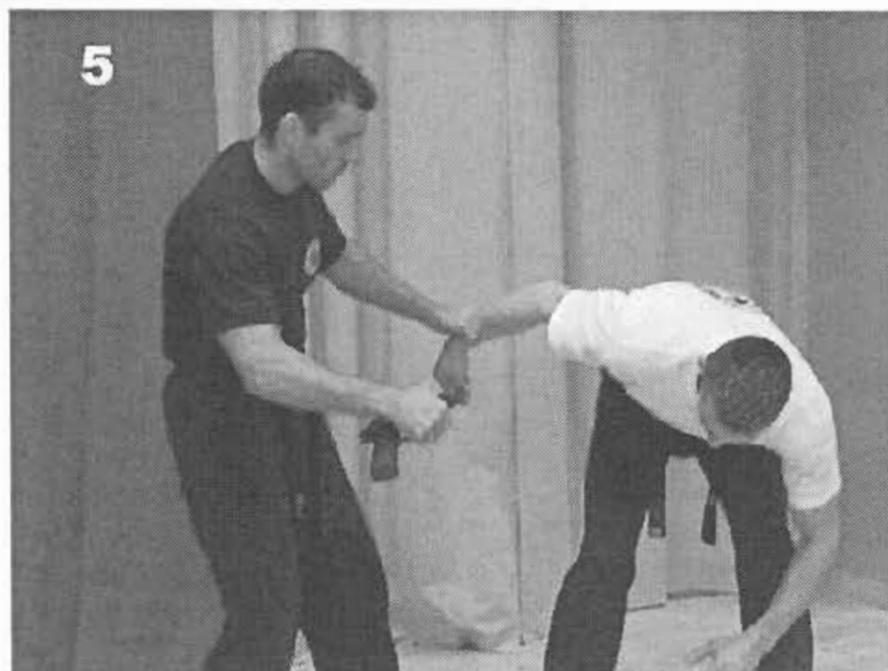
2
...redirect the gun by grabbing the opponent's wrist. Immediately, catch the gun...



3
...with your free hand, swivel on your feet and strike him with the gun to the rib cage area.



4
Follow with a knee strike or a shinbone strike to the groin.



5
Then, you can disarm your opponent easily. Good job!

Notes



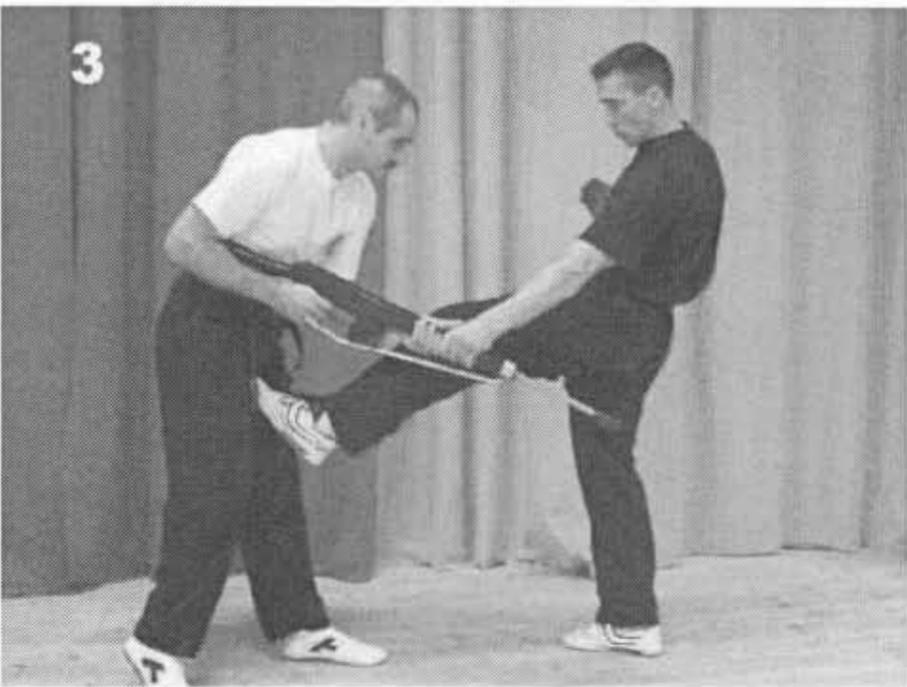
1

Front threat to the body:
As much as needed, comply to your opponent, then...



2

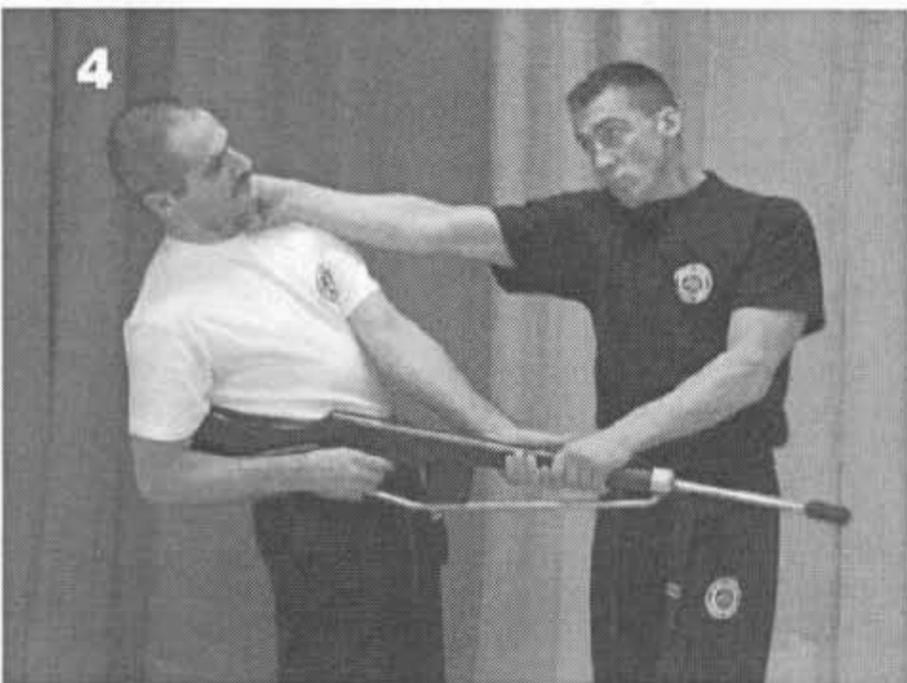
...simultaneously clear out your body and redirect the rifle with your palm.



3

Step forward to your opponent by kicking him in the groin. Don't forget to grab the rifle, like this!

Notes



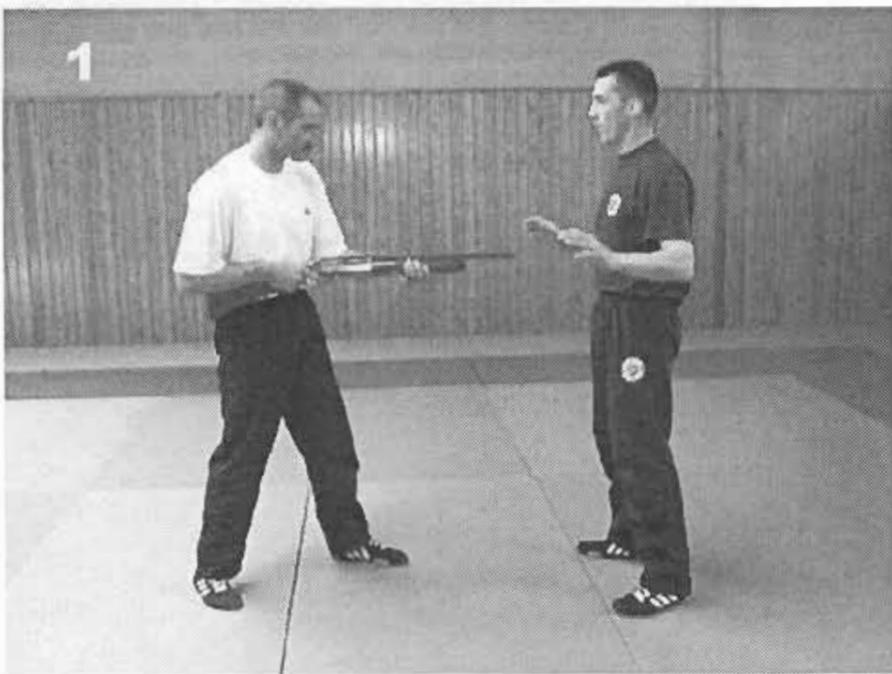
4

Follow with a straight punch to the throat.

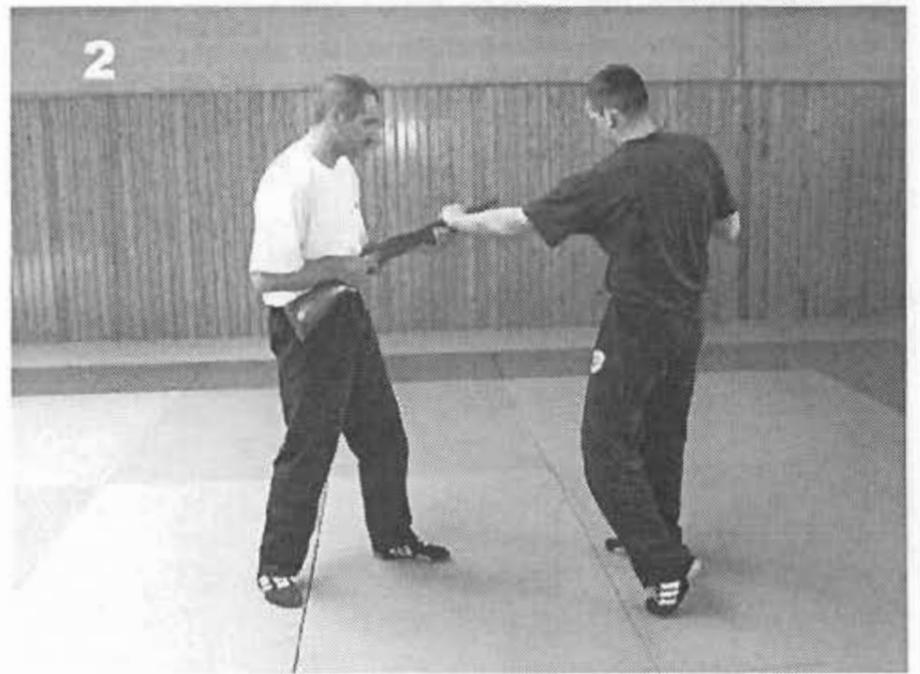


5

And now, place your arm under his elbow to disarm him by applying a lock.



1
Front threat to the body #2:
 Here, another possibility!



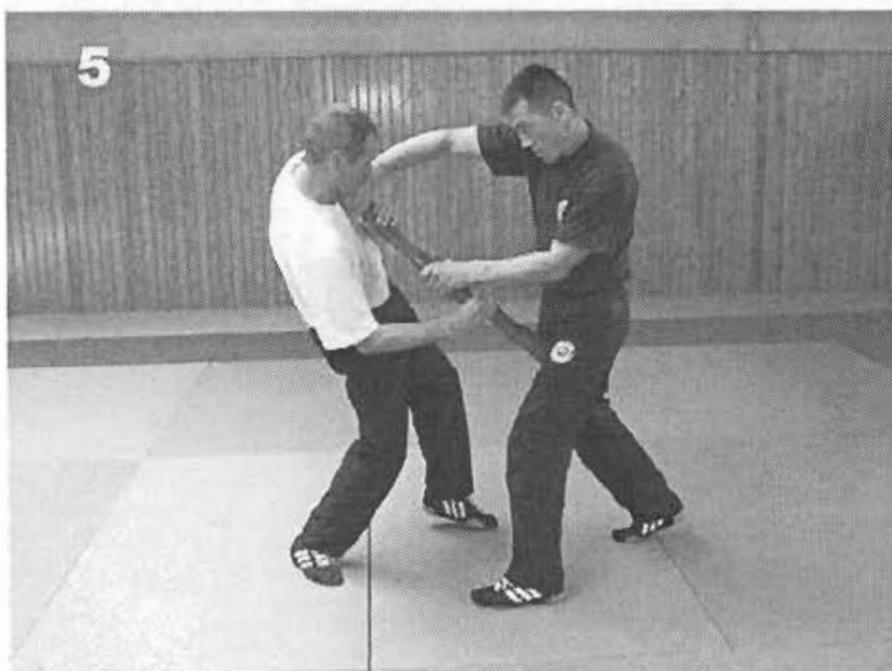
2
 Start your defense to the other side.



3
 Grab the rifle with your both hands.



4
 Then, slide your left hand and strike your
 opponent to the groin



5
 Strike him again with the rifle to his neck.
 Now, you can disarm him easily.

Notes



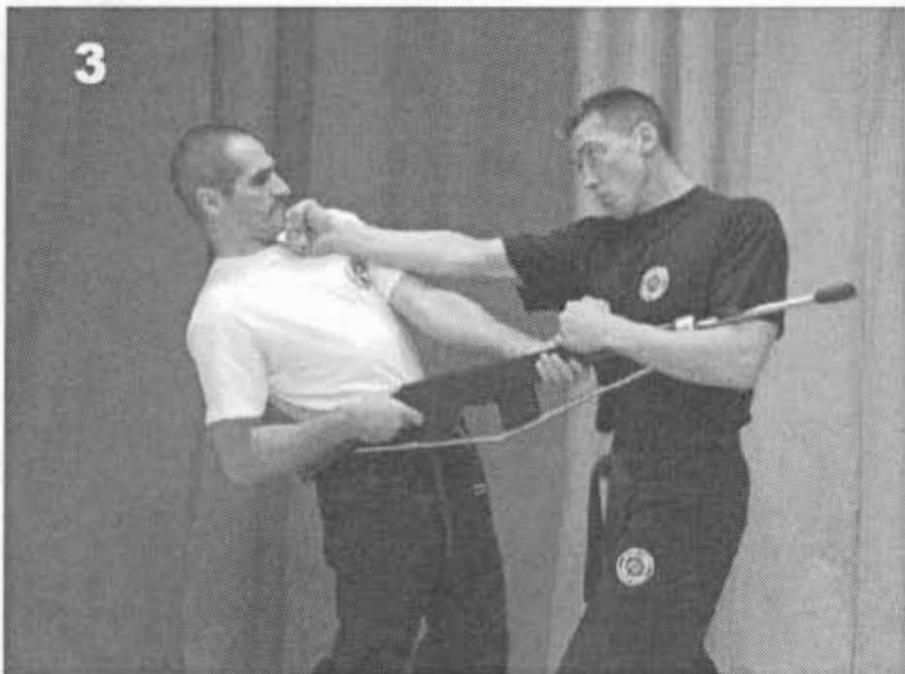
1

Back threat to the body:
First, identify the opponent's weapon...



2

Redirect the rifle with your arm and continue your rotation backwards. Next, roll up the rifle with...



3

...your arm and strike with commitment your opponent's face.

Notes



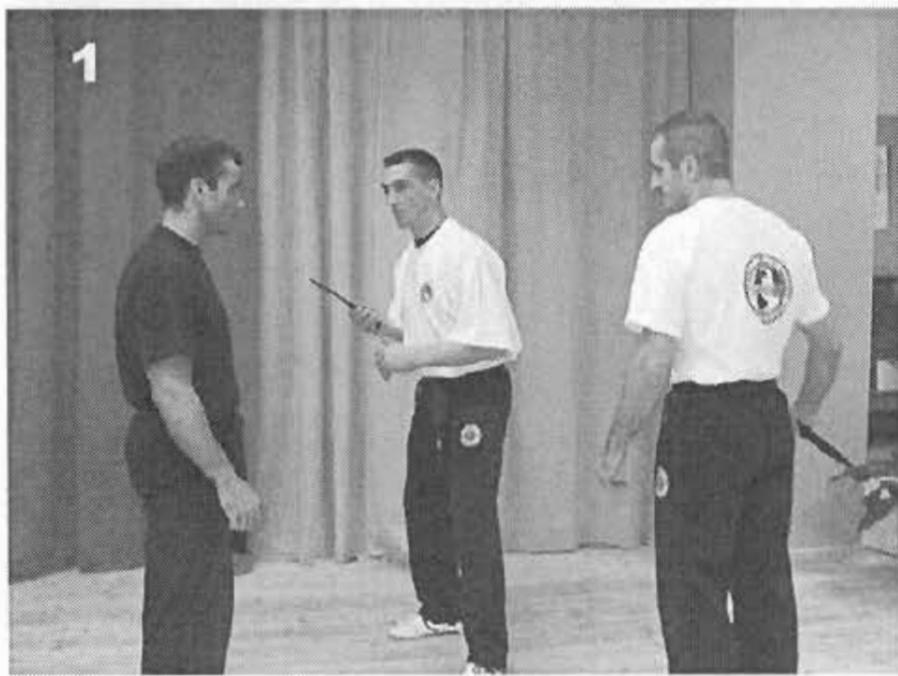
4

Give him a knee strike in the groin...

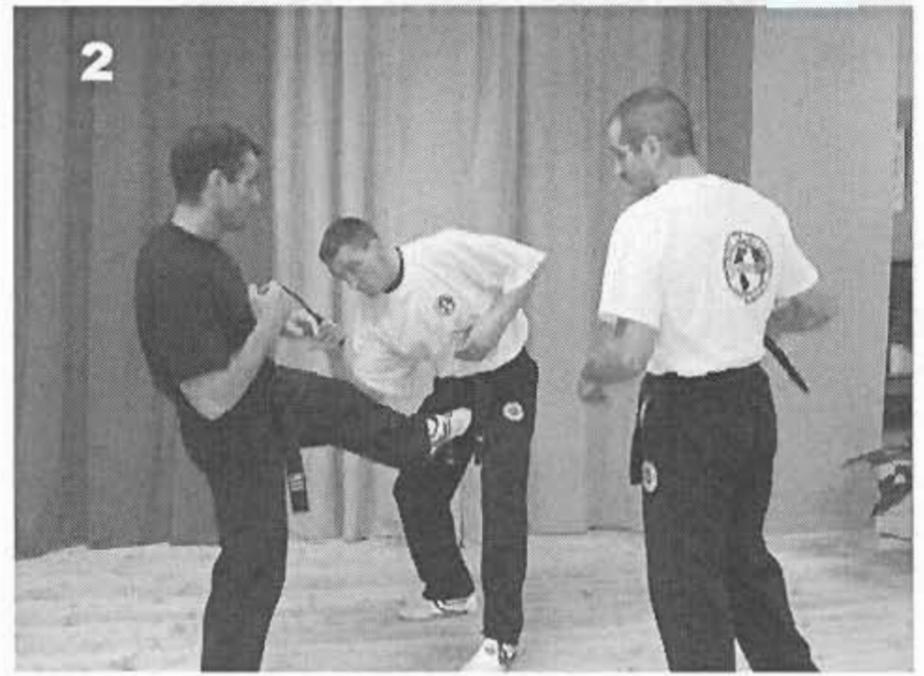


5

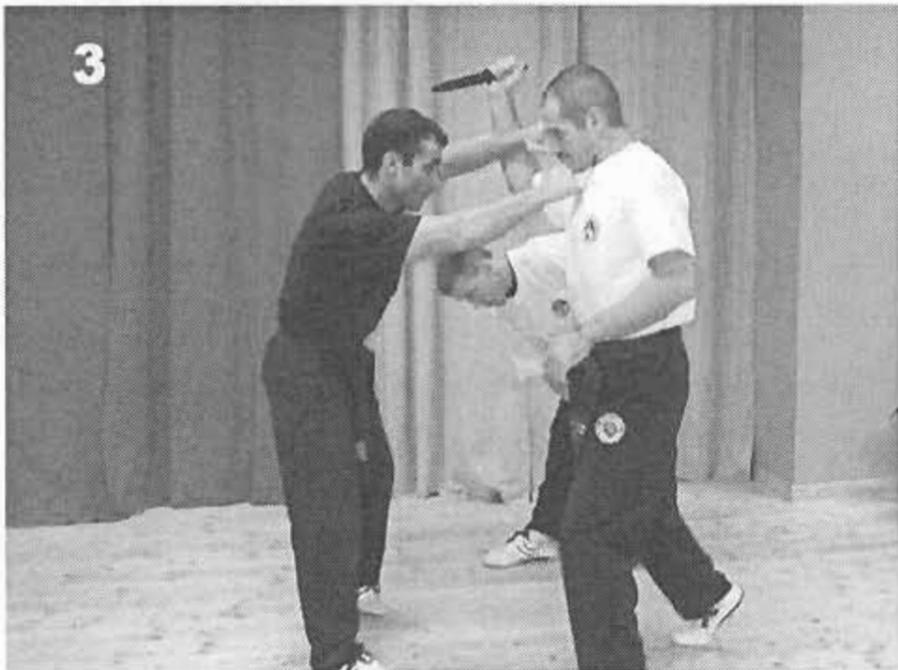
...and disarm your opponent.



1
Fighting game with two armed opponents: Here, a fighting game that you can perform as much as possible!



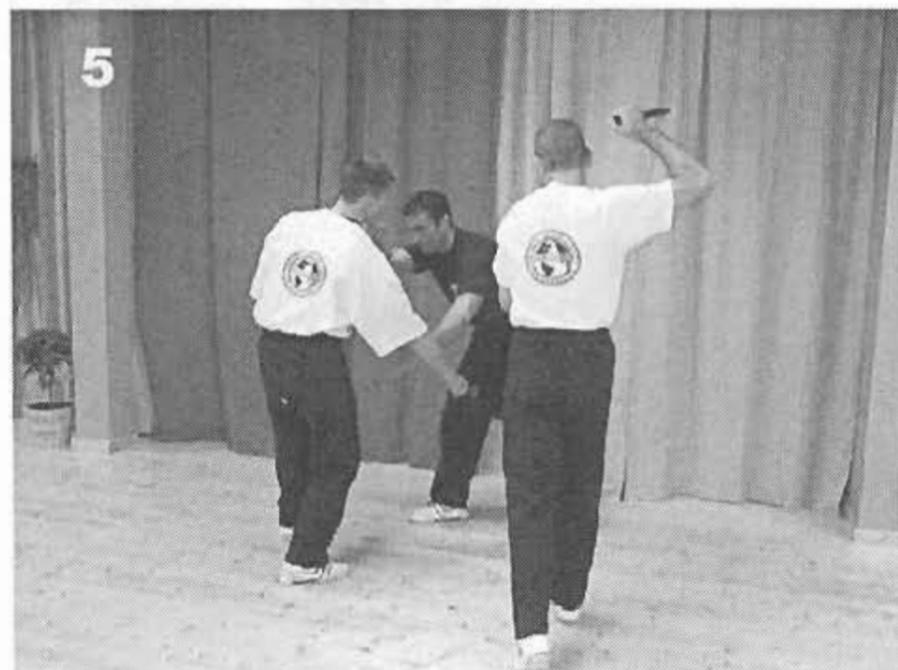
2
 You're starting the game by kicking one of your opponent's in the groin.



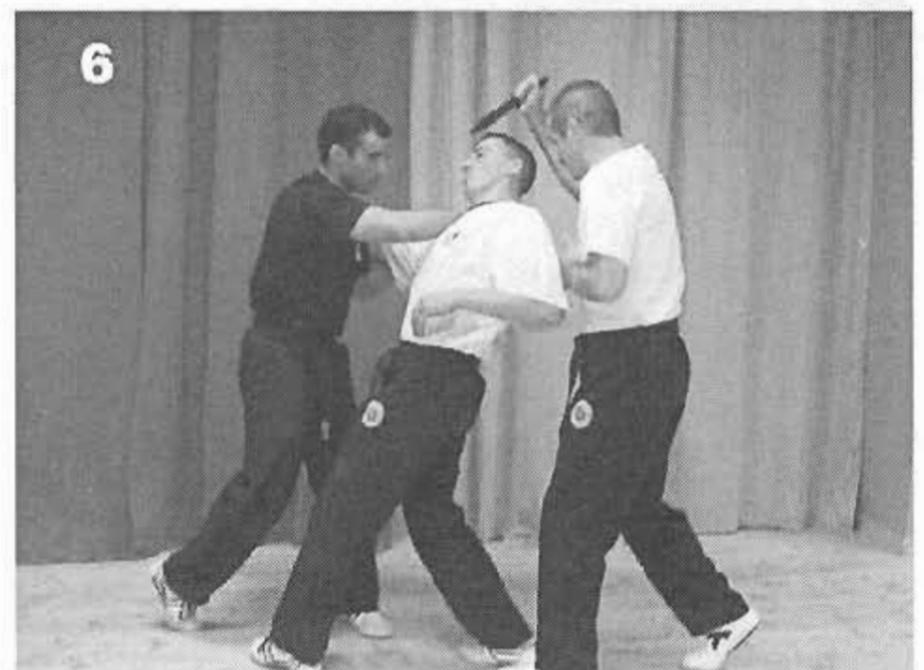
3
 The other attacks you as soon as possible and you're applying the appropriate defense.



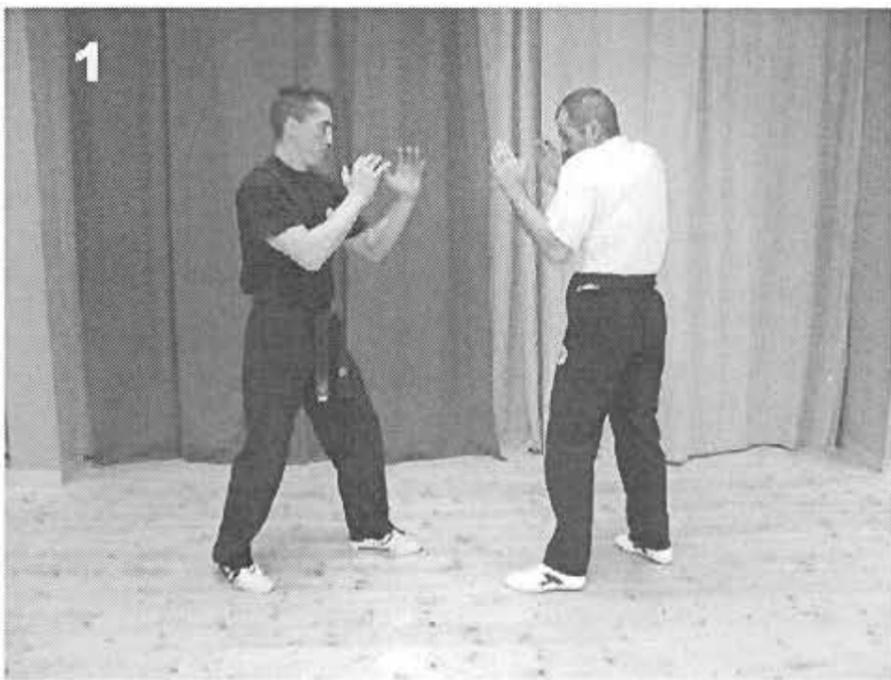
4
 You have to protect yourself immediatly with him against the second opponent, like this! And, so on...



5
 Under another angle, observe how you're repositionning and...



6
 ...protecting youself against the second attacker when using your first opponent like a human shield.

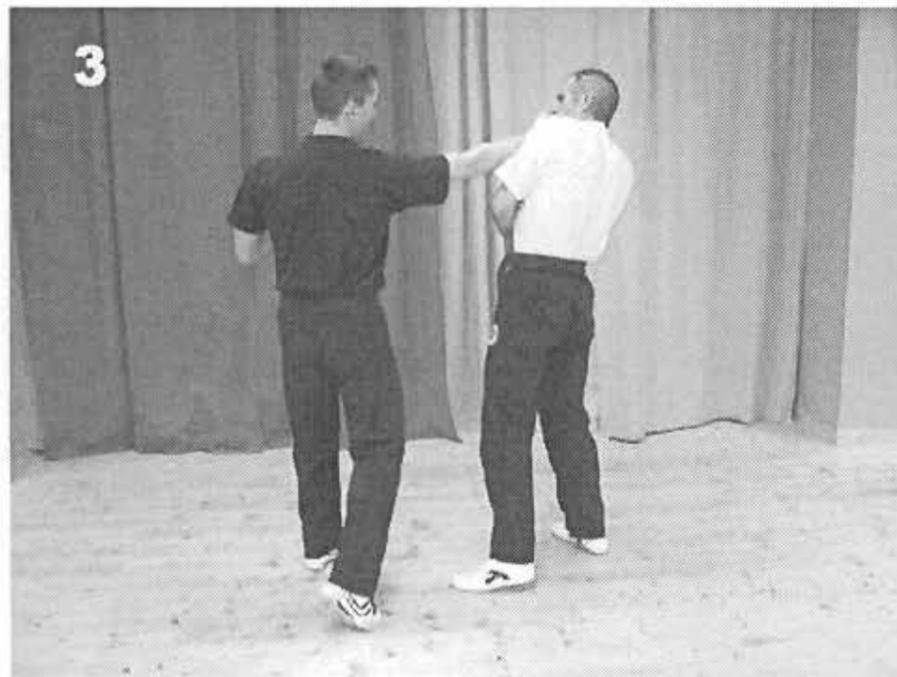


Straight left punch:

From a fighting stance, your opponent attacks you with a straight left punch.

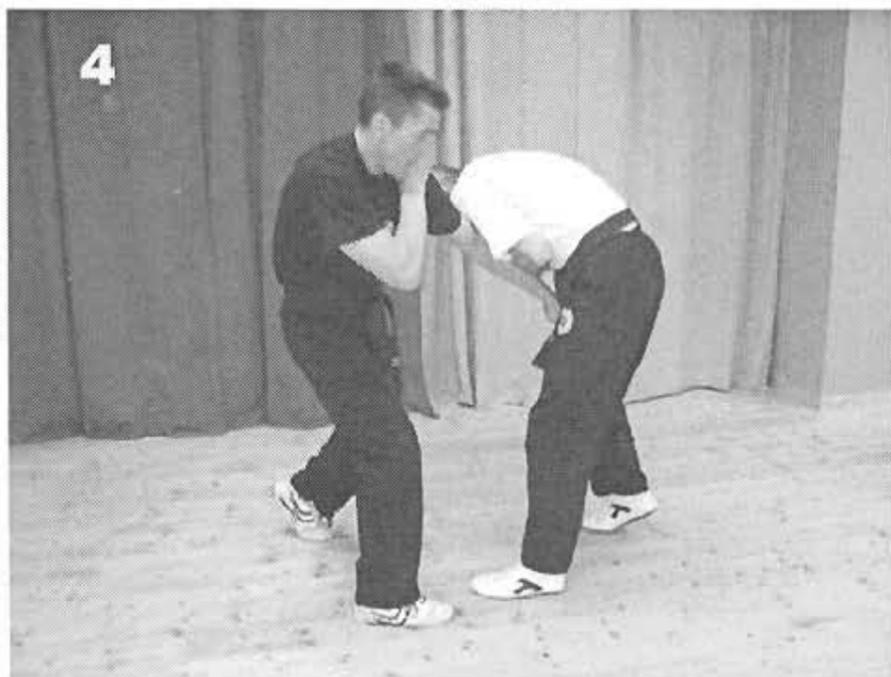


With your right palm, parry his punch and counter with your left hand to the eyes simultaneously...

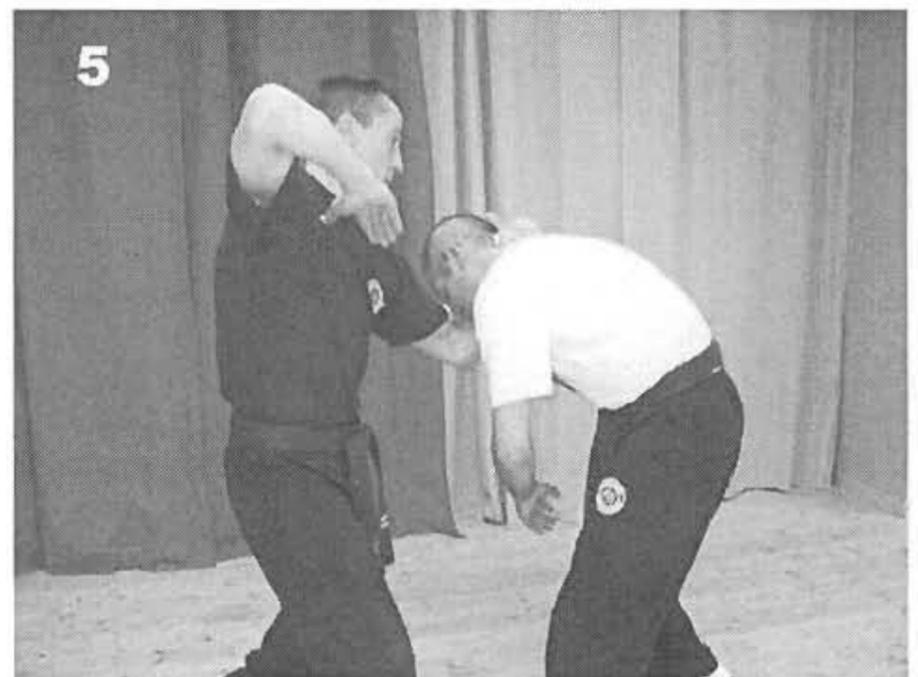


Follow with this right punch to his chin. Now, you have to alternate high and low targets.

Notes



Strike the opponent in the groin with your palm then grab his neck and...



... give him this eblow strike to the carotid, and finish him with a spinal neck takedown.



1

Straight right punch:
From the fighting stance, your opponent attacks you with a straight right punch.



2

In the same defense as before, but with the opposite hands...



3

...then directly kick him in the groin while holding his right arm!



4

Continue with an uppercut to the liver and...



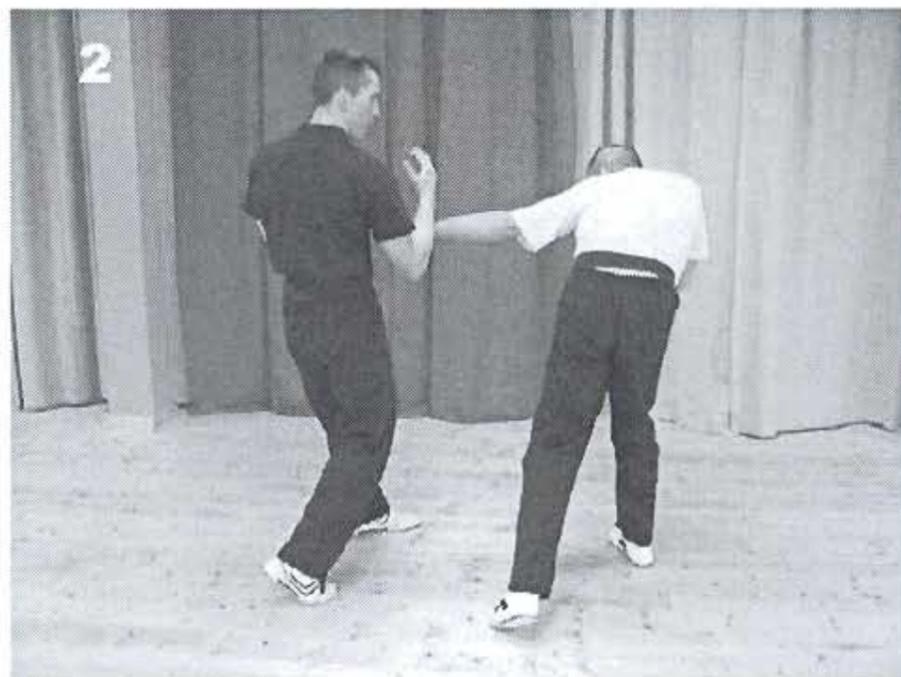
5

...finish the job with a knee strike to his face.

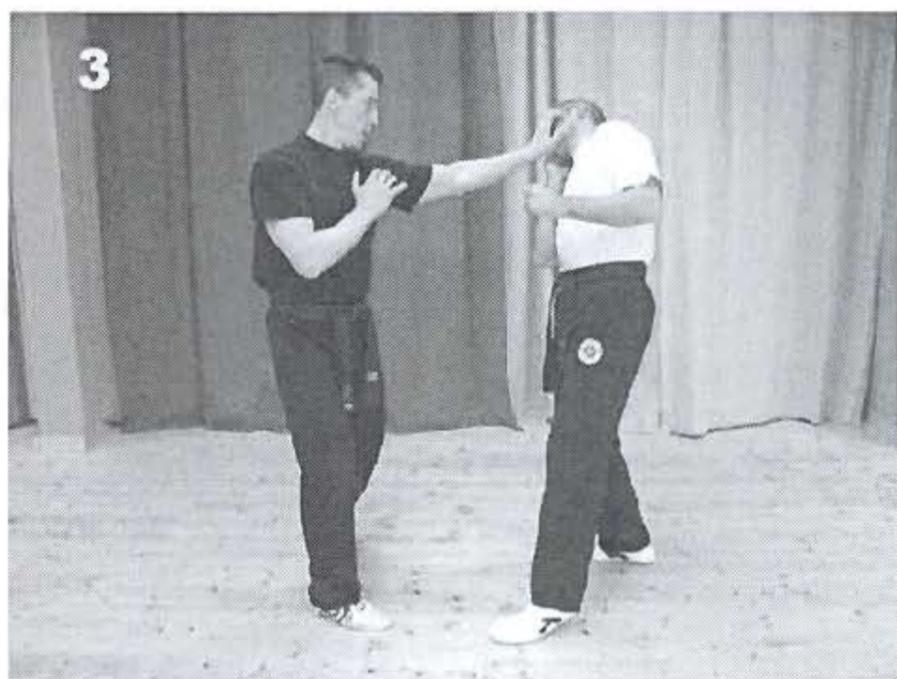
Notes



Straight left punch to the body:
Assume a fighting stance and left leg forward.



Block with your forearm vertically and...



...counter with a palm strike to the face.



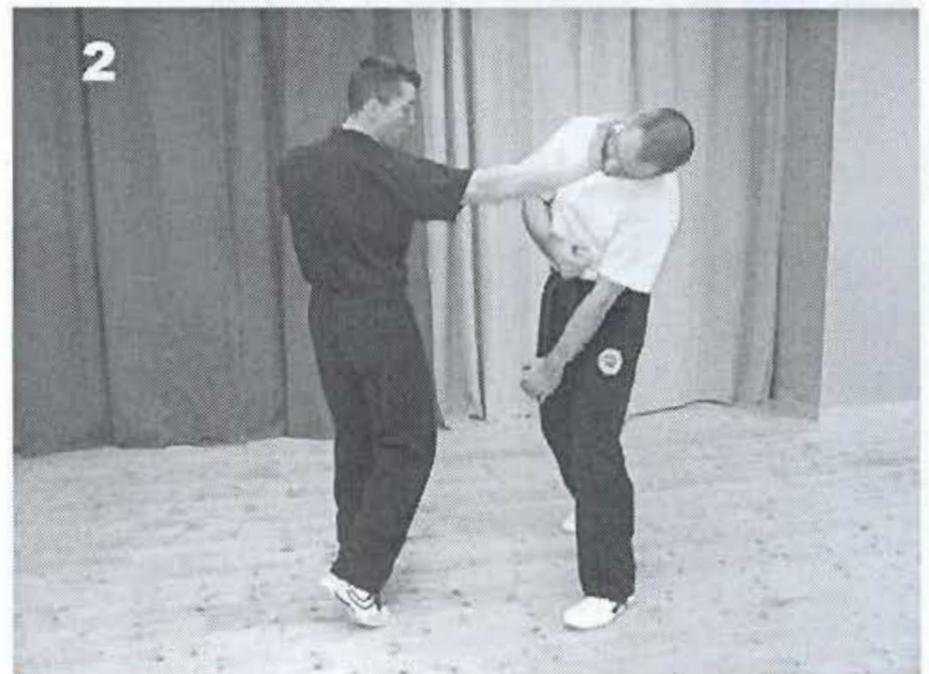
Continue with this body shot to the rib cage.



Finish with a knee strike to the solar plexus and...

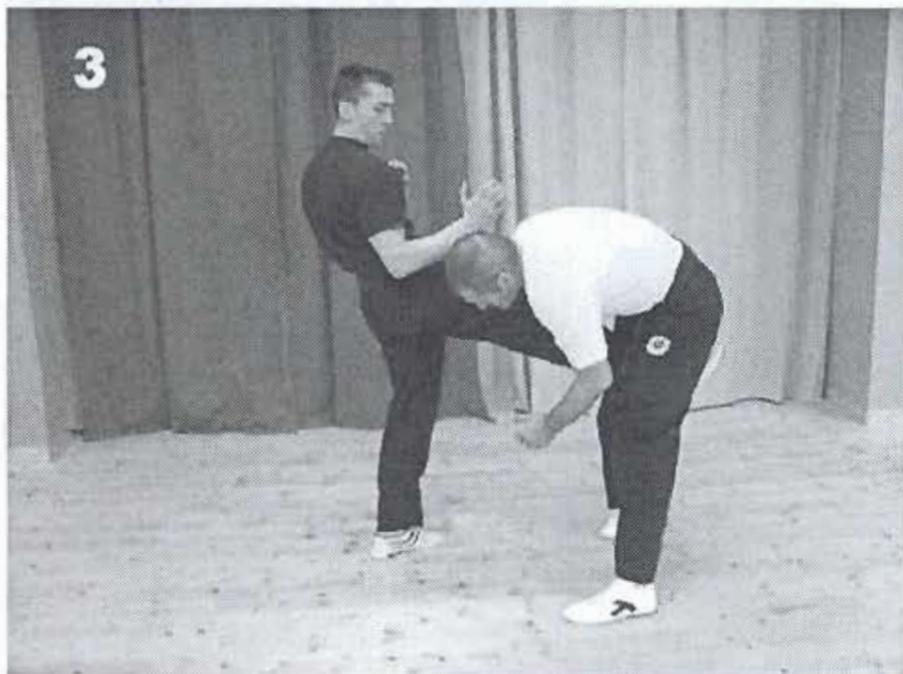


...with an uppercut to the chin.
Nice combo!



1
Straight right punch to the body:
 In this scenario, inside block with your left forearm vertically and...

2
 ...counter with your palm to your opponent's face.



3
 Follow at once in the groin...

4
 ...and with a punch to the carotid area.



5
 Finish your combination with this inside low kick to the opponent's knee.

Notes



1

Left hook to the face:

Assume a fighting stance and place your left leg forward.



2

Bring your right arm up to block his left hook and...



3

...counter immediatly with a horizontal elbow strike to the throat.



4

Follow with a uppercut to the liver and...



5

...with a headbutt.



6

Finish with this knee strike to the groin!



1
Low kick:
 Here we go again!
 Your opponent attacks you with...



2
 ...a low kick. Raise your left leg and block with your shinbone.



3
 Counter immediatly by kicking him in the groin.

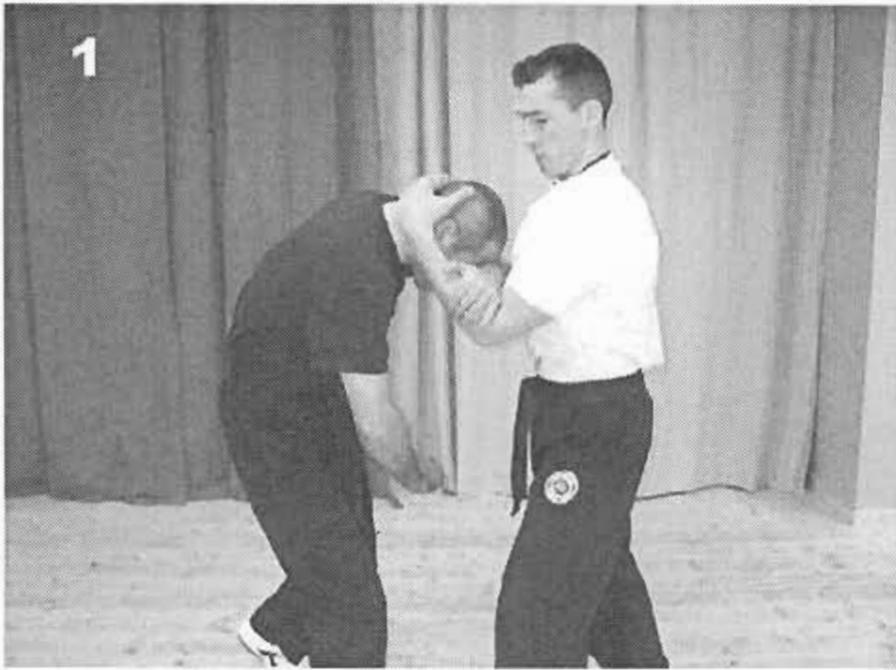
Notes



4
 Then follow with a palm strike to the face and...



5
 ...finish your combination with an inside low kick in the knee.



Clinching technique #2:

If your opponent pulls your head down, place your left arm over his arms, like this!

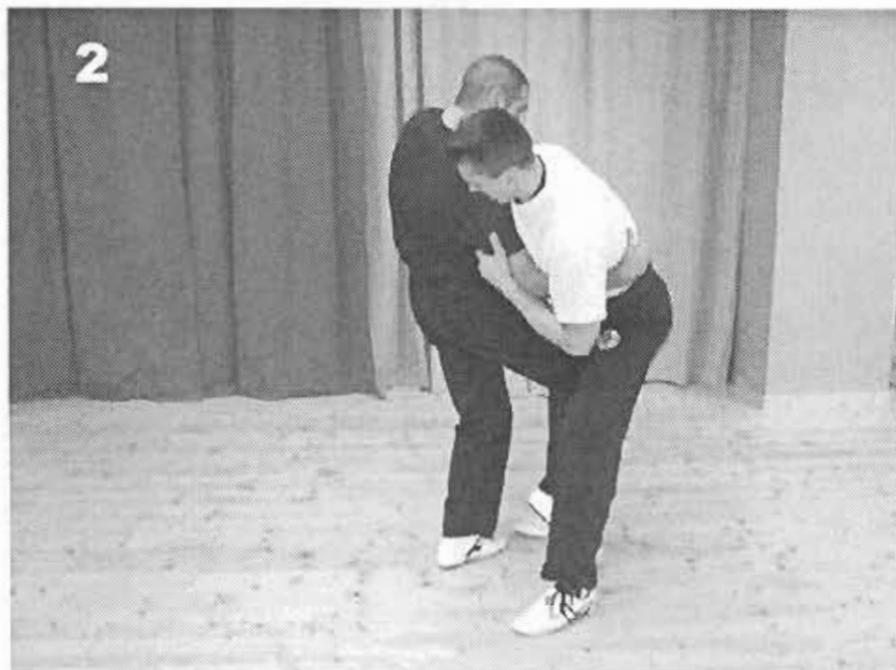


Now, you can block his knee, and even counter with a palm strike to the groin.



Clinching technique #3:

Here is, a different start position. Your goal is to take advantage.

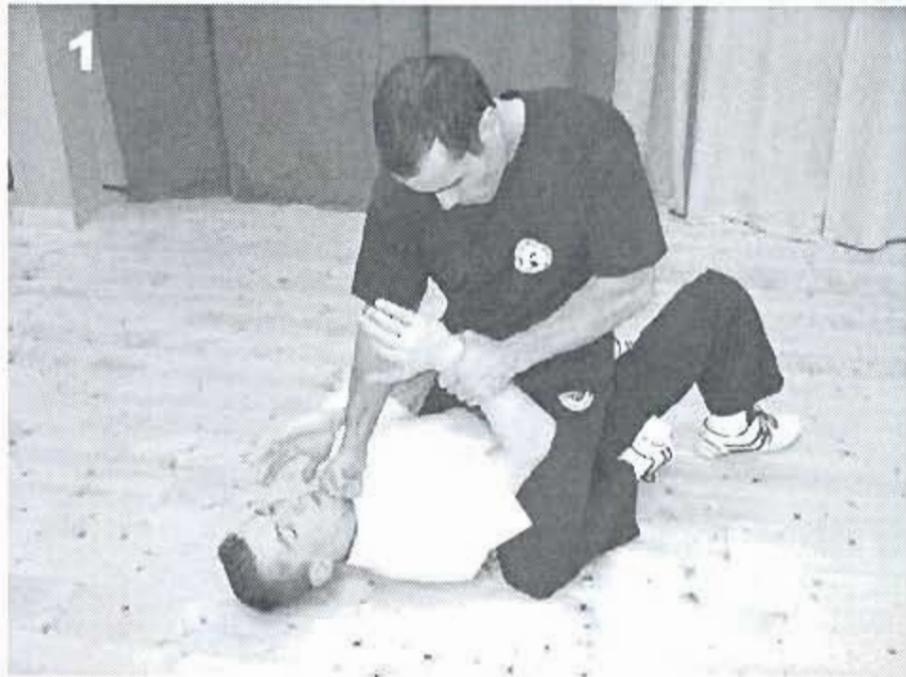


Knee him in the groin...

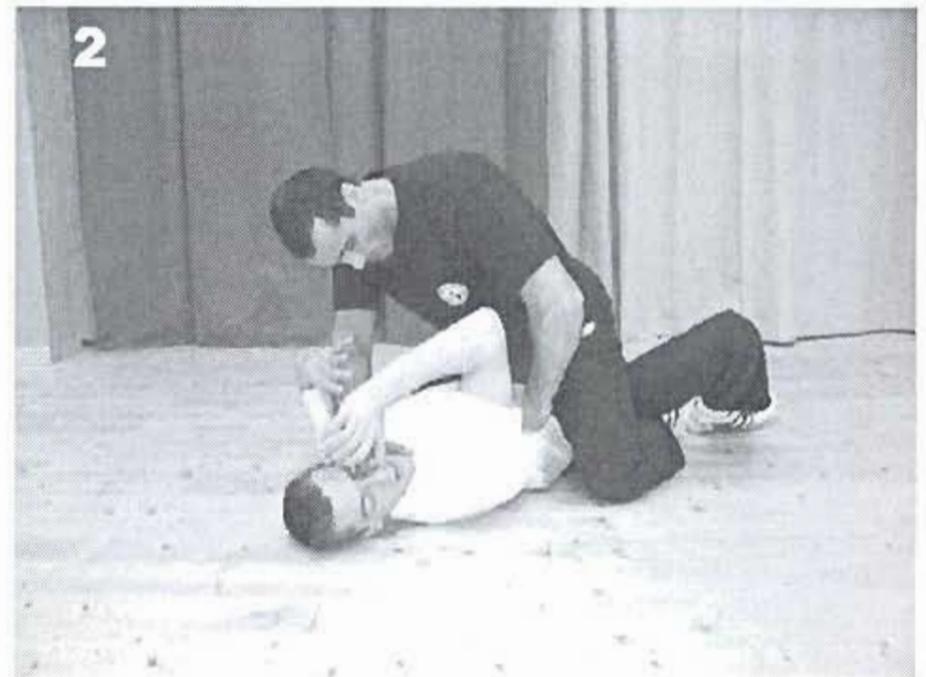


...get your left arm under his right armpit. You can easily lock your hands and throw your opponent.

Notes



1
From the mount position:
 Straight punch to the face. Keep your
 body weight close to his chests.



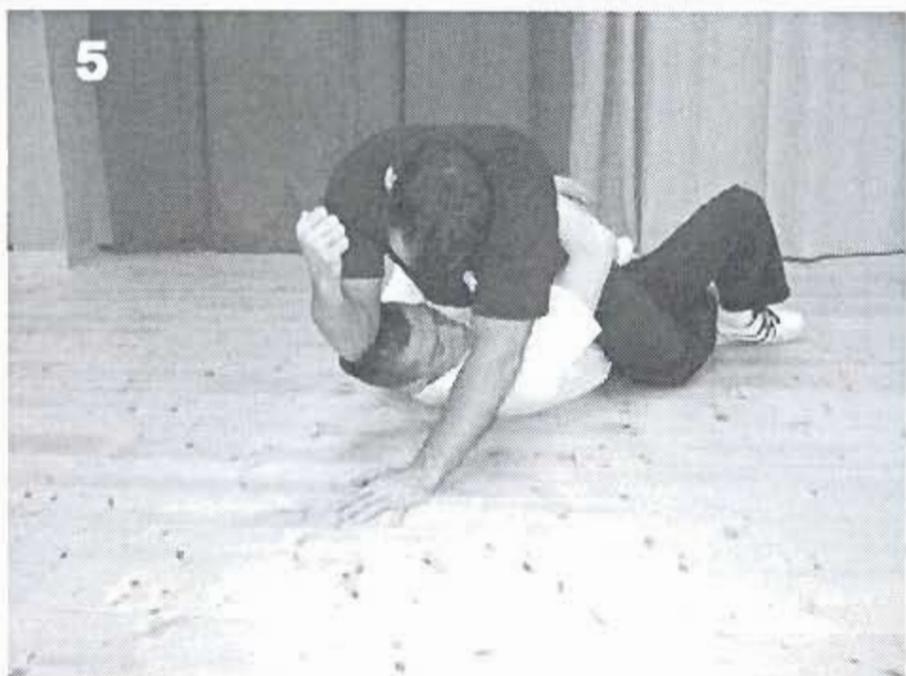
2
 Hook to the rib cage.
 Don't forget to keep your wrist straight.



3
 Regarding an elbow strike place the
 opponent's face on the side.



4
 Then, drop your elbow straight down into
 his face.



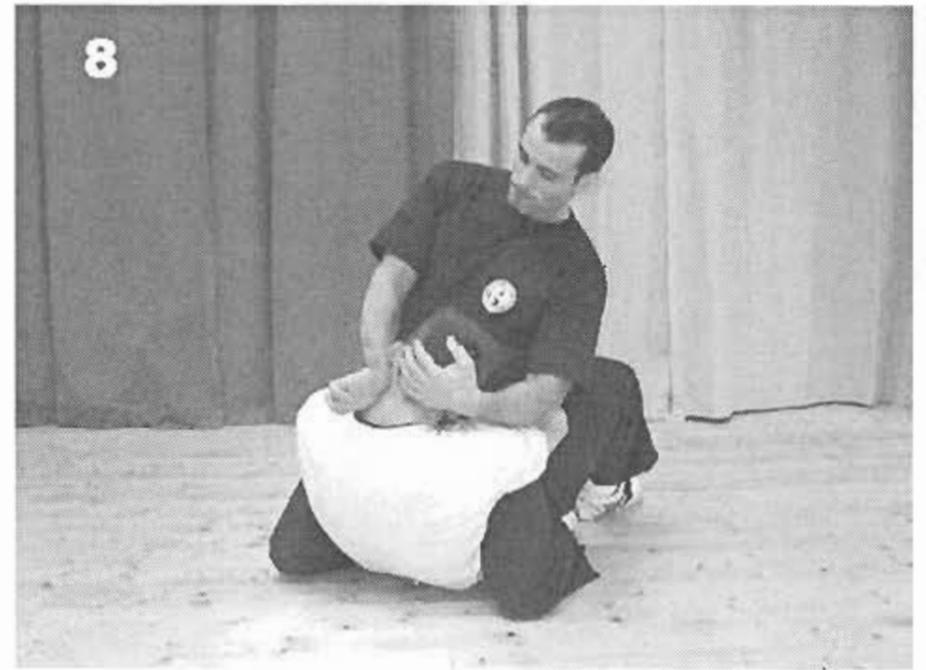
5
 You can strike your opponent with your
 elbow to the head or to the collarbone.



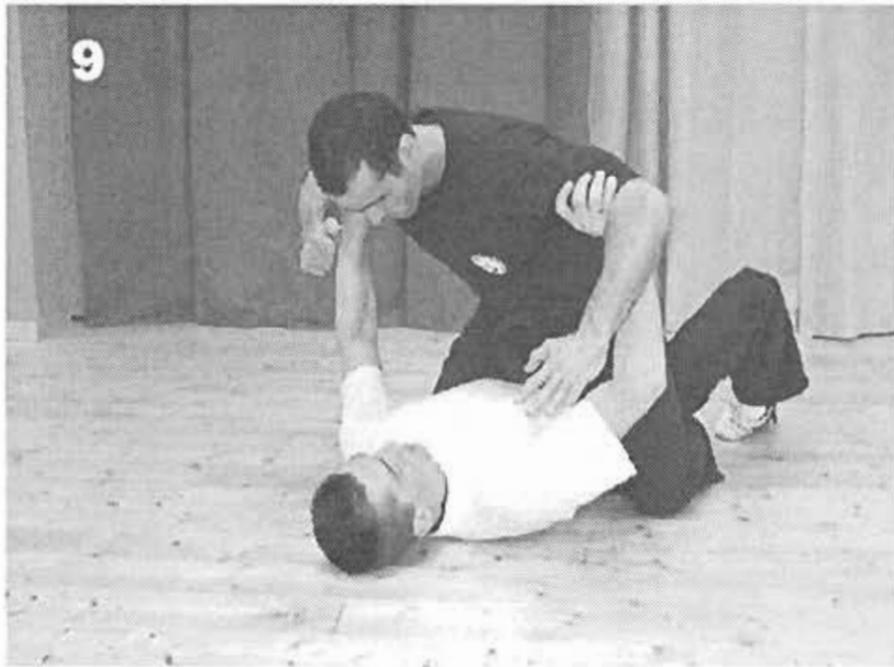
6
 Above, by grabbing his arm, hammer fist
 strike to an open area.



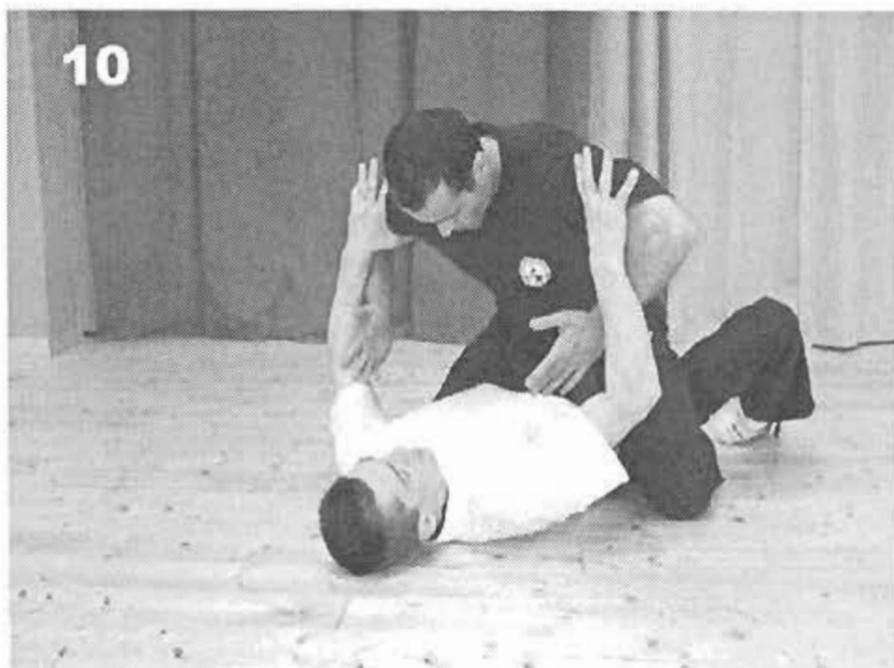
7 Palm strike to the neck. Hold the opponent's face close to your body and...



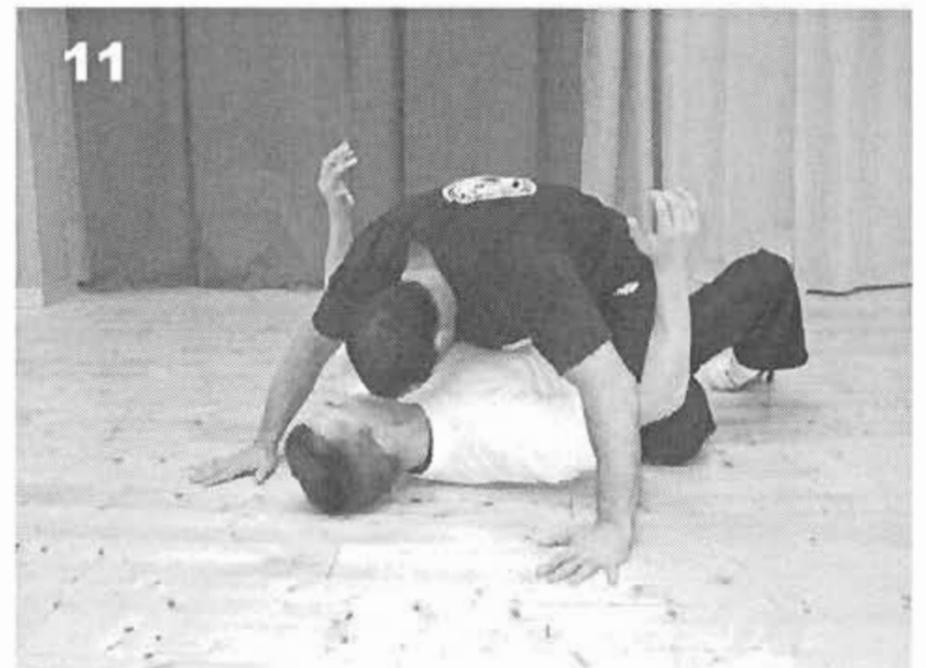
8 ...strike with the heel of your hand.



9 Another scenario. Your opponent is holding your arms.



10 Get your arms inside, like this! And, drop one elbow to his face or...



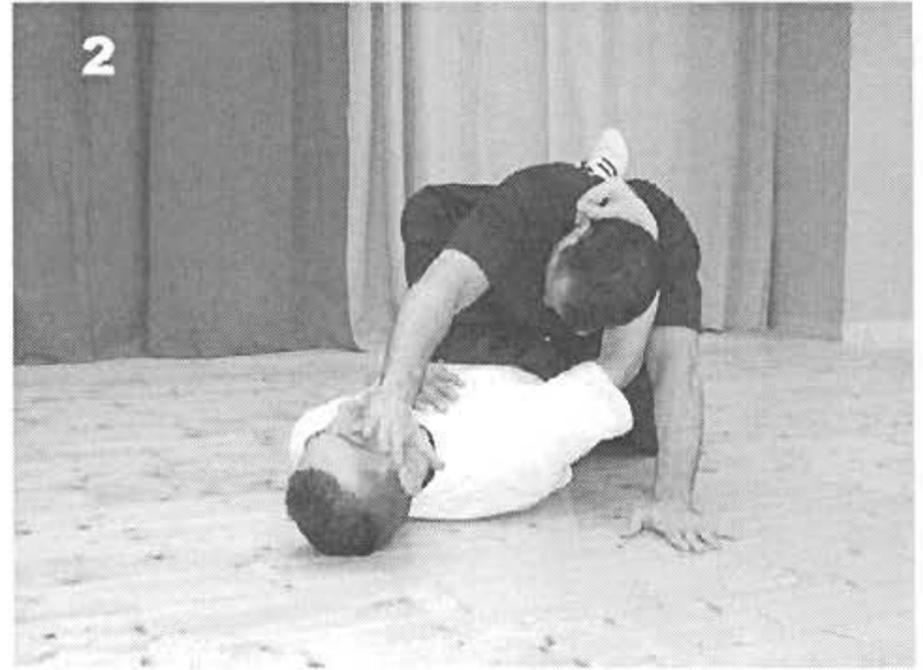
11 ...headbutt his face. Have fun!

Notes



1

From the opponent guard:
Elbow strike straight ahead down to the solar plexus.



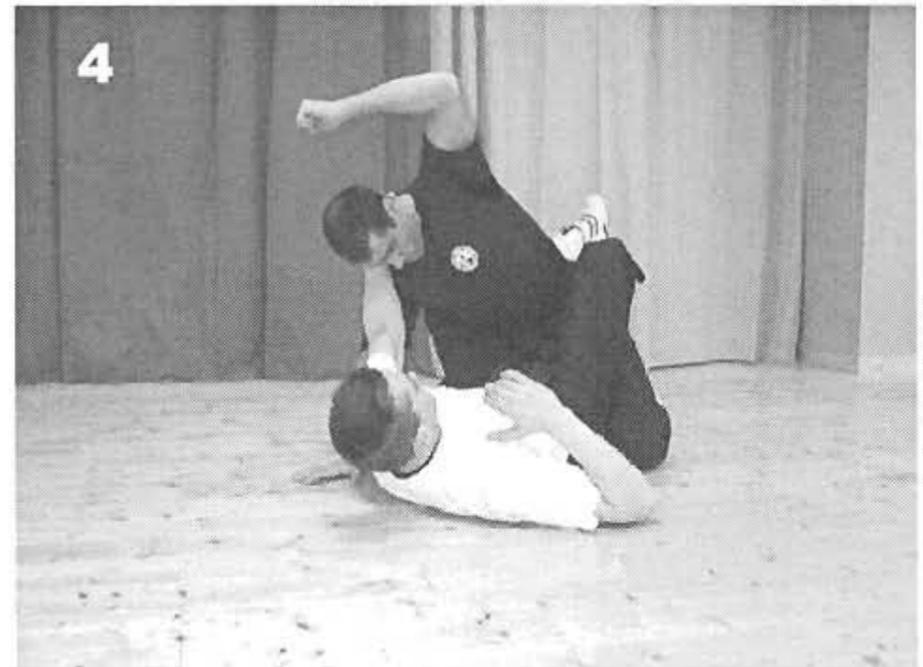
2

Palm strike to the face by sliding your fingers in the eyes and...



3

...vertical elbow strike into his thigh or into the opponent's hip.



4

Hammer fist strike!
Instinctive strike, powerful and easy to perform.



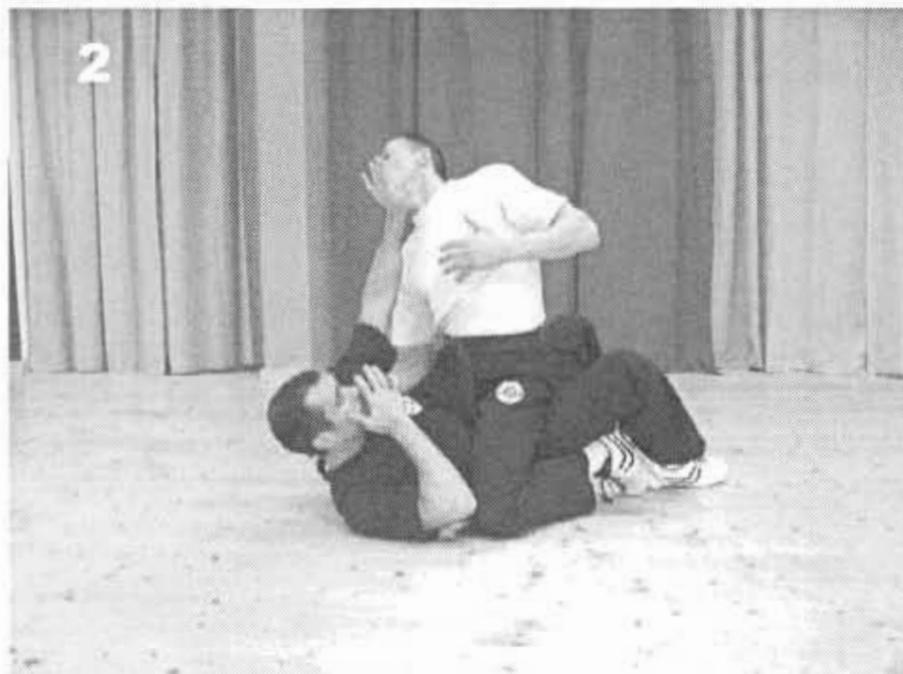
5

The targets will be the collarbones, the neck or the face.

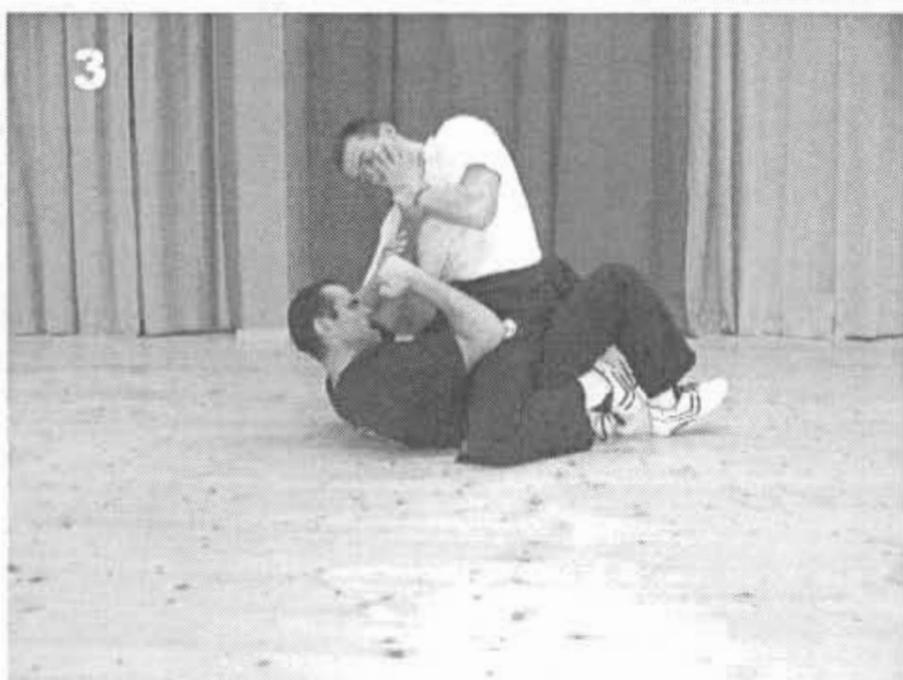
Notes



Under the mount position:
Be more offensive than defensive!

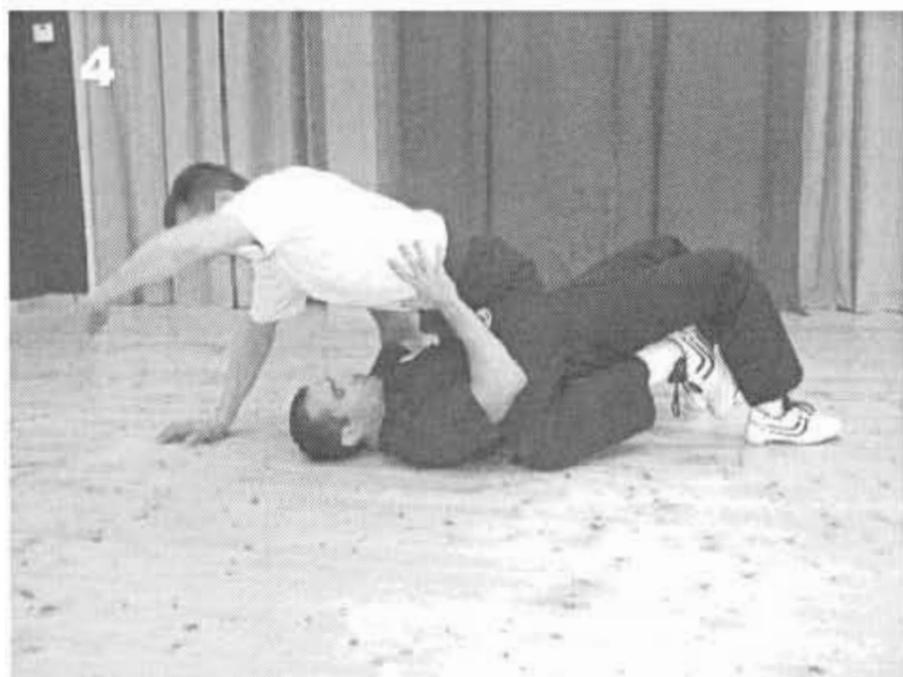


Check the distance, and palm strike to the face.



Elbow strike to the groin or to the thigh.

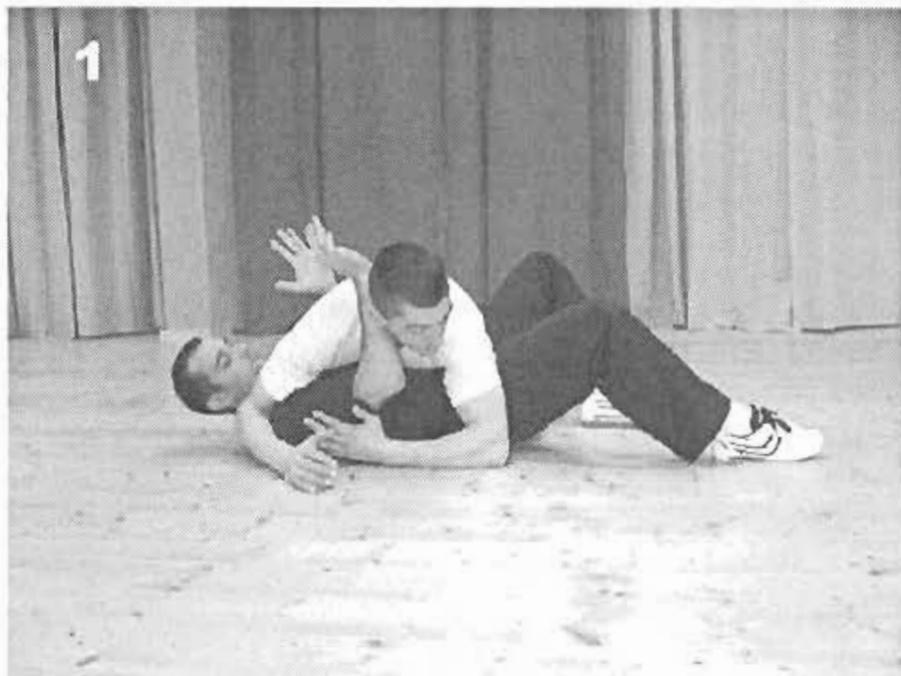
Notes



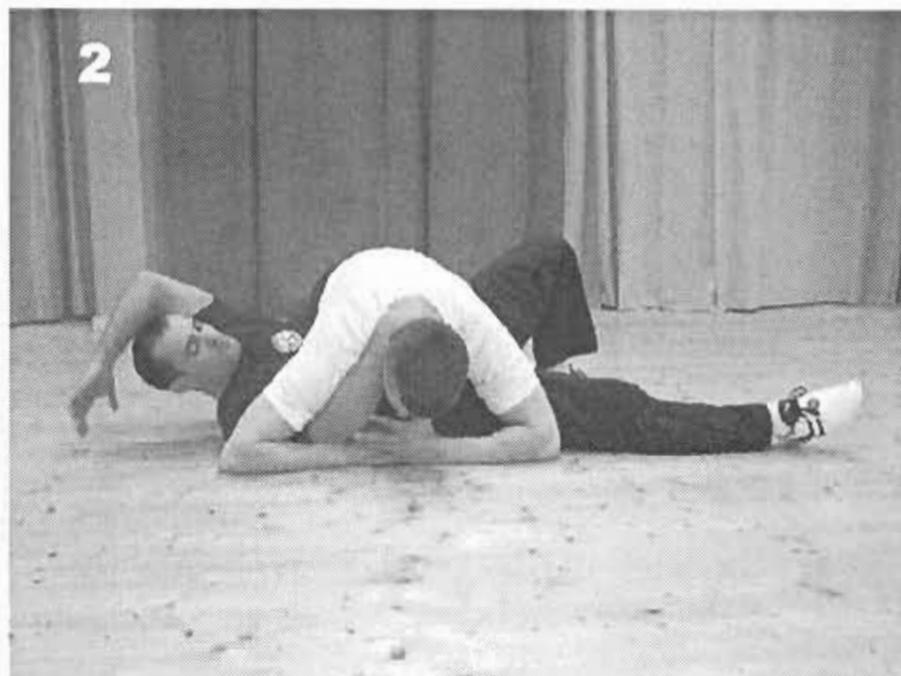
Now, bridge up as high as you can, ...



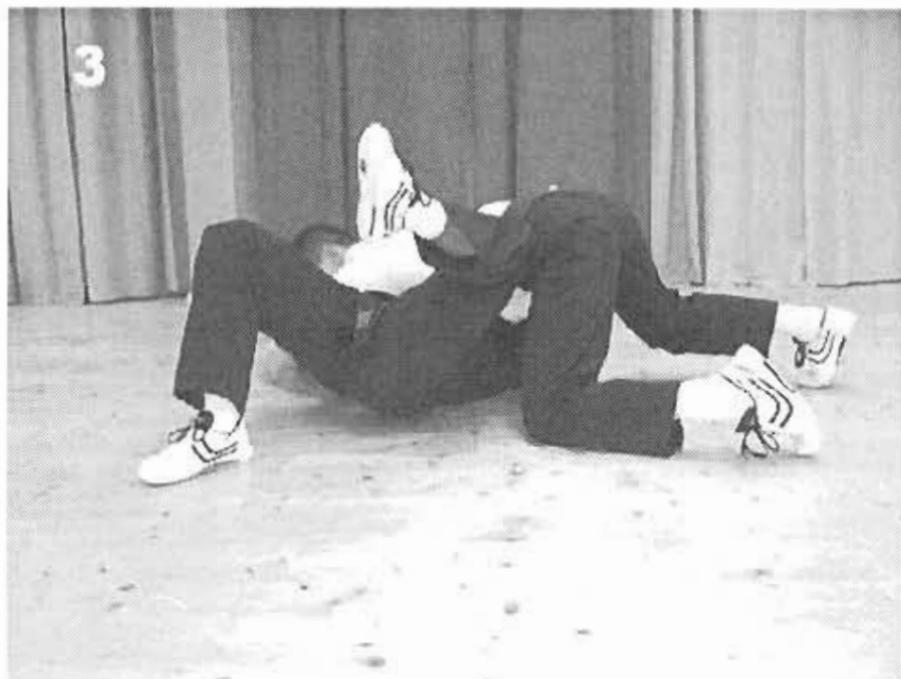
... catch him and escape the mount!



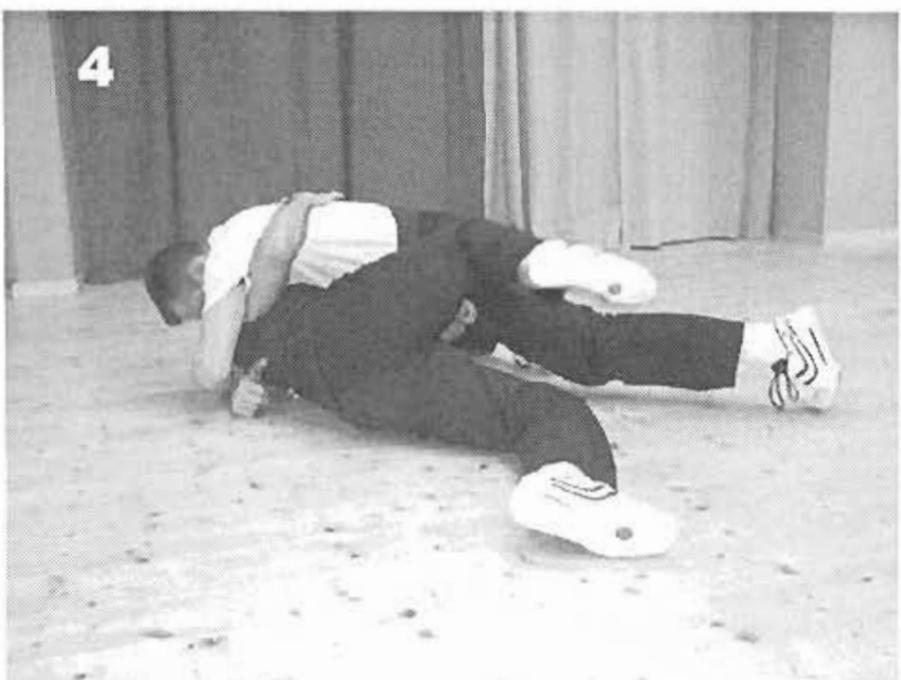
1
Under the side mount position:
Push his head away with your right arm.



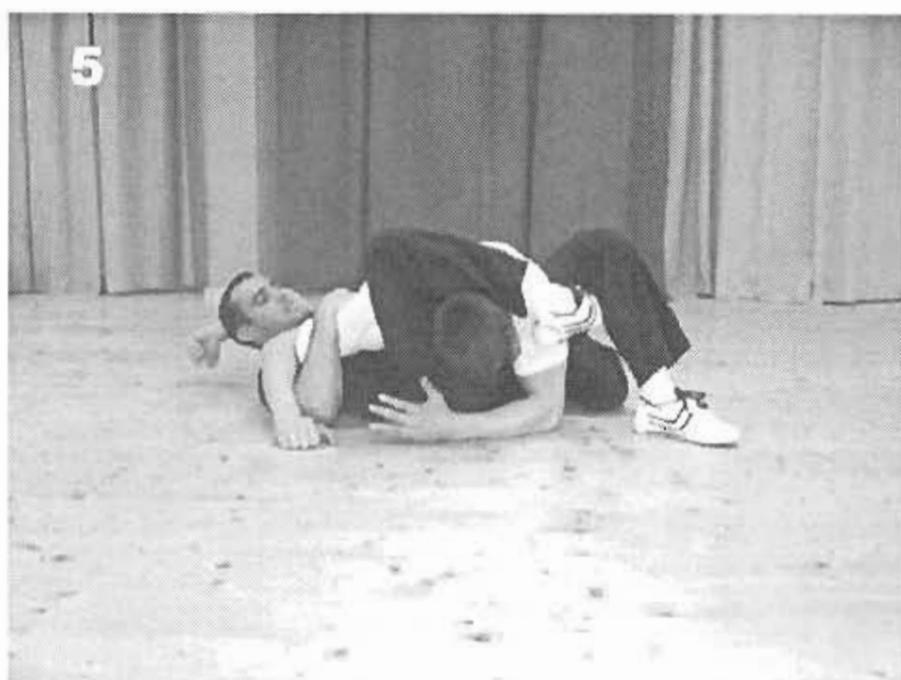
2
Grab his neck and elbow strike or
hammer strike to his body.



3
Knee strike!

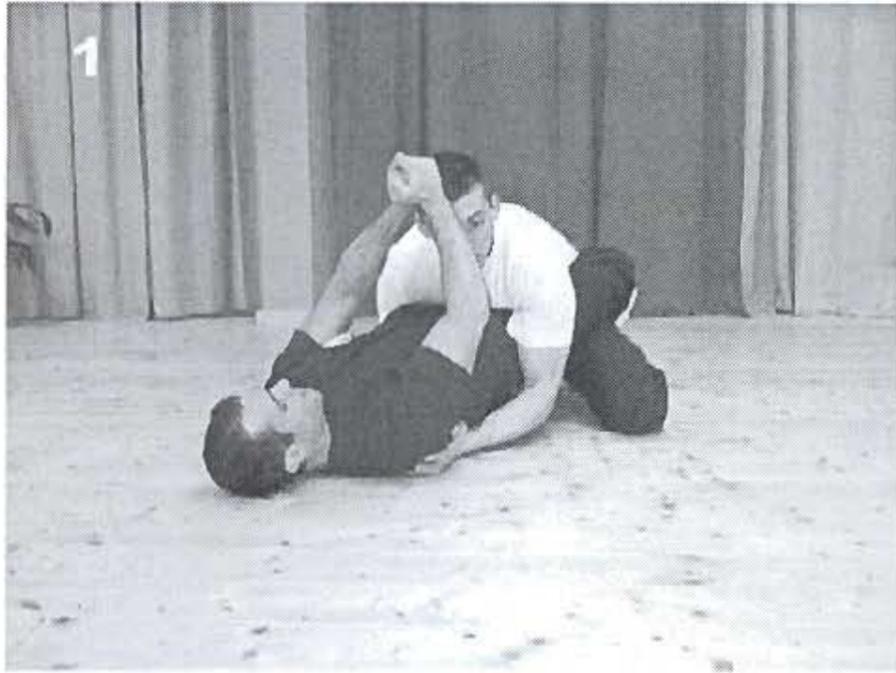


4
Here, with your other leg.
You have created a space to escape from.



5
You can also restrain your opponent by
holding his neck! And, continue your
strikes into open targets.

Notes



1
From your guard: Hammer strike with both hands. Lift your hips and squeeze your legs in a scissor lock!



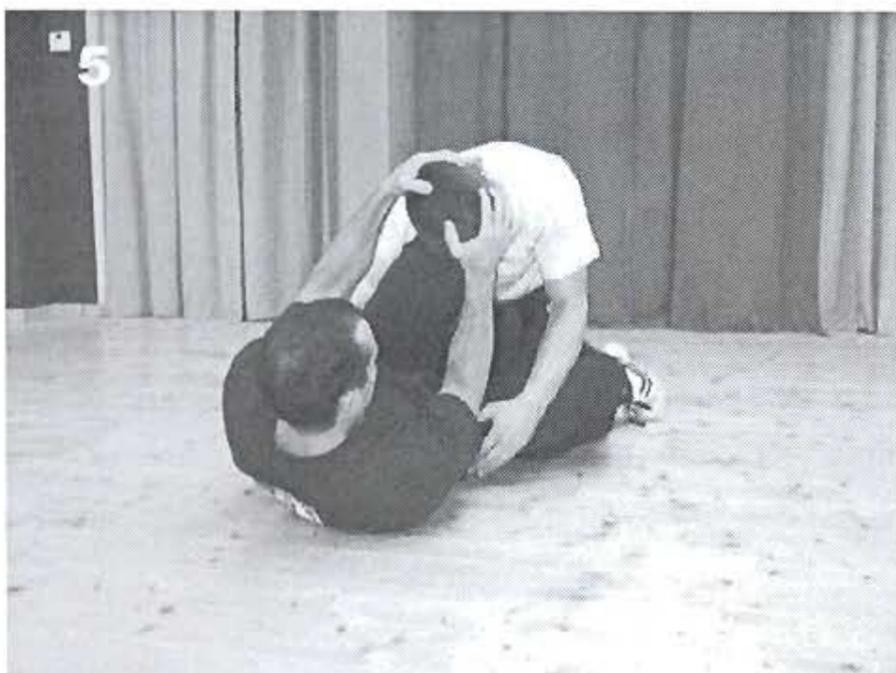
2
 Elbow strike to the neck.



3
 Palm strike with the heel of your hand to the neck.



4
 Heel strike to the thigh or to the calf.



5
 Place your leg inside, like this! And, Hold his head in place to knee him.



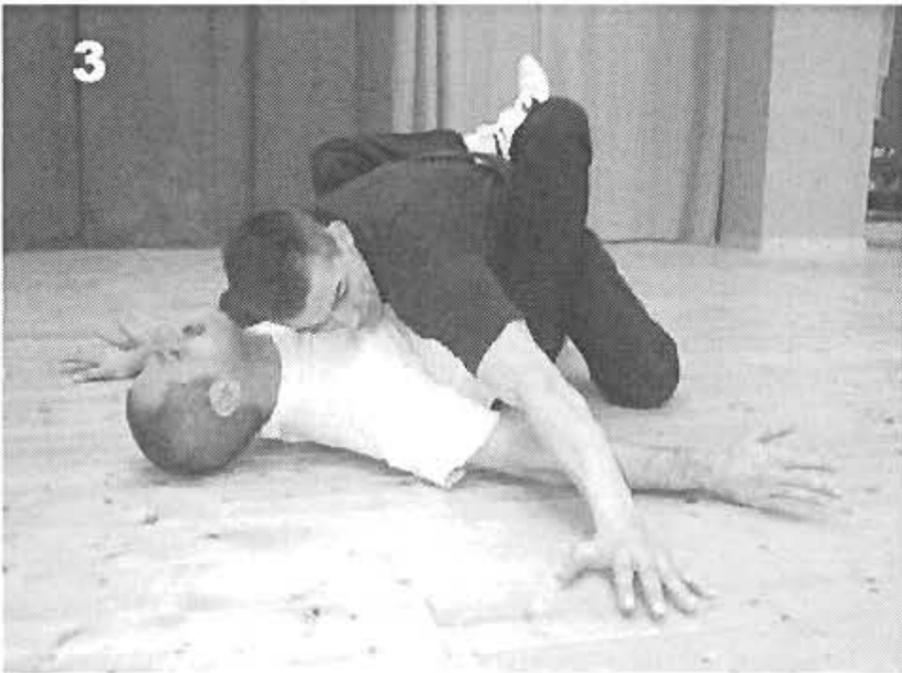
6
 Push him to the side and knee strike him to his rib cage!



Under the mount position #1:
Catch your neck to restrain your opponent's arm while your other hand...



...is placed on his hip. Bridge your shoulder and drive your opponent to the side.



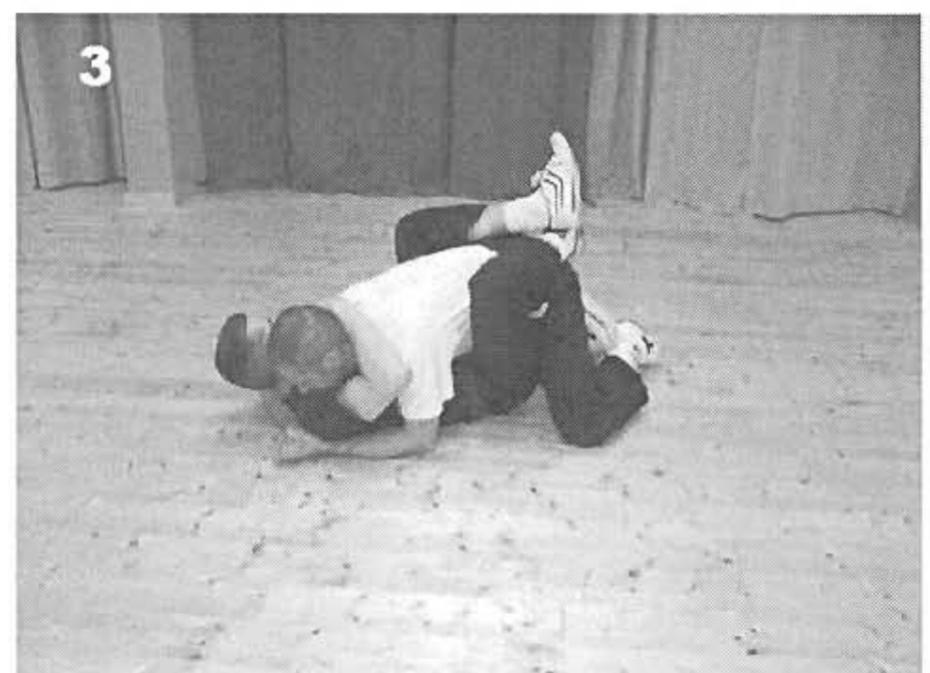
Spread your hands to stabilize your position.



Under the mount position #2:
Straighten one leg and slide the opponent's leg under yours.



Now, you can restrain his.



Repeat the formula with the other to finally keep your opponent in your guard.



From the guard position:

Turn on your side by pushing your hips backwards and placing your legs down...



...to perform a scissor motion, like above!



In street fighting case, don't follow your opponent to a submission technique...stand up immediatly.

Notes

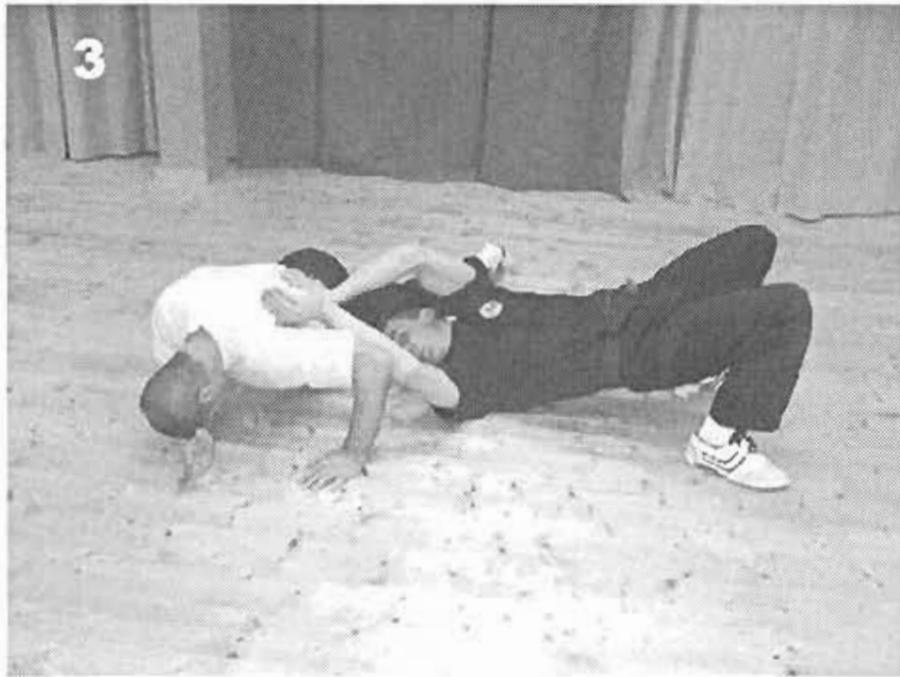


Under the side mount position #1:

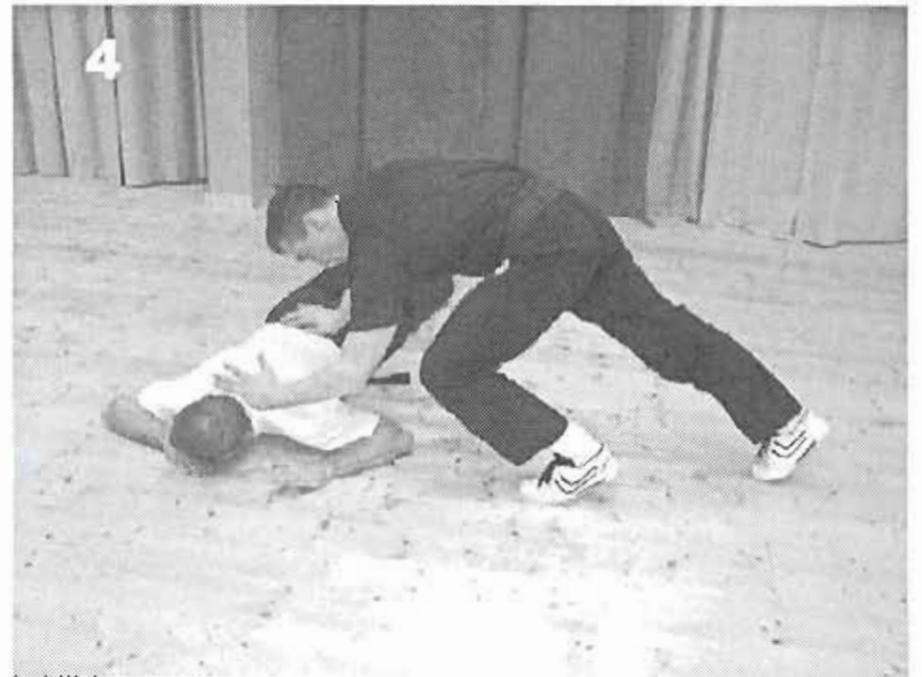
Ok! Slide your arms under him...



...while extending your legs. Next, with an explosive motion...



Take support on your feet, pull yourself off forward under you opponent.



Turn yourself completely around, and counter strongly from the stand up position.



Under the side mount position #2:
Your opponent has his left arm around your neck. Capture his wrist and...

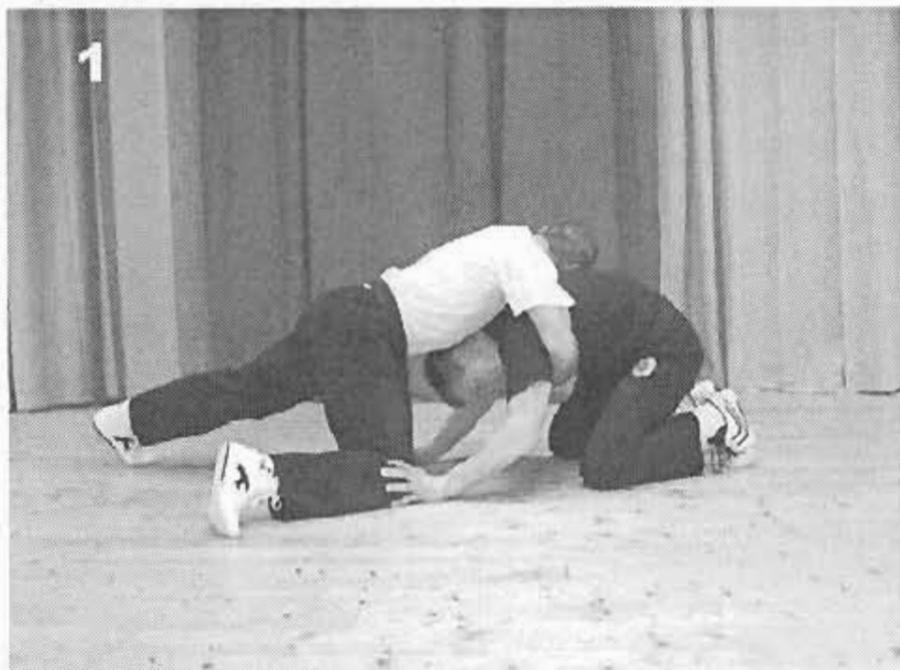


bridge up high while sweeping him by sliding your arm on the ground.

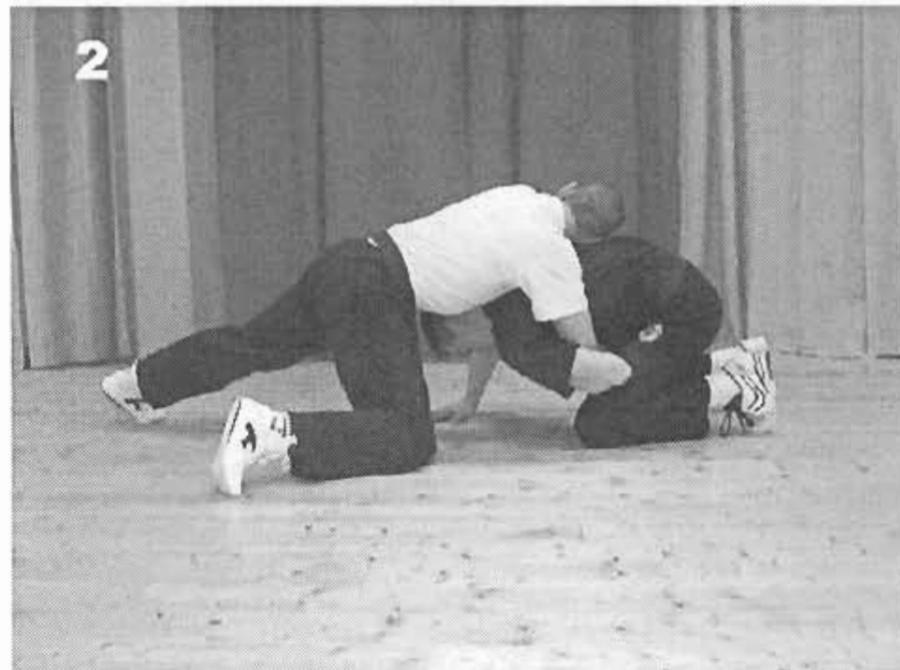


Now, the roles are reversed!

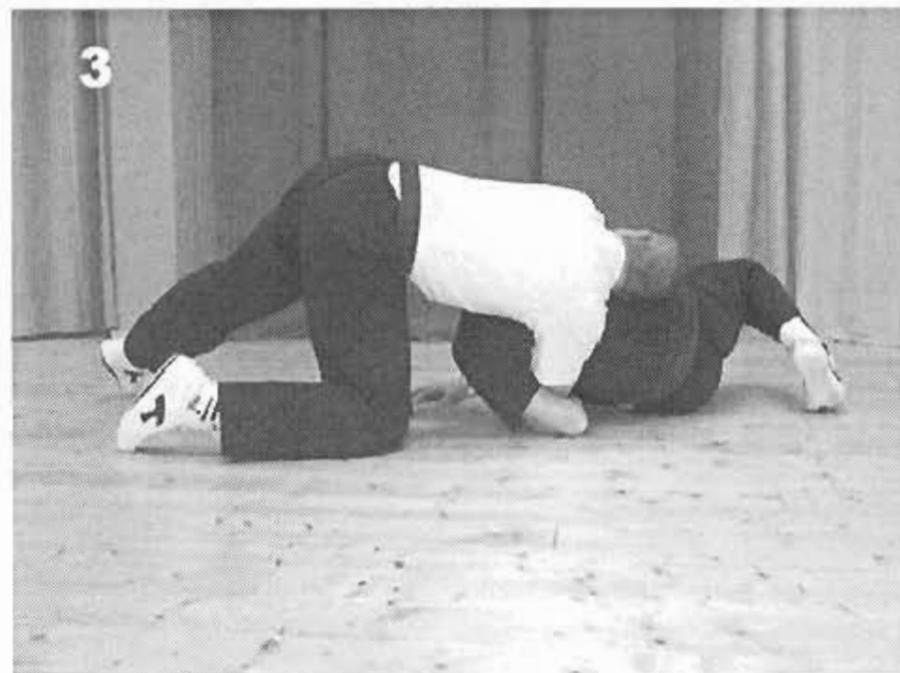
Notes



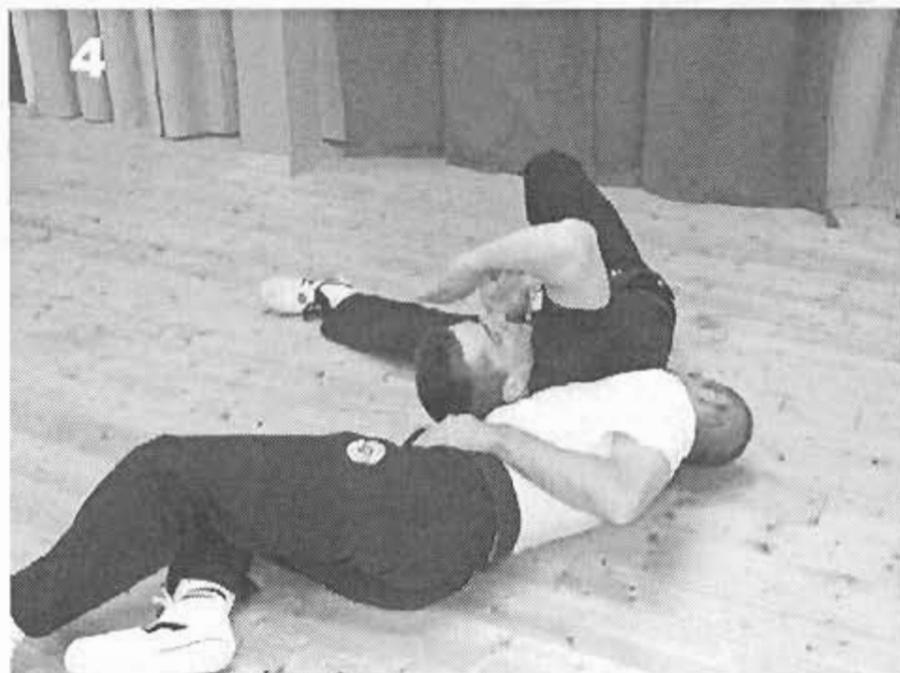
1
Under the North-South position:
Be careful, your opponent can knee strike you.



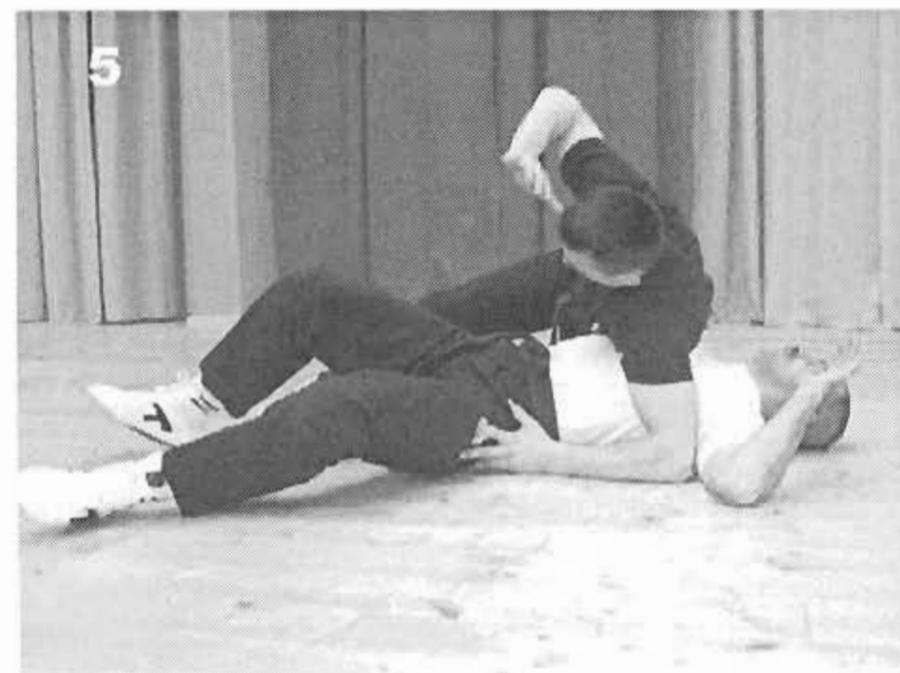
2
Capture his arm and roll sideways.



3
Help yourself by pushing with your head.

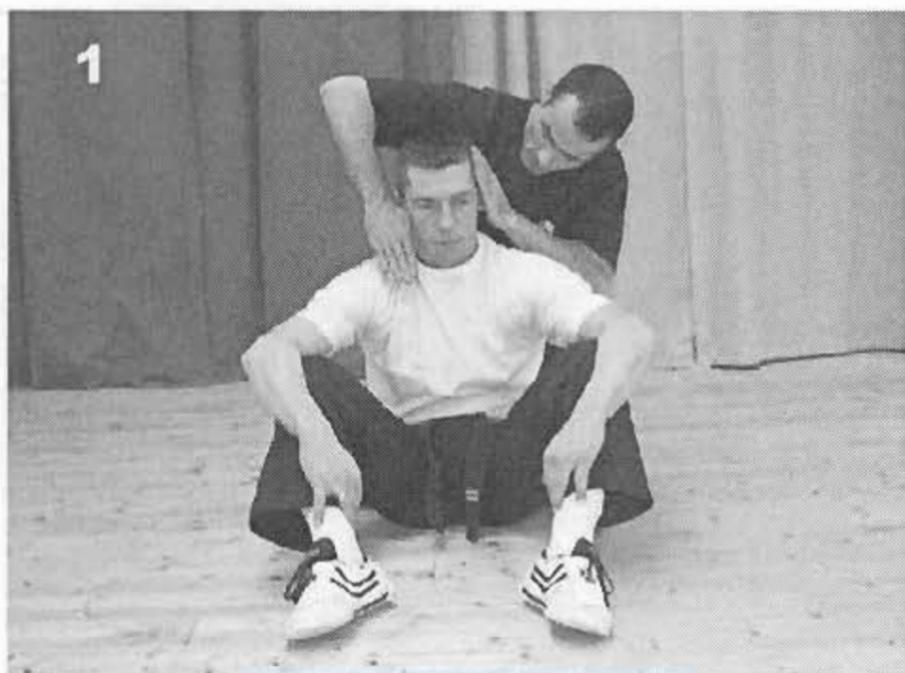


4
Now, elbow strike to his face and...

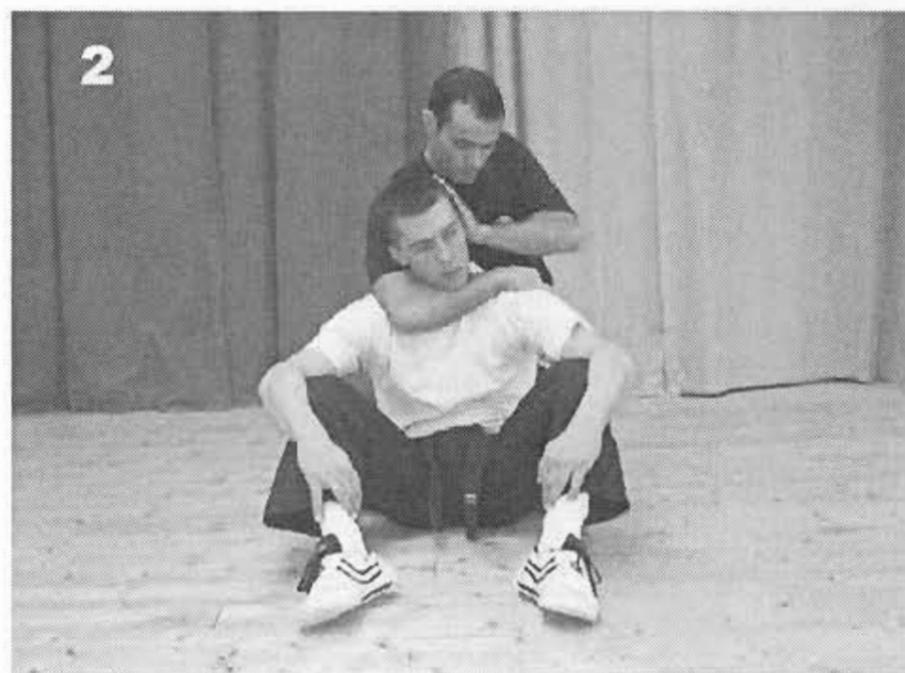


5
...follow with a palm strike to the groin.

Notes



Blood choke:
Start behind his ear and slide your hand around his throat...



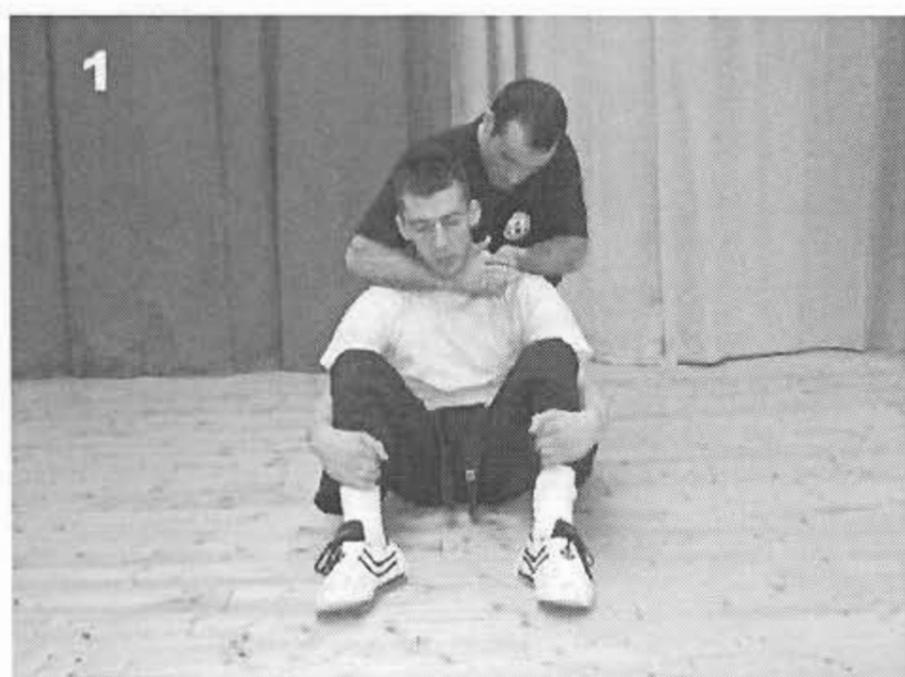
...and place your arm, like this!



From this position, grab your biceps and...



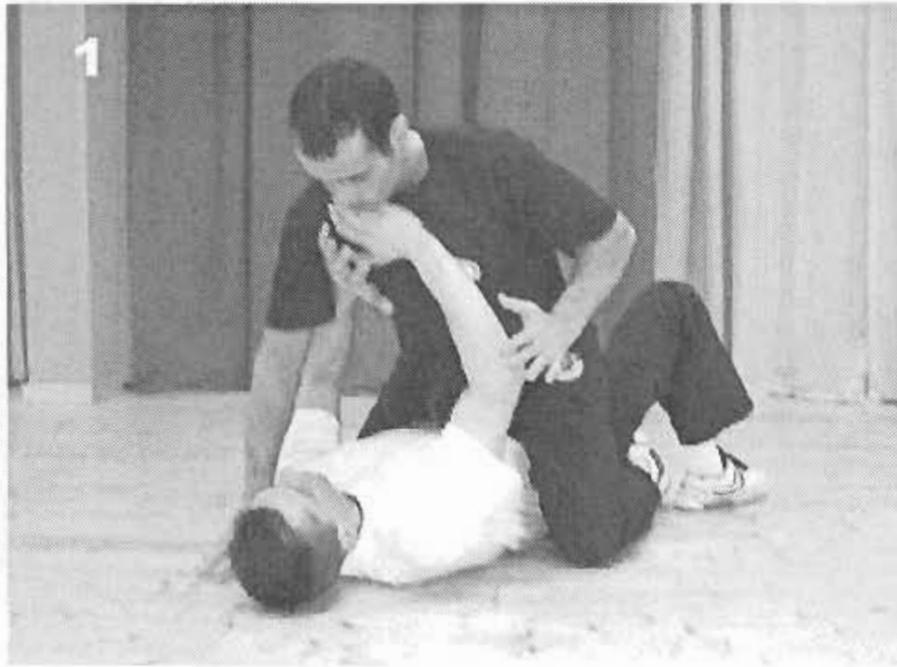
...place your hand behind his head. Finish by squeezing and pushing his head forward.



Throat crush: This is an almost similar technique. Slide your hand under his chin and stop...

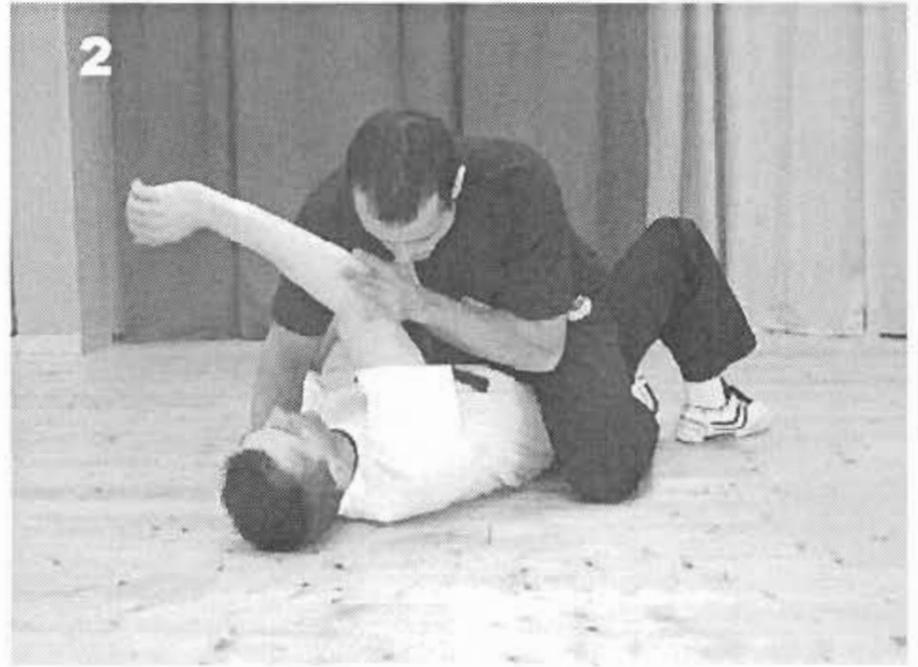


...your wrist at the front of his throat. Grab your hand and squeeze by pulling backwards.

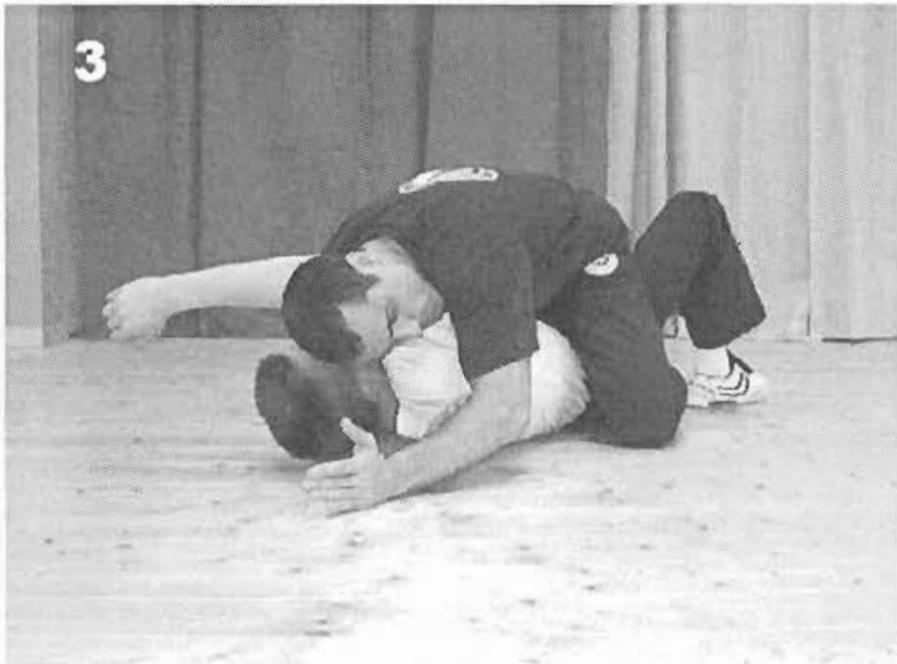


Side choke:

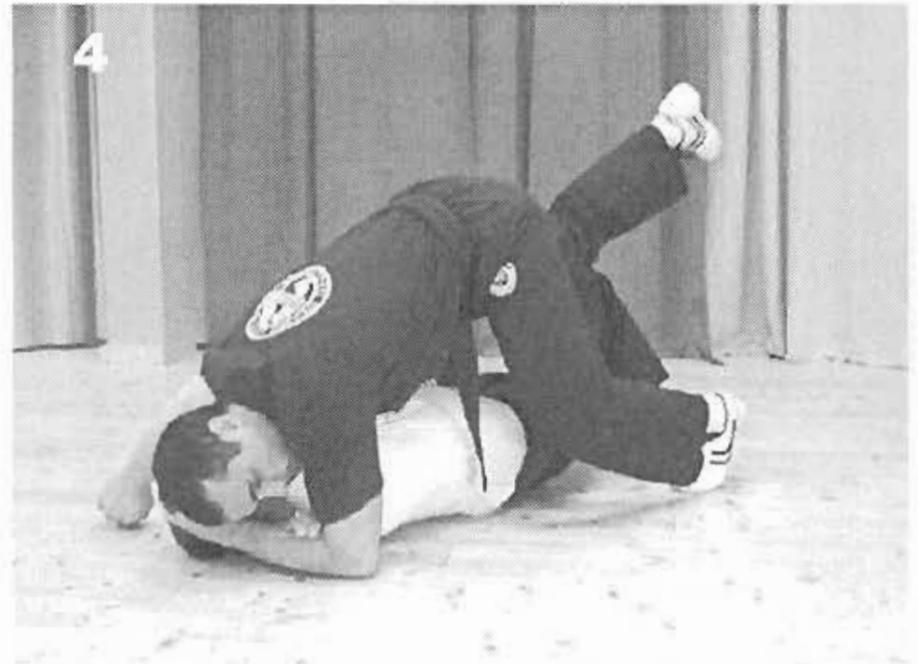
With the the mount position, your opponent is trying to push you.



Drive his arm inside and slide your right hand under his neck.



Push your head close down to his triceps then secure the choke by...



...grabbing your biceps with your other hand. Jump to the side and...



...lie face down next to your opponent to terminate him.

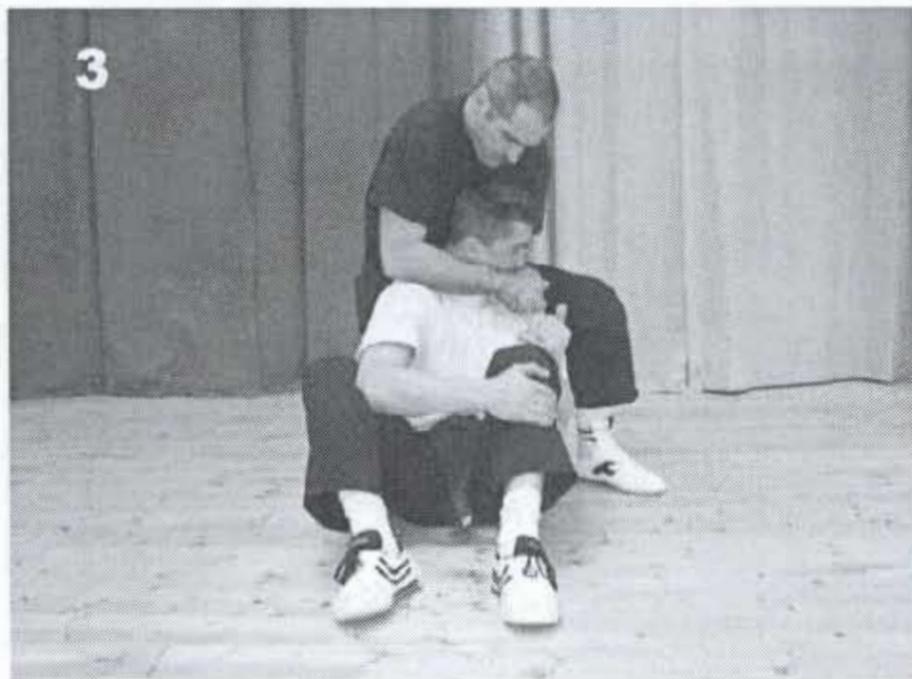
Notes



Neck crank:

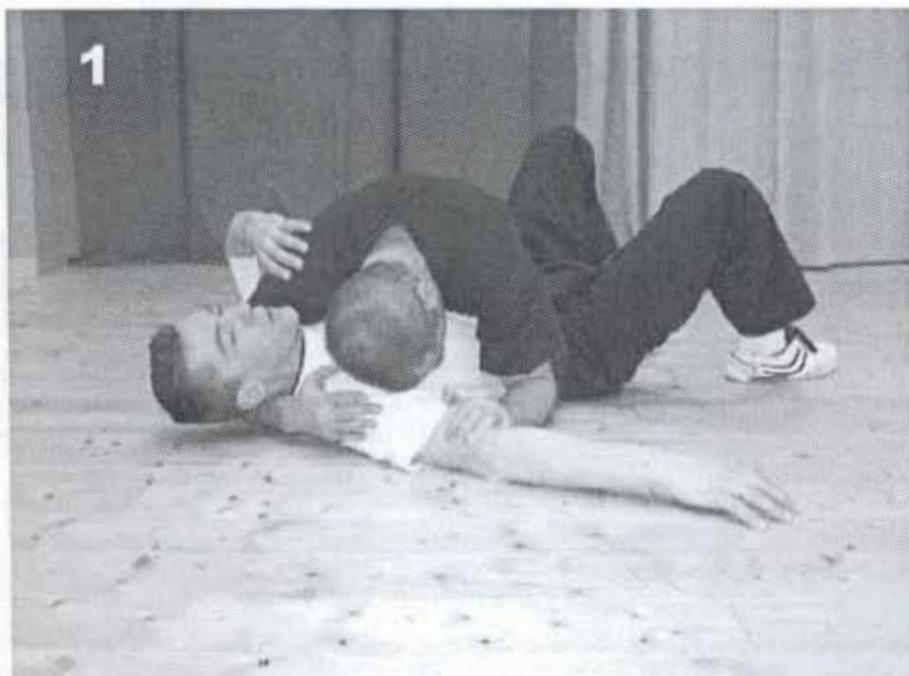
Close your fingers with your thumb inside.
Slide your hand...

...along his jaw and grab your hands together.



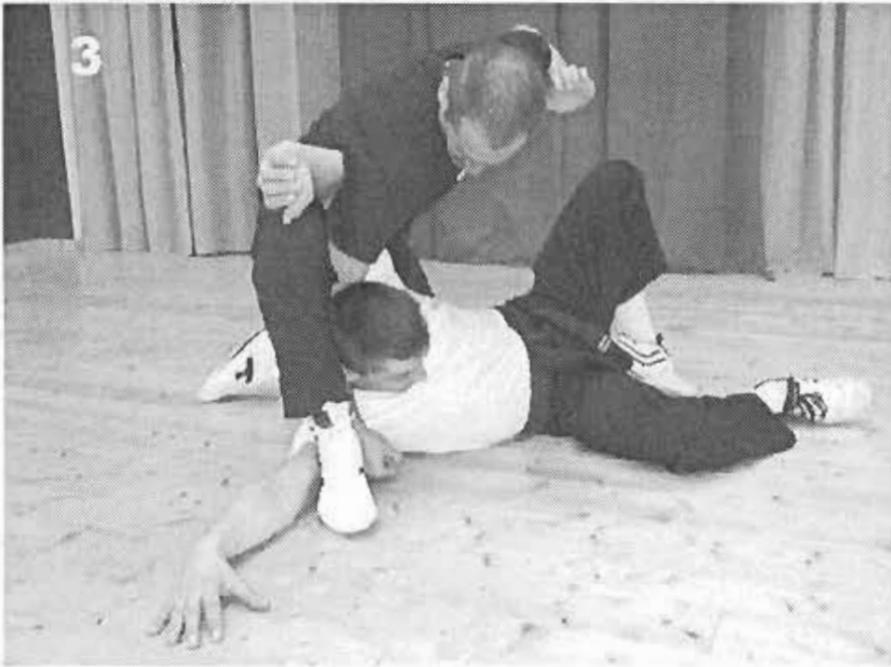
Notes

Squeeze him close to you, and pull backwards.



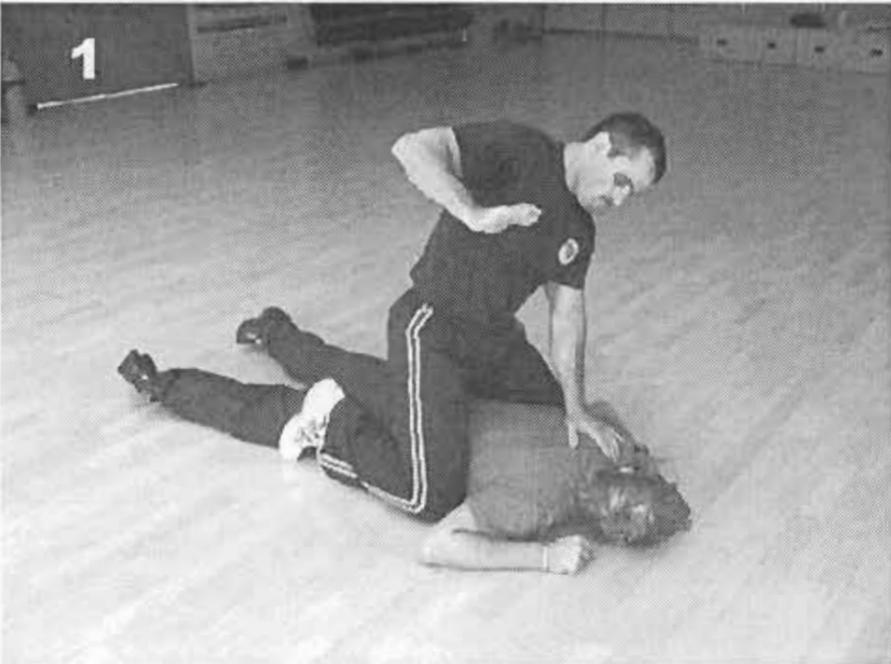
Side neck crank: From the side mount position, create a space by pushing the opponent's arm.

Put your fist on the ground close to his armpit. Next, bring your leg behind his shoulders.



Finish by placing your foot beside your fist to secure the neck crank. Now, strike him or pull his head to his chests.

Notes



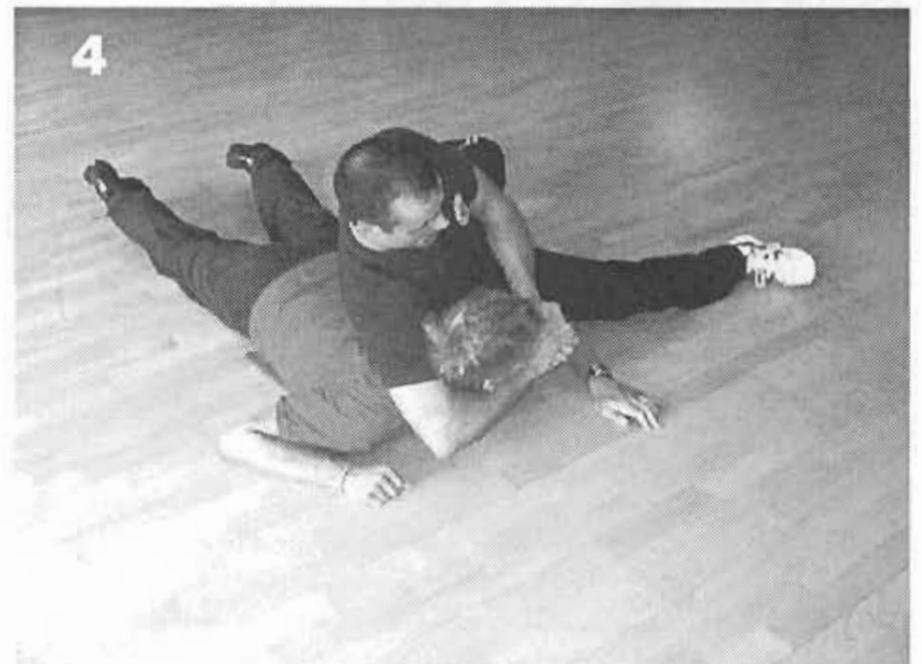
Neck crank from behind: From the mount position. Start with a cup of strikes with your palm...



... or/and with your elbow to the neck.



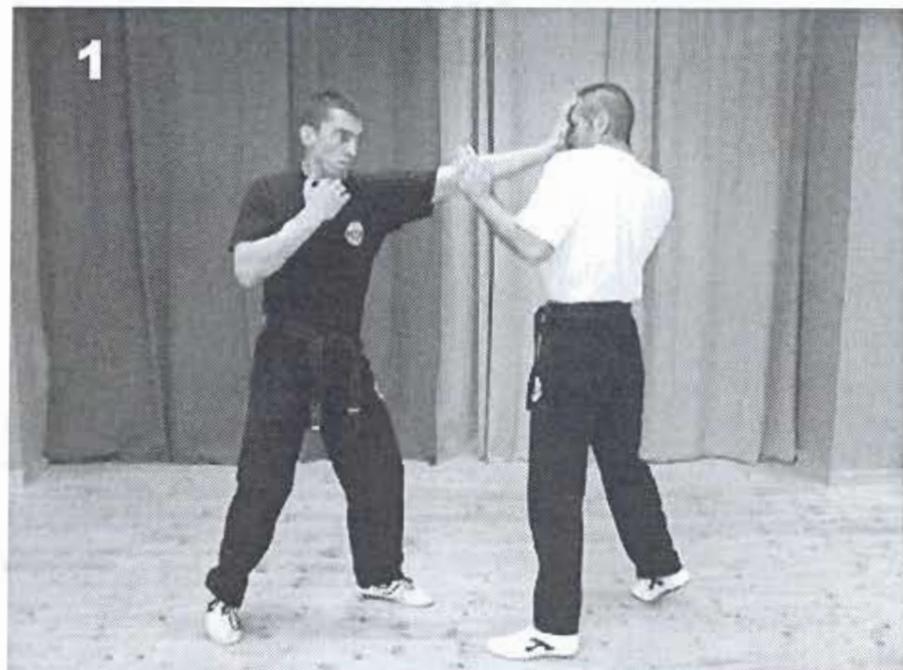
Slide and cross face your opponent...



...then go to the side with your body weight on his back and go backwards to neck crank him.

BLACK BELT PROGRAM





Combo #1:

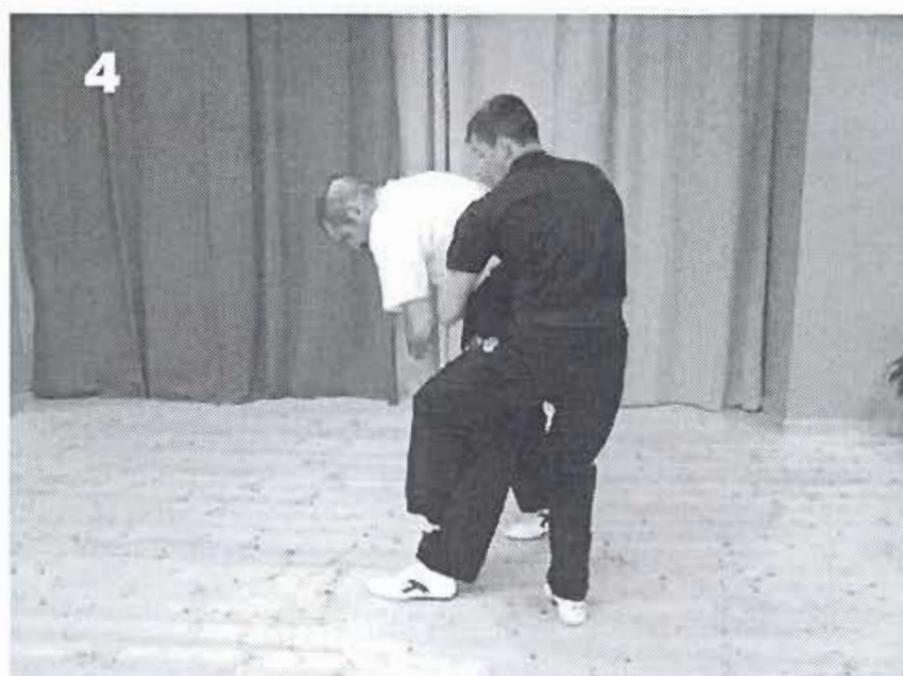
Start with a left palm strike your opponent to the face...



...and a right punch to his throat. Go behind your opponent...



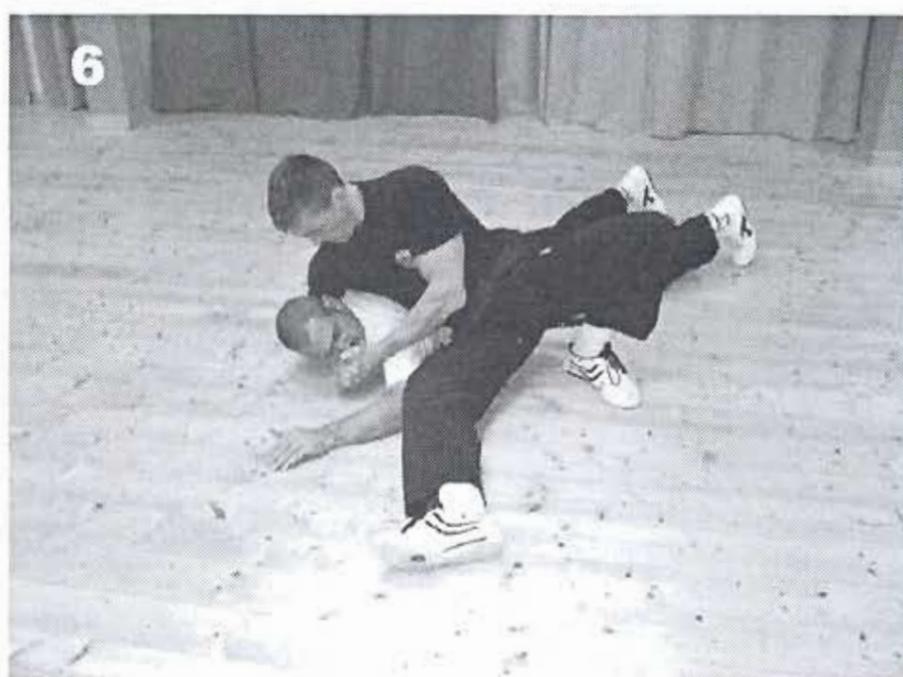
...when palm striking his groin with your left hand.



Then, takedown your opponent to the ground by hooking his leg.



From the mount position, palm strike him. Now, finish...

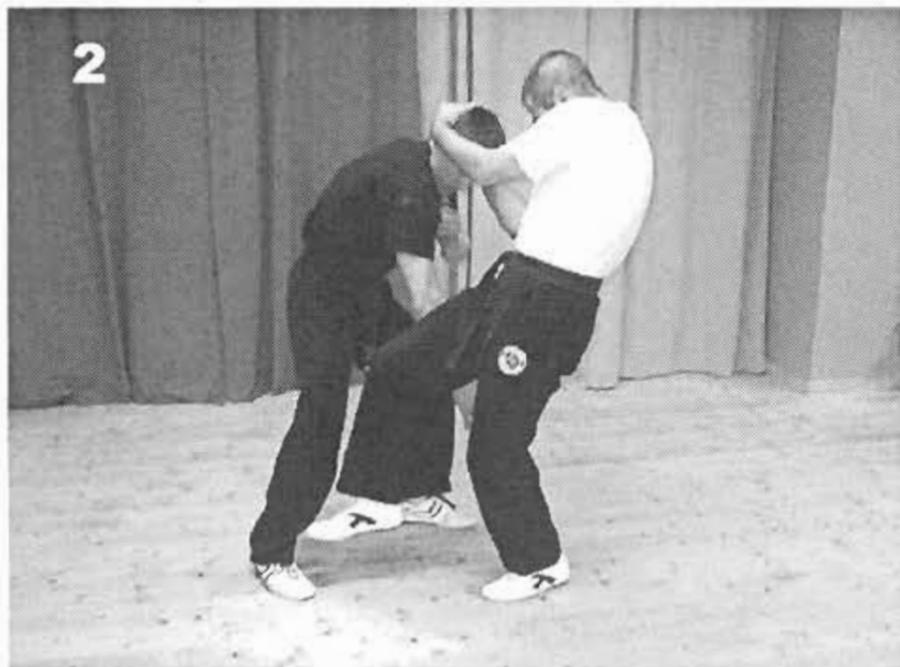


...with this neck crank.

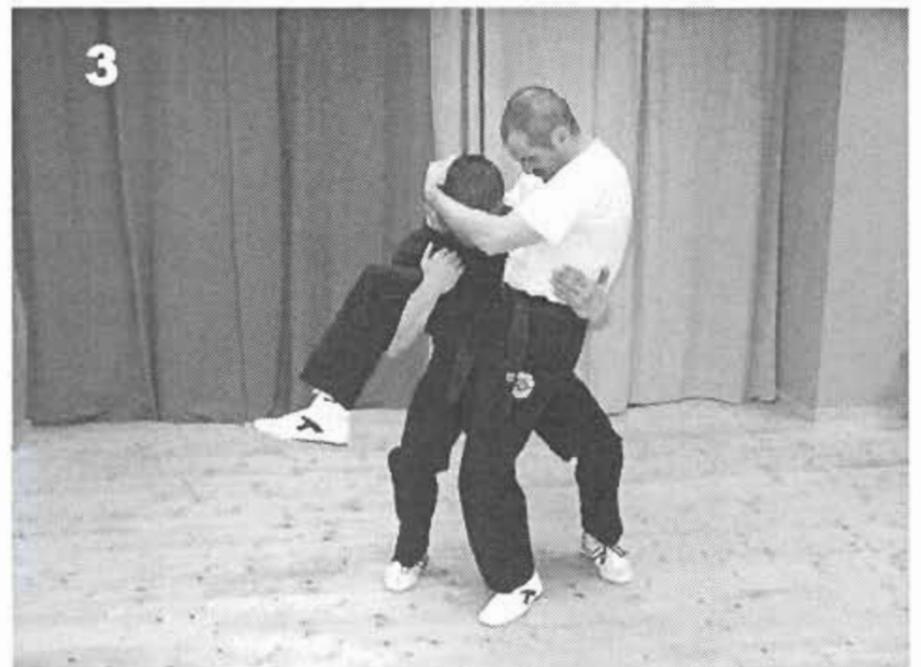


Notes

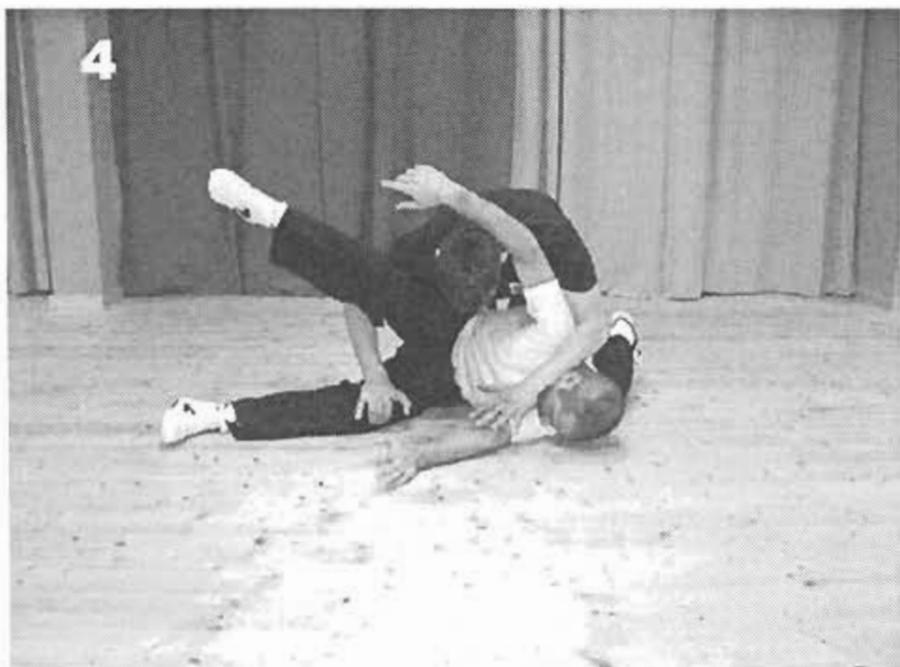
Combo #2: Block with your forearms the first knee strike of your opponent and...



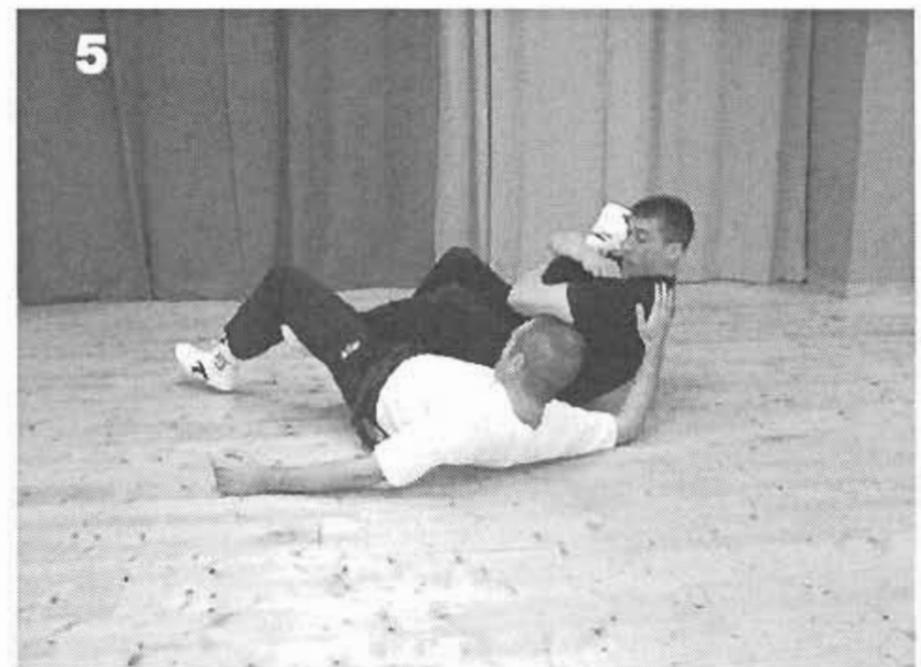
...on the second one, slide outside and hook his leg.



Now, takedown him by sweeping his support leg.



From this position, step over your opponent...



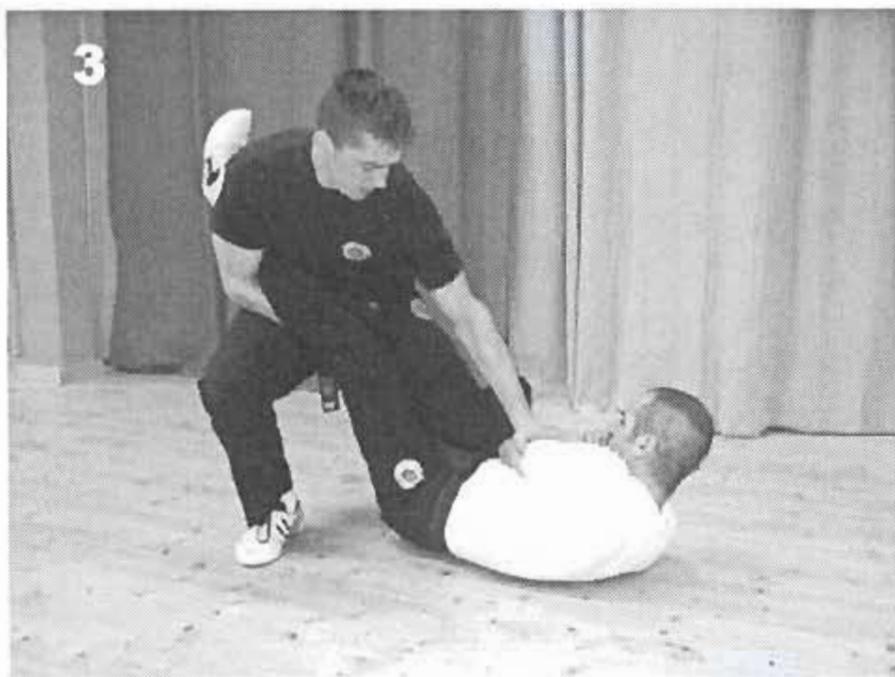
...and go to the knee bar.



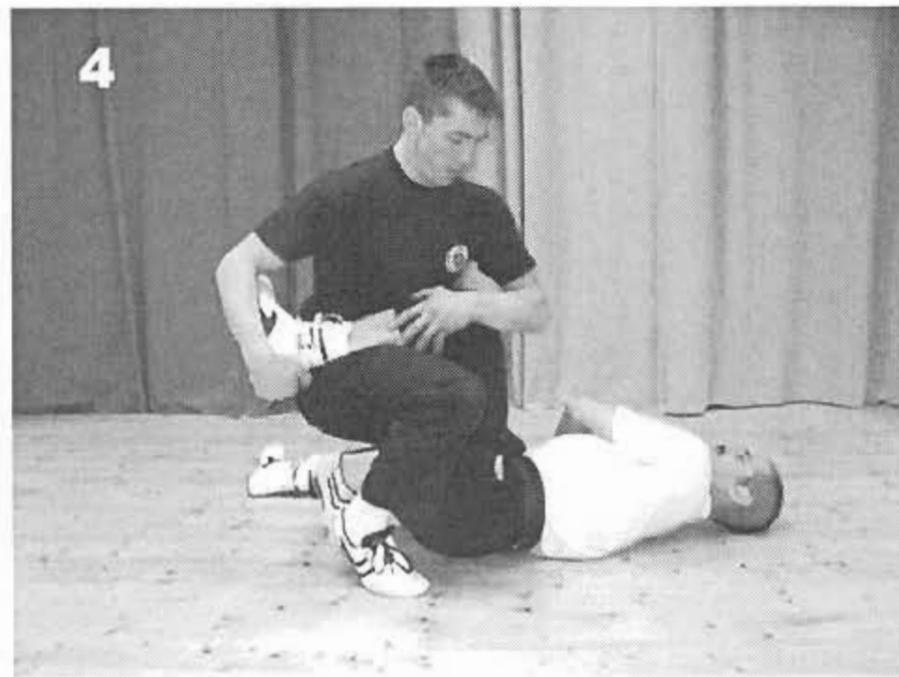
Combo #3:

Start by kneeing his thigh or elbow striking his face.

Then, continue with this two legs throw.



Check your position! Knee to the groin, left hand on his chest and the second one hook the leg!



Slide your left knee on his thigh and pull his left leg inside. Catch his heel.

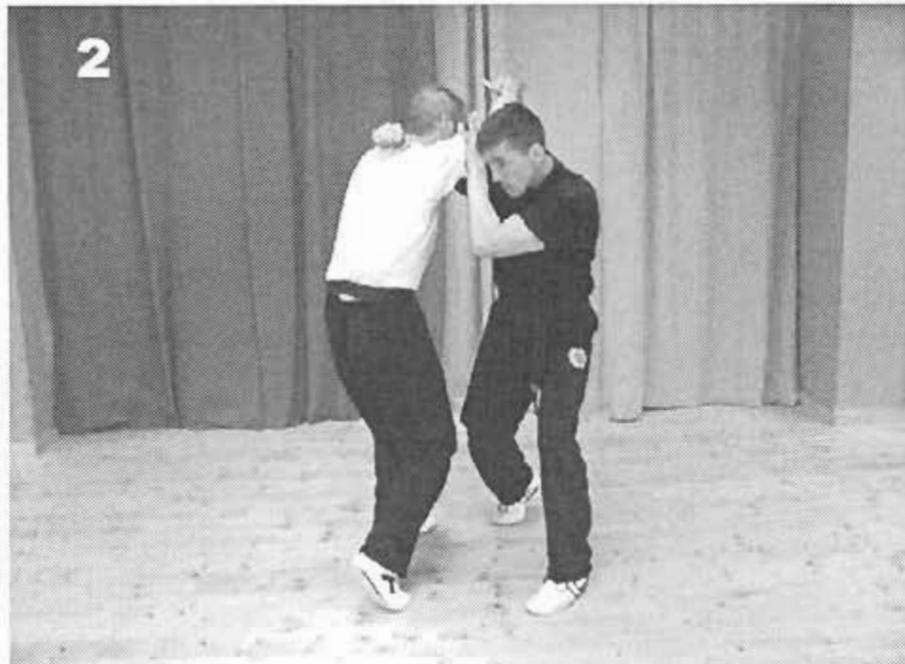


Lean backwards, block his hip, hook his heel and ankle lock him!

Notes



Combo #5: From the clinching position, start with a headbutt...



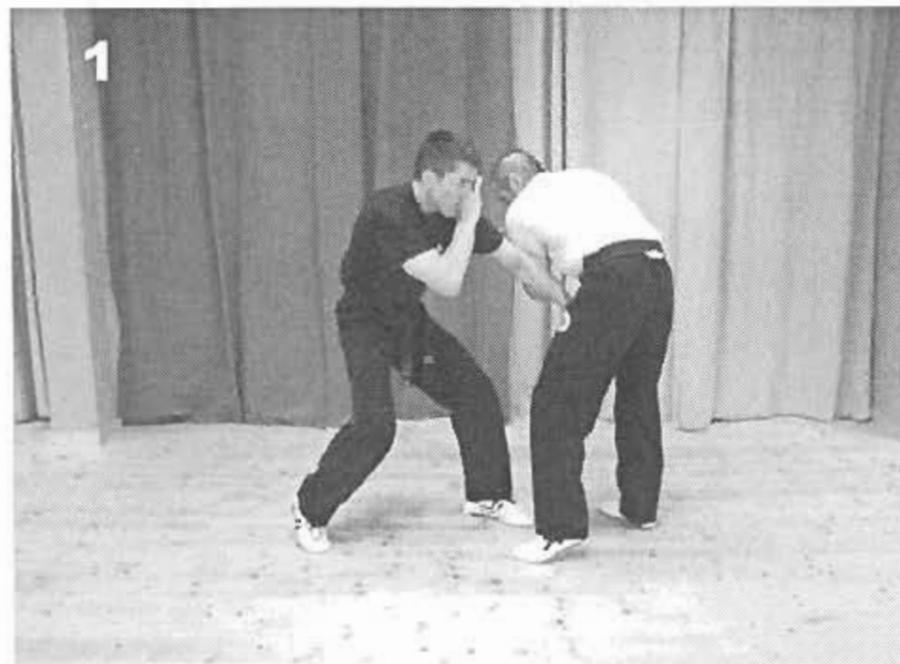
...and, put his arm over your shoulder, like this!



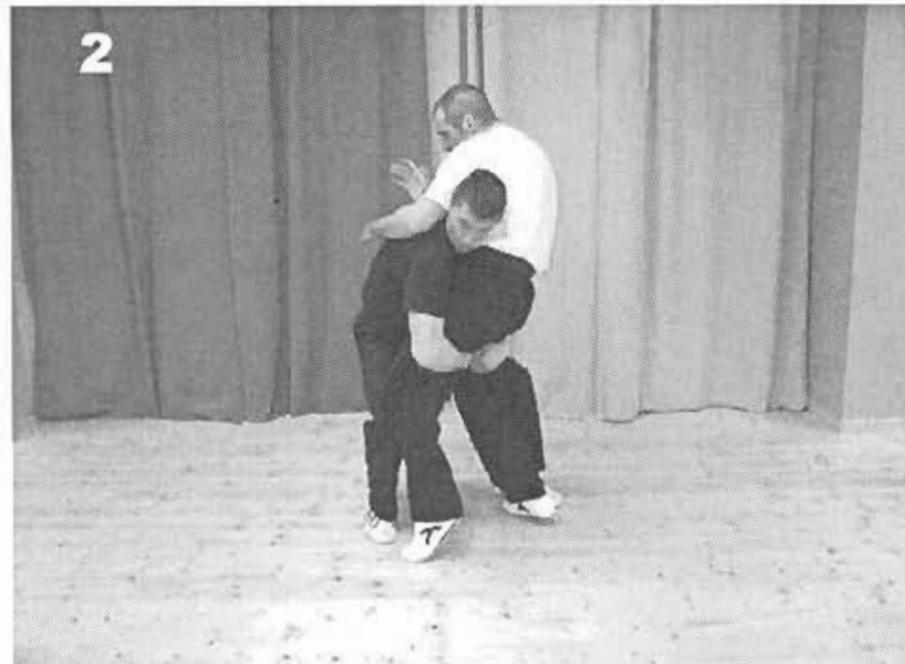
Lock your hands and throw your opponent forward.



Finish him with a side choke.



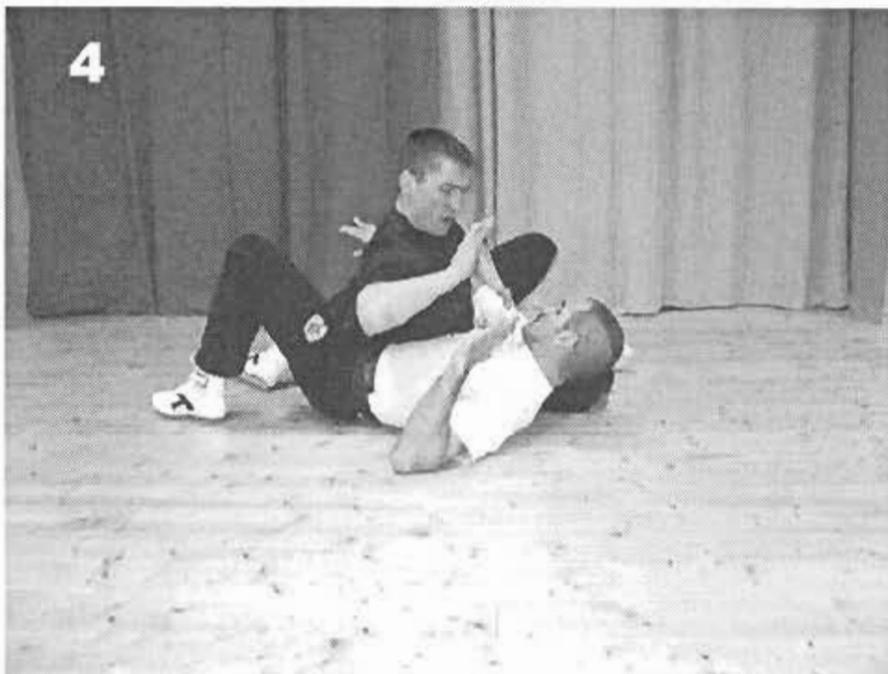
Combo #6:
Start by striking your opponent.



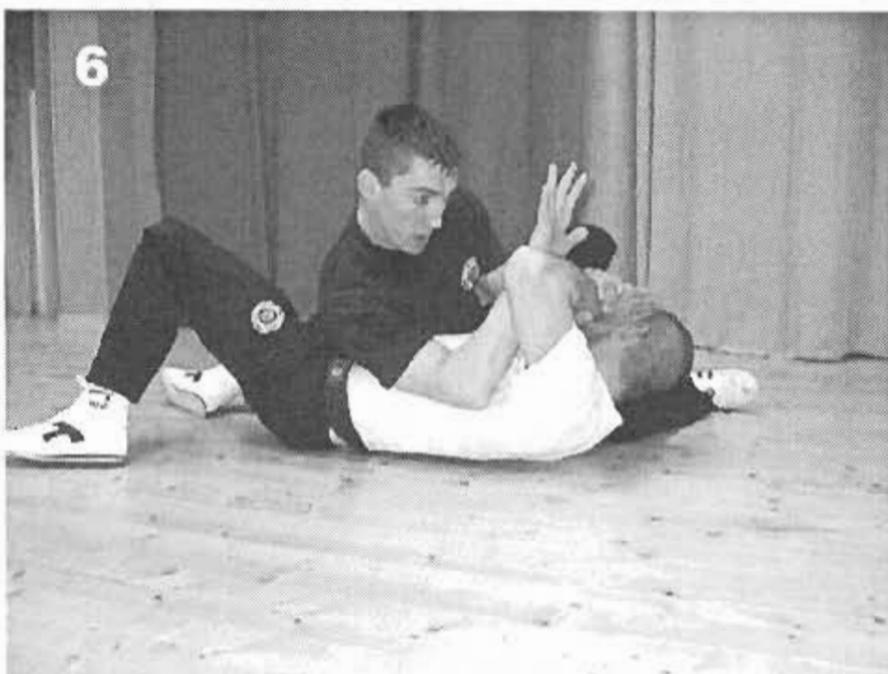
Then, catch his legs immediately and takedown him to the ground ...



...like this! Your opponent will land on the side.

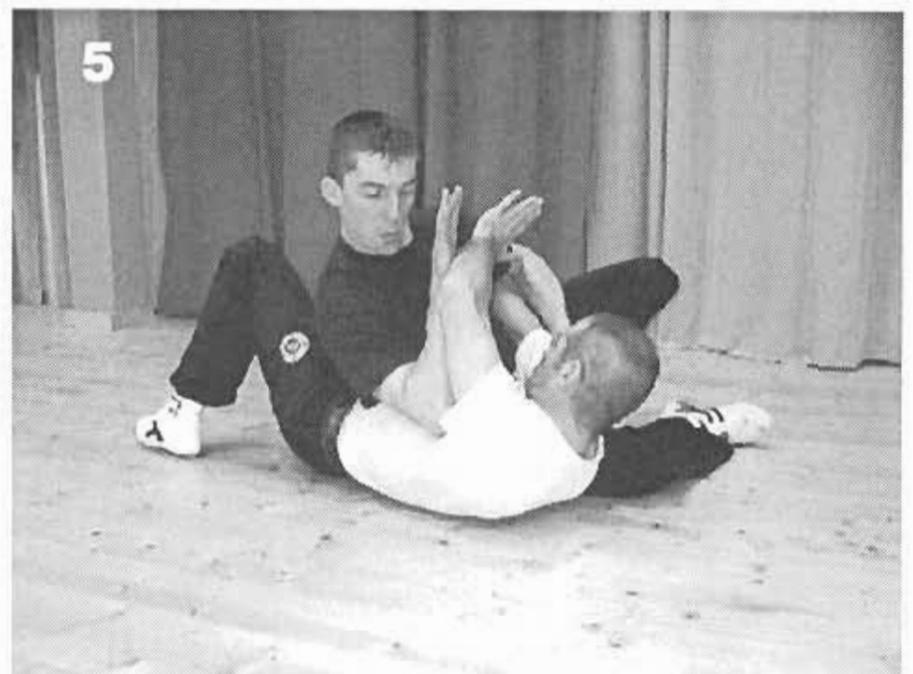


Go to the ground and palm strike him to the face. Your opponent will attempt to...

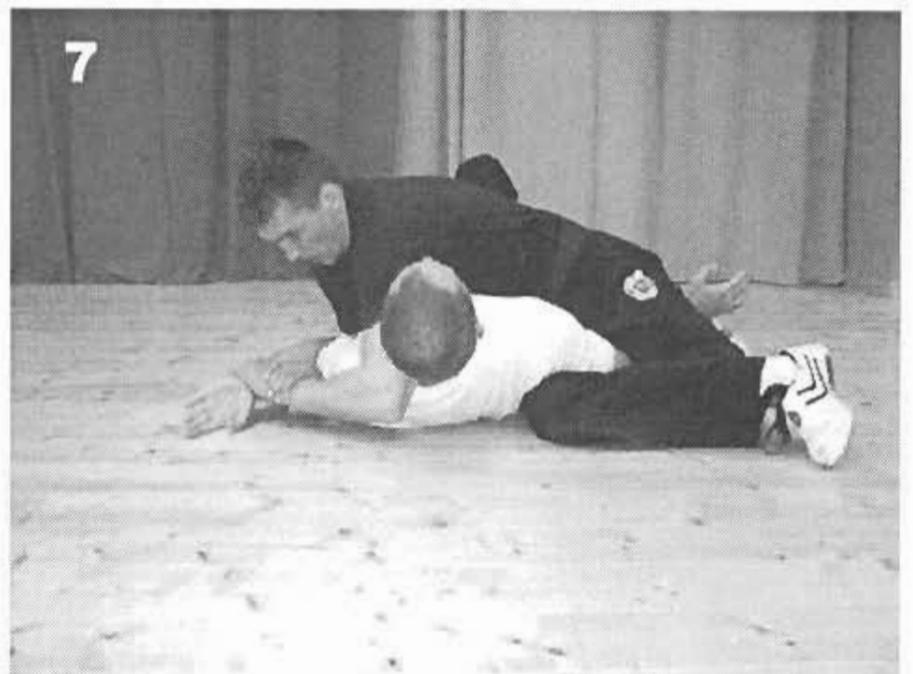


Catch his wrist, put your body weight on his chest to increase the...

Notes



...protect his face with his arm.



...pressure on his arm and finish your arm lock.



Against front takedown:

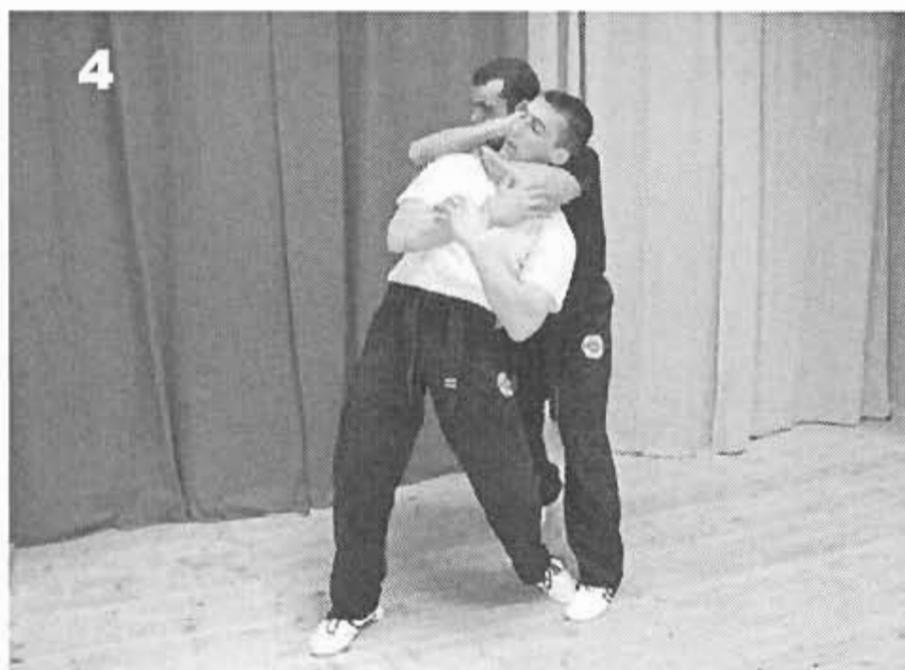
Here, we will show you a solution without primary strikes as you know in the...



...bearhug defense. Lock your hands and squeeze your arms when moving your hips backwards.



Keep the control of his arms and go behind your opponent...



...to full choke him.

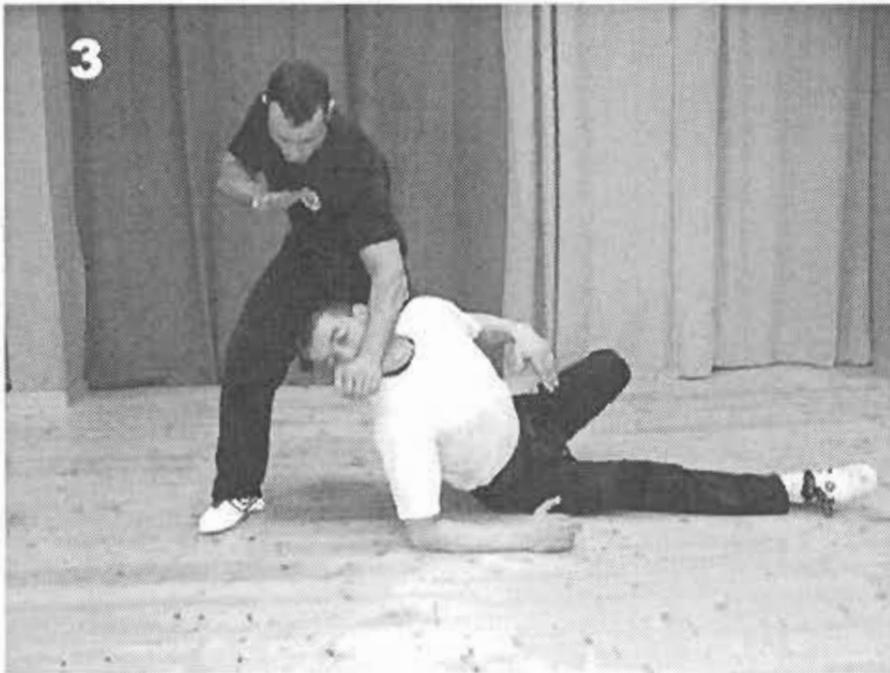


Against one leg throw:

Immediately, cross face your opponent, lock your hands and...



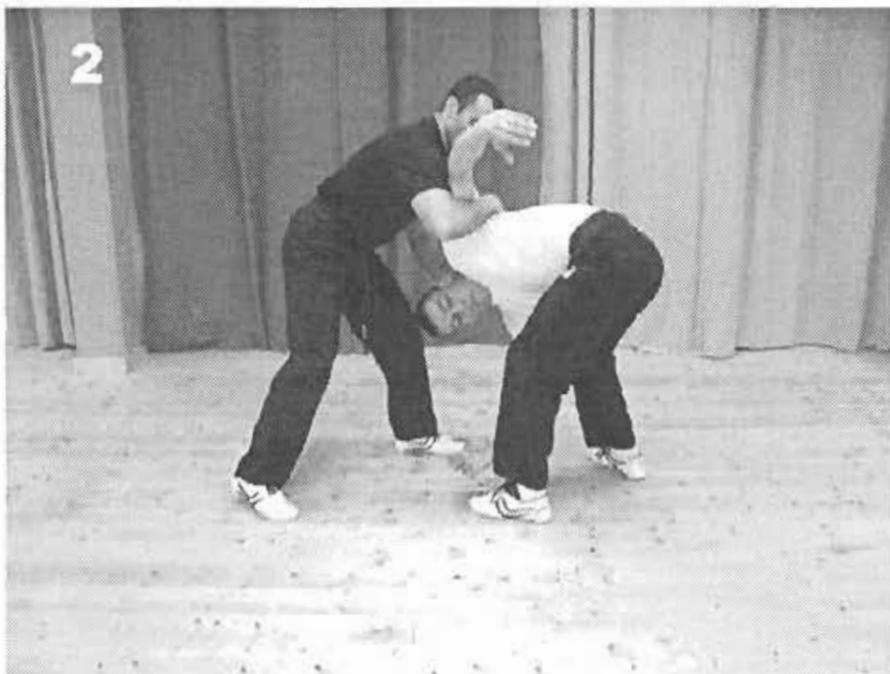
...step backwards to throw him on the side.



That's it!



Against two legs throw:
Step backwards as quickly as possible and put your body weight on his back.



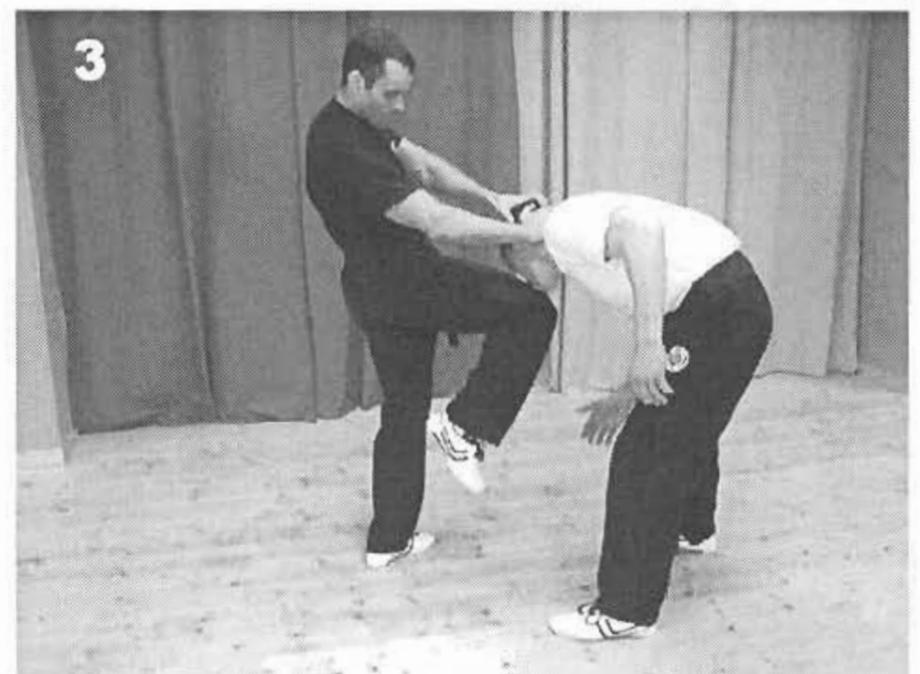
Follow by pushing his head and by pulling his arm to throw your opponent to the ground.



Against front takedown:
If you have a good timing. Block the opponent's neck, like this!



And, counter attack hardly with a elbow strike to the head.



Finish by kneeing his face once again.



1

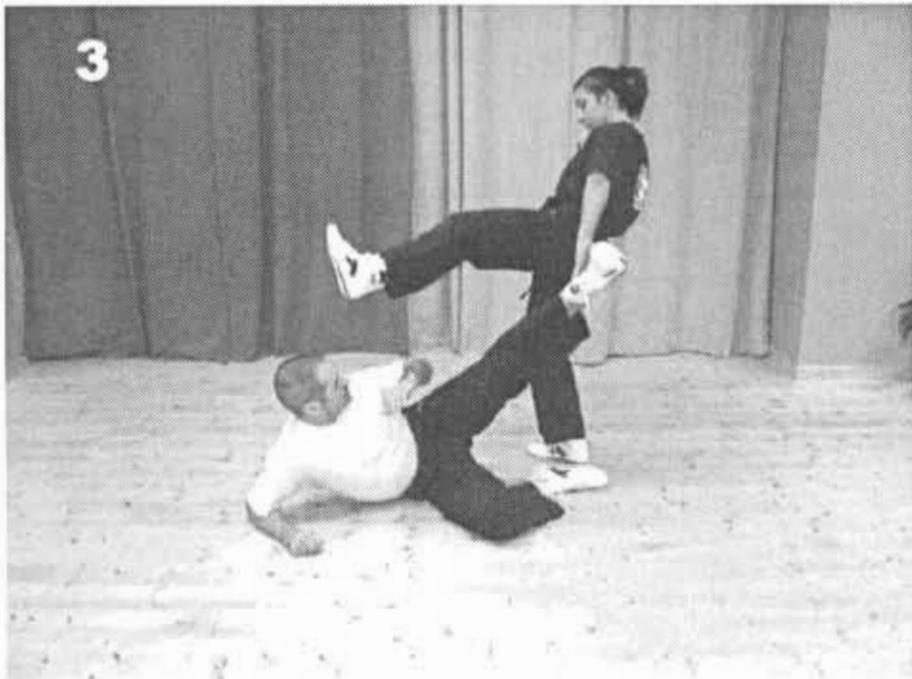
Strike an opponent on the ground:

When your opponent is on his back, push his leg on the side...



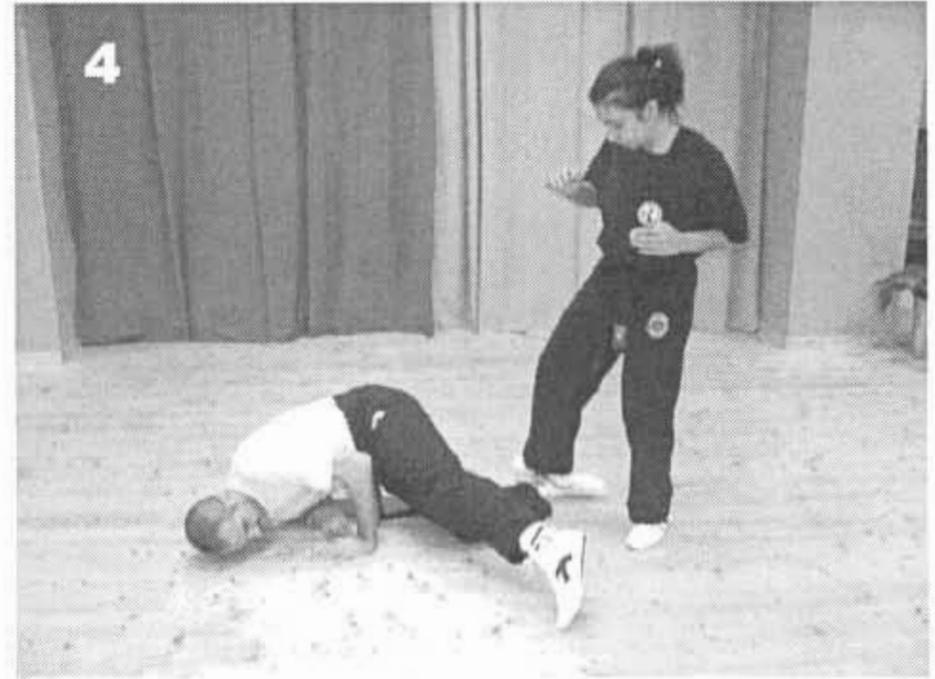
2

...and open his guard. Strike him with a **low kick** to the leg. The direct kick to the groin is another possibility.



3

He, you're using a **heel kick** from high to low to the face. Your leg is extended.



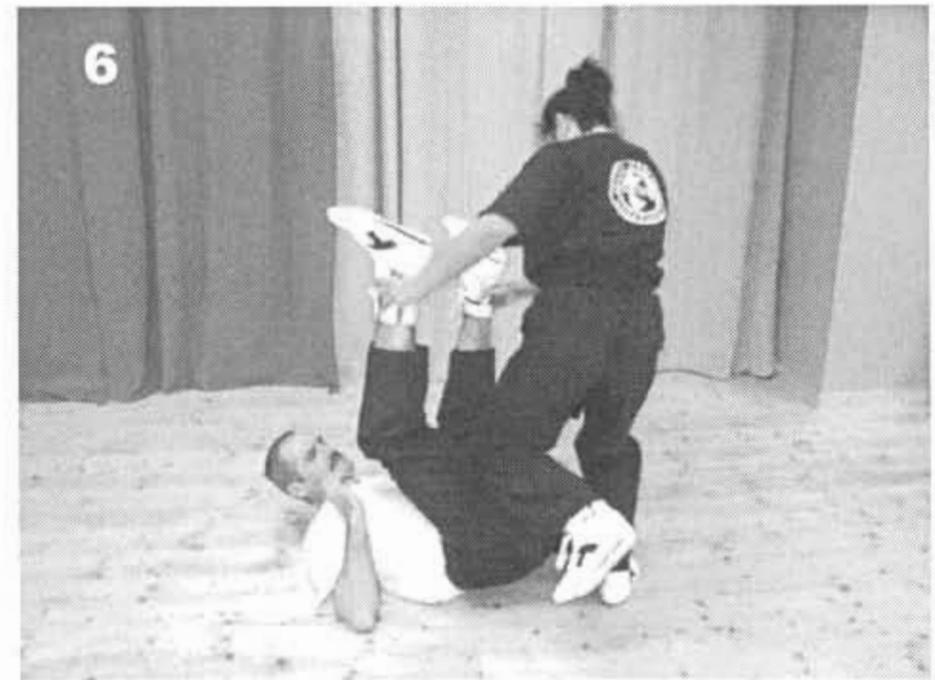
4

The **targets** will be: ankles, knees, hands, elbows, shoulders, collarbones, ribs, face and groin area.



5

You can also catch his both legs and strike to the groin, like this!



6

Or, push his legs forward and strike him with your knee to the groin. It's your choice!



...pushing the opponent's leg. He will roll to the side!

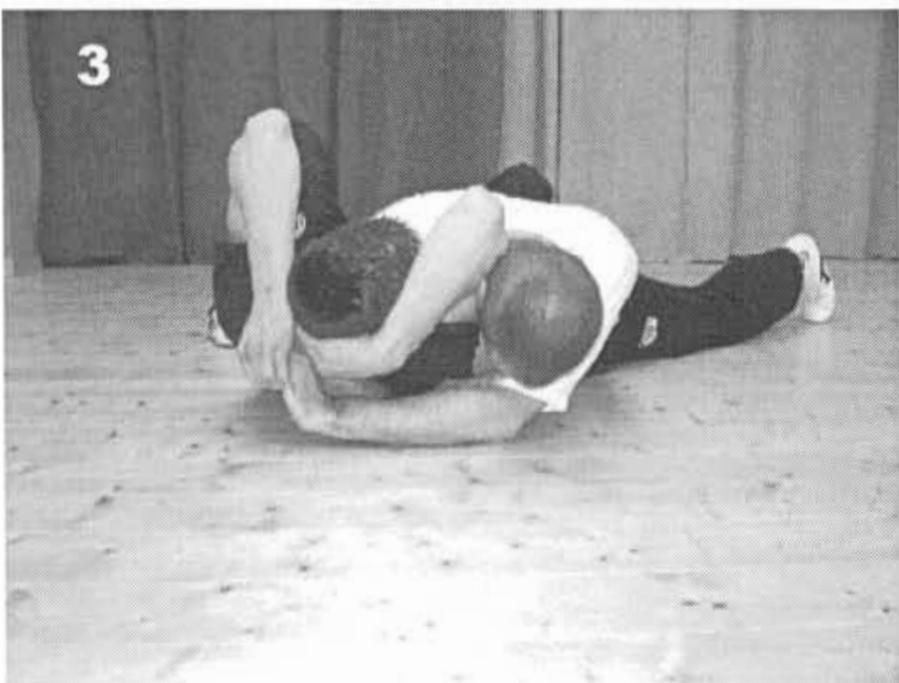
Notes



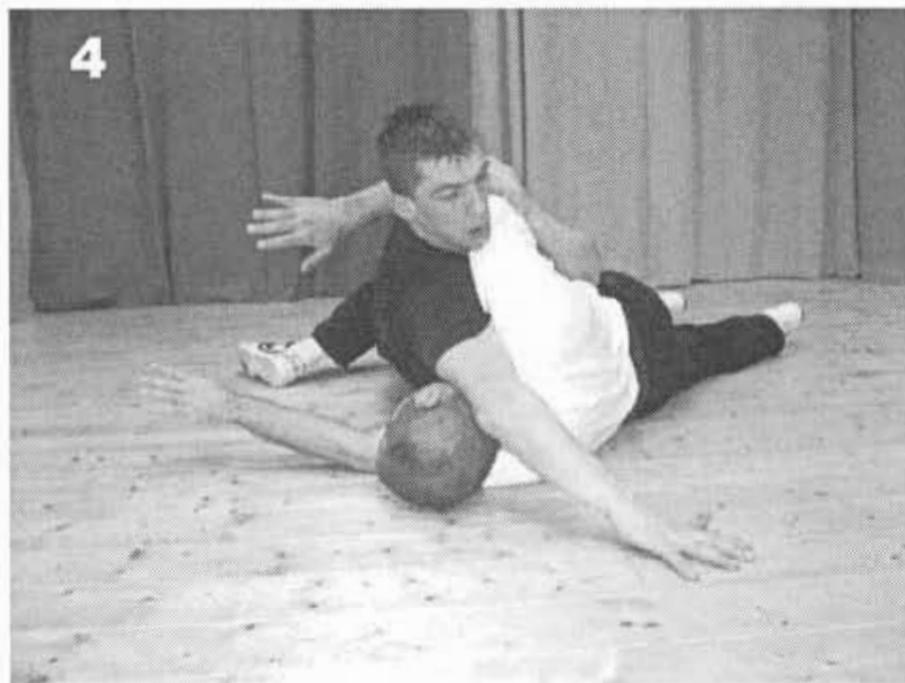
Against a side choke:
React as quickly as you can!



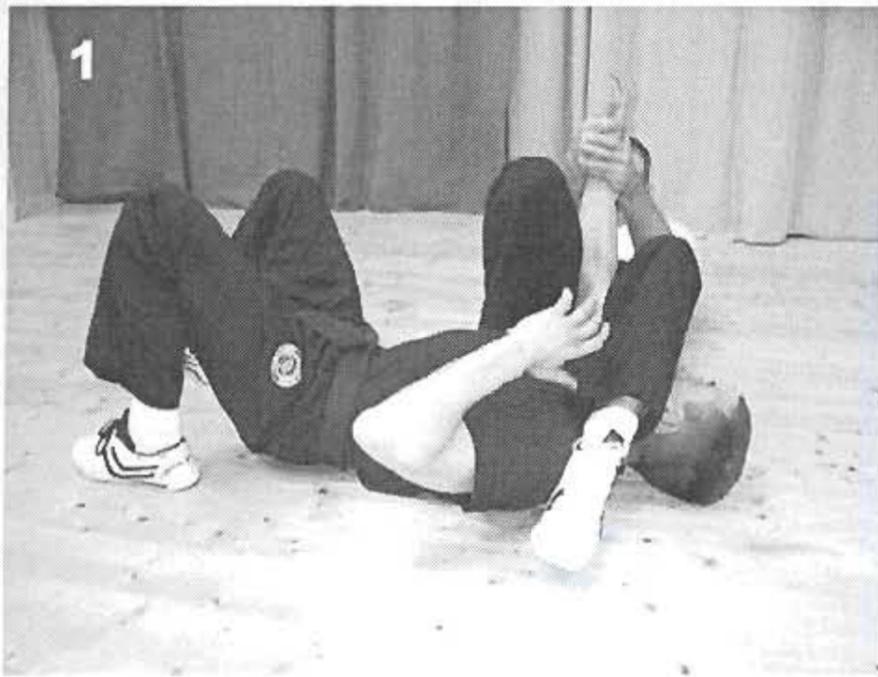
First of all, catch the hand on your head.
You can create a small space...



... slide your arm and grab your neck.
Now, you will escape by...



...pushing your opponent on the side, like this!



Against an arm bar:

If your opponent haven't locked your arm!
You can escape by...



...turning your arm and by rolling on the side as show above.



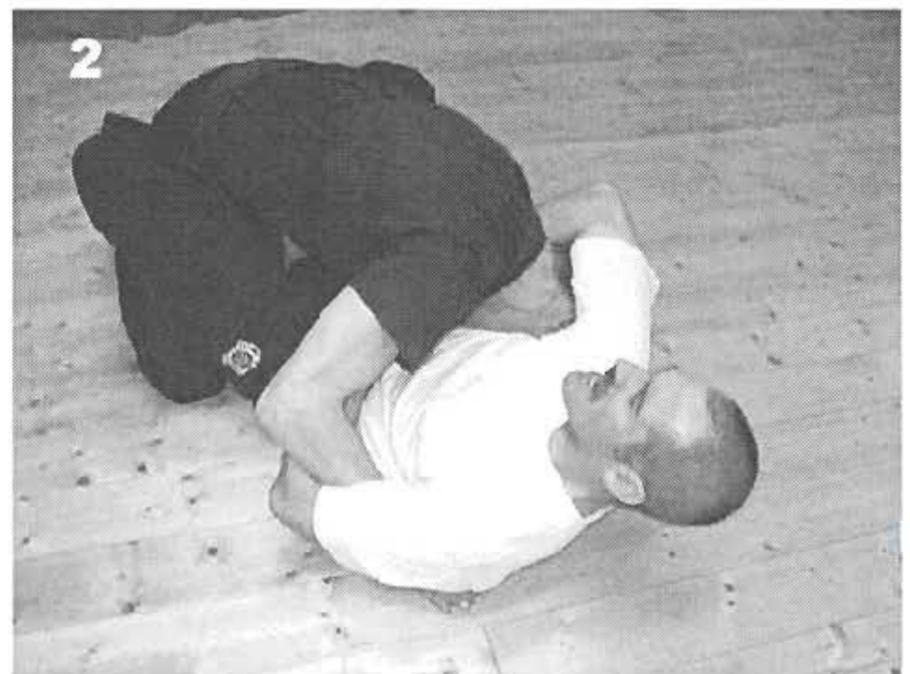
Palm strike to the groin immediately!

Notes

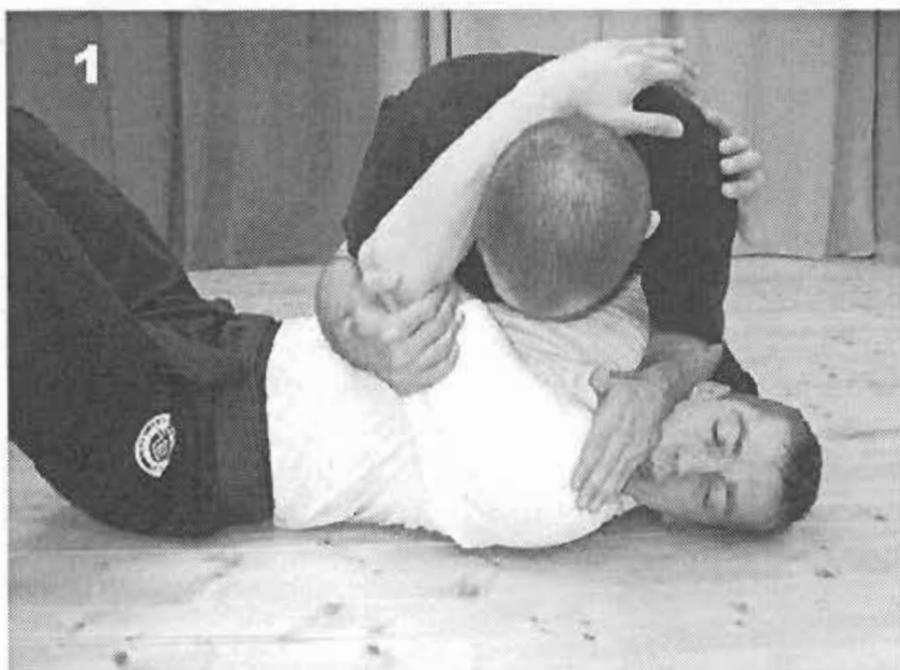


Against a front choke:

First of all, turn your head and put your chin on his ribs.



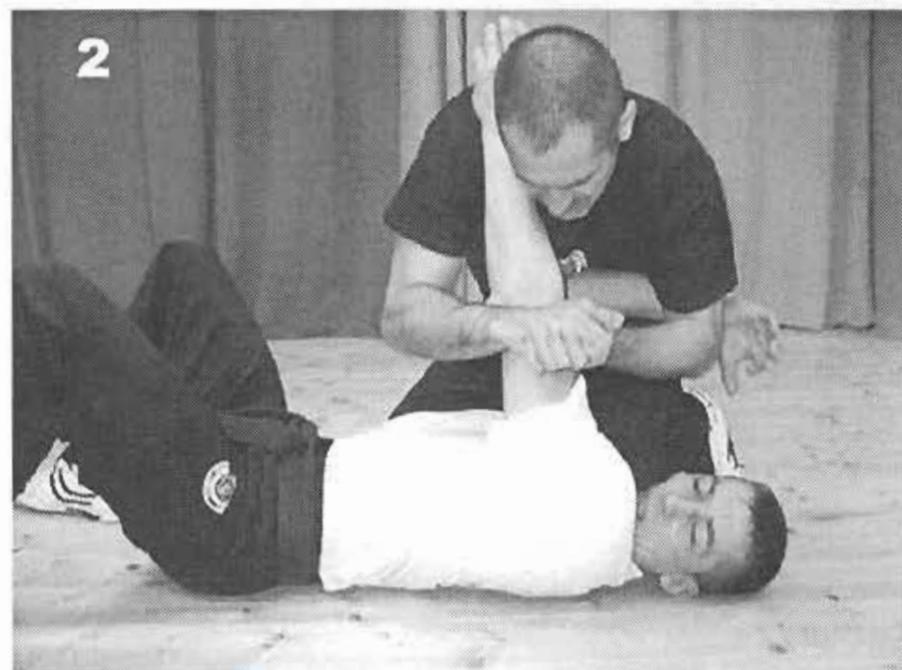
Next, put your right hand under his armpit, like this!



1

From the side mount:

Control the left arm of your opponent, push his head to the left and...



2

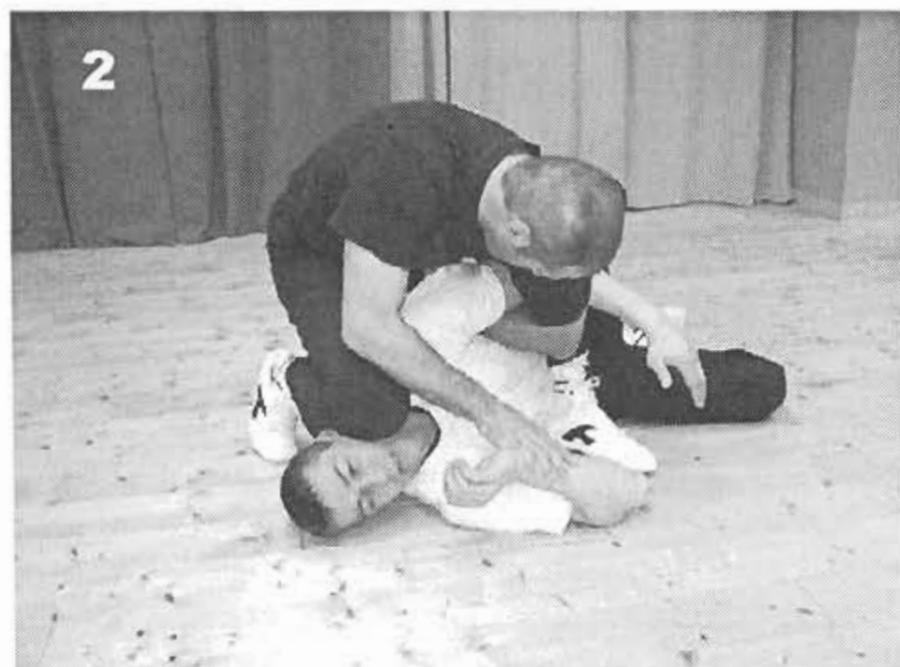
...put your knee on his jaw. Now, you can lock his arm by pulling his elbow backwards as show above.



1

From the mount position:

Control the left arm of your opponent and push his head to the left.



2

Step your right leg over immediately or put your knee on his jaw a few seconds.



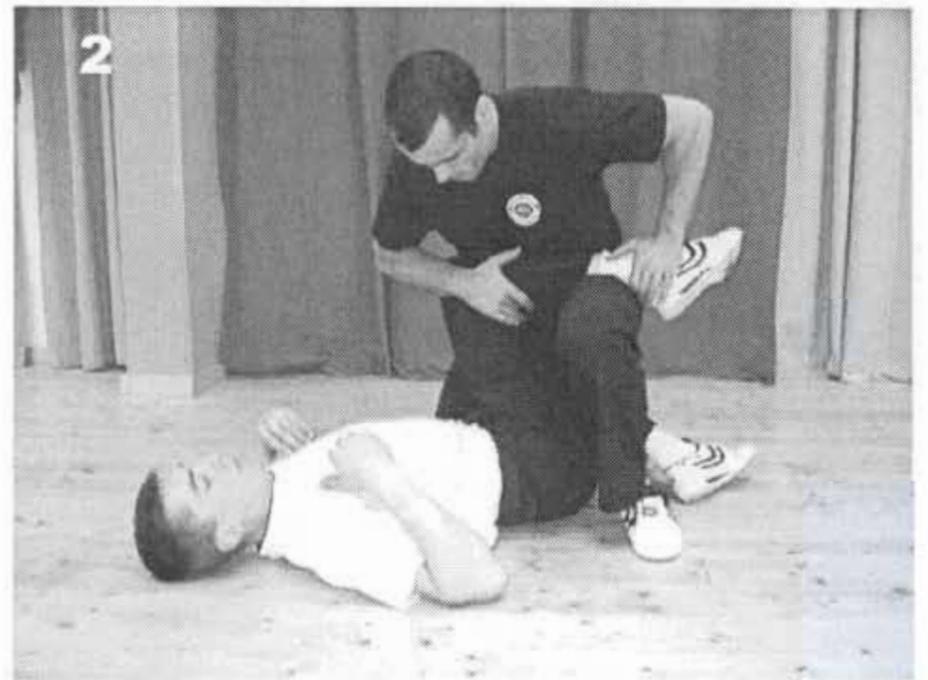
3

Apply your arm bar by leaning backwards. Don't forget to bridge a little.

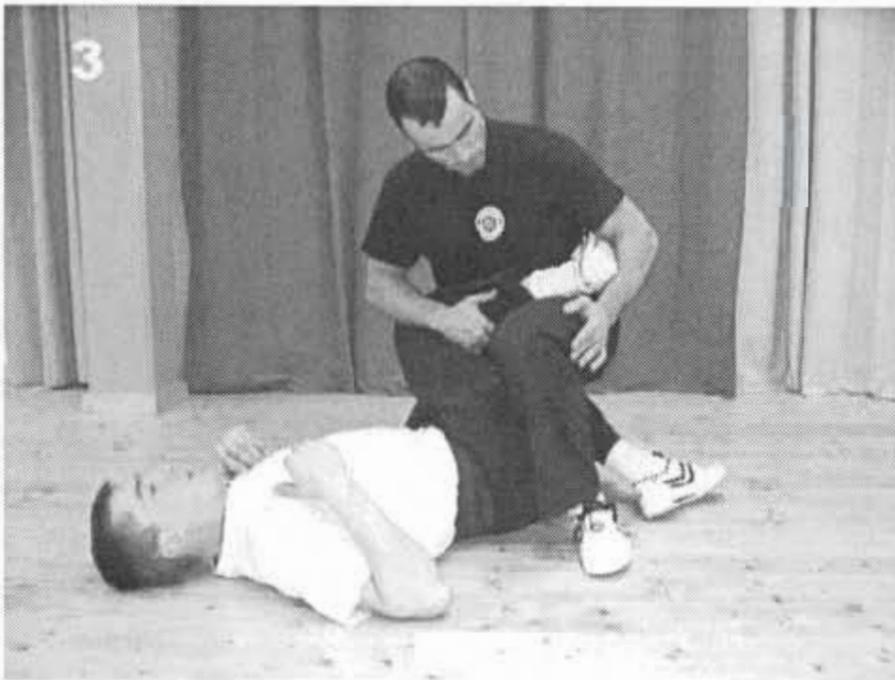
Notes



1
Heel hook from the half mount: Your hand is controlling the chest of your opponent.



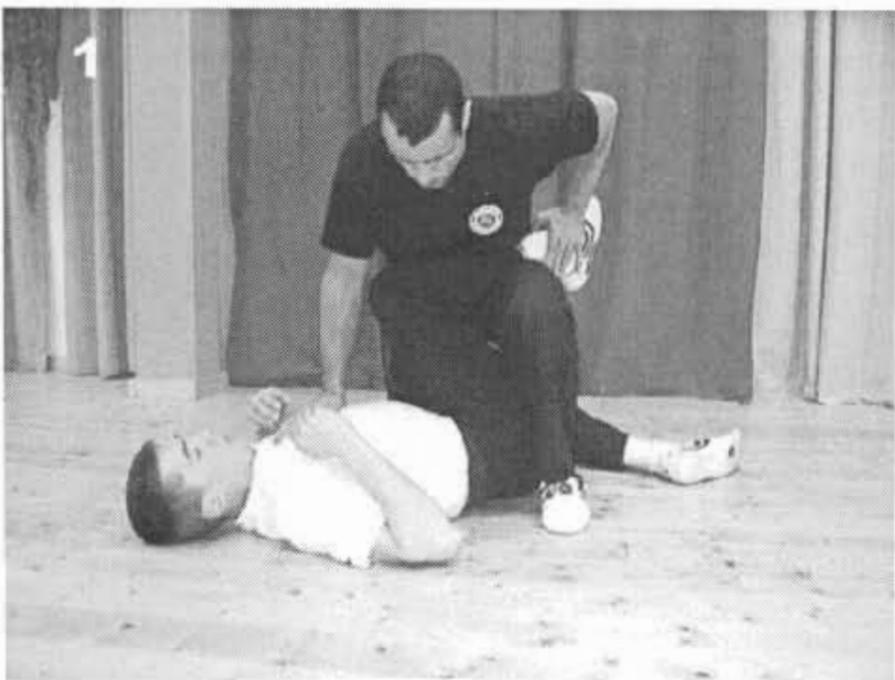
2
 Pull his knee inside when keeping his leg bent.



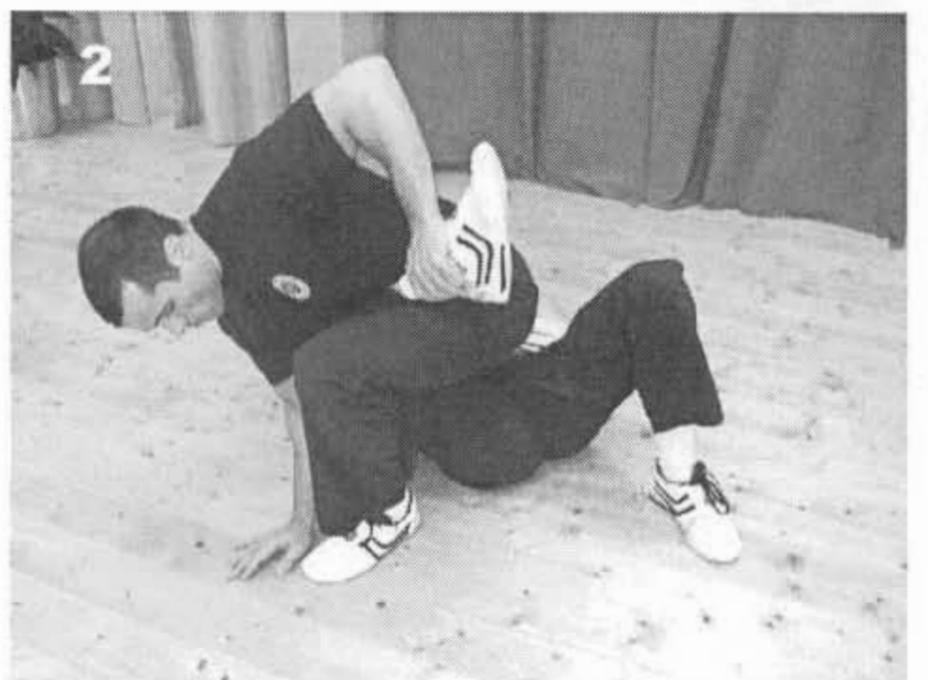
3
 Hook the heel of your opponent and lean backwards to apply your lock.



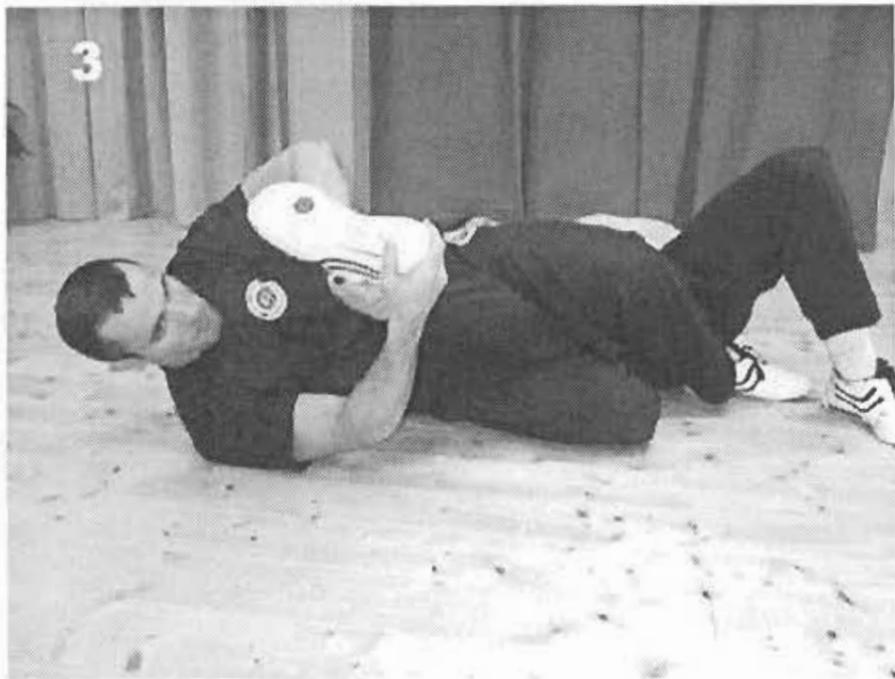
4
 Put your foot on his hip to avoid any escape!



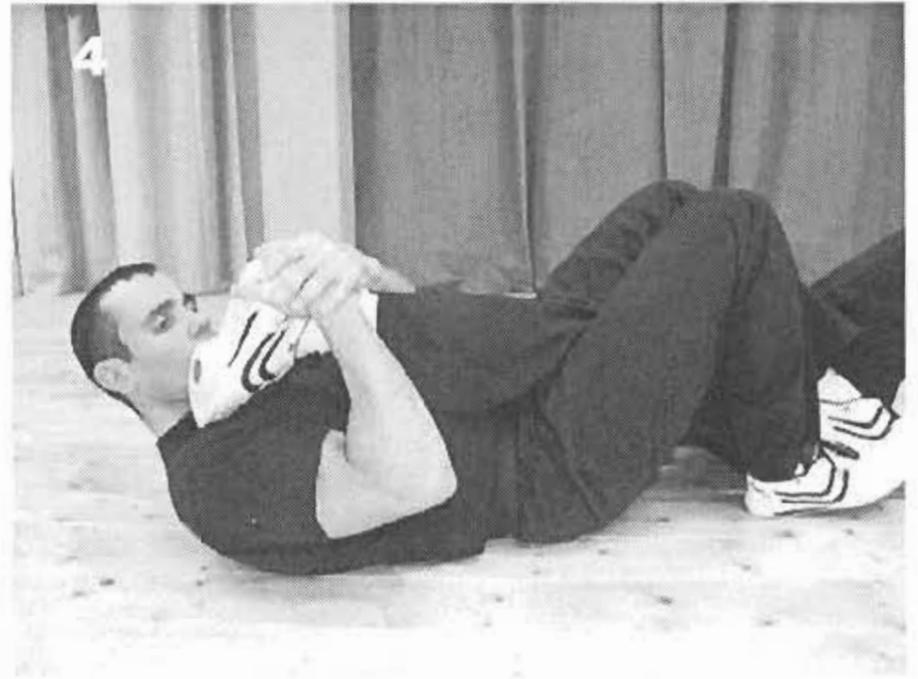
1
Knee bar from the half mount: You have to do this knee bar in one time!



2
 Step over him by sliding your knee on his hip and...

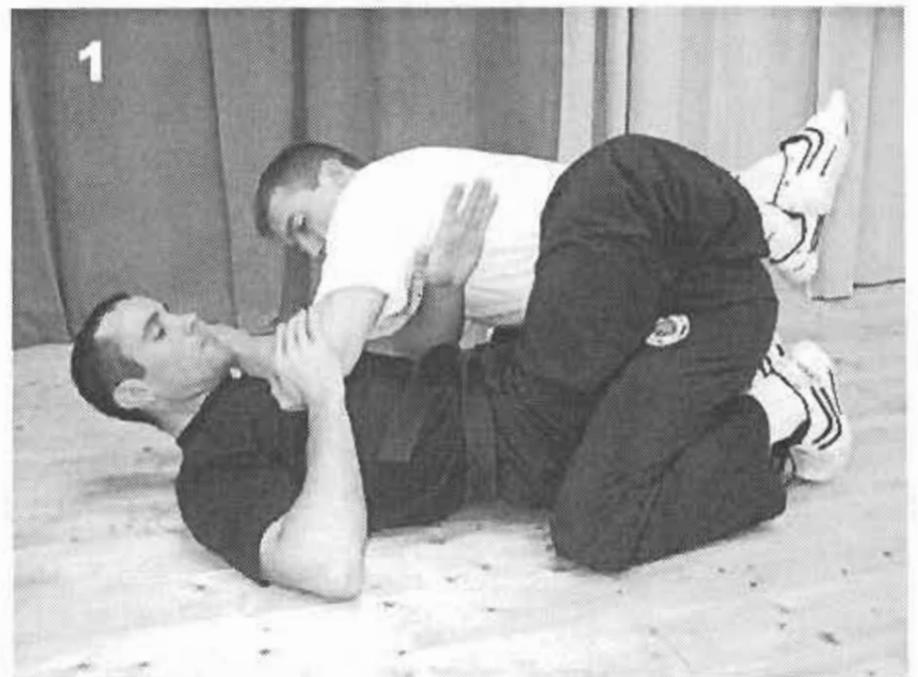


...grab his heel with your both hands.

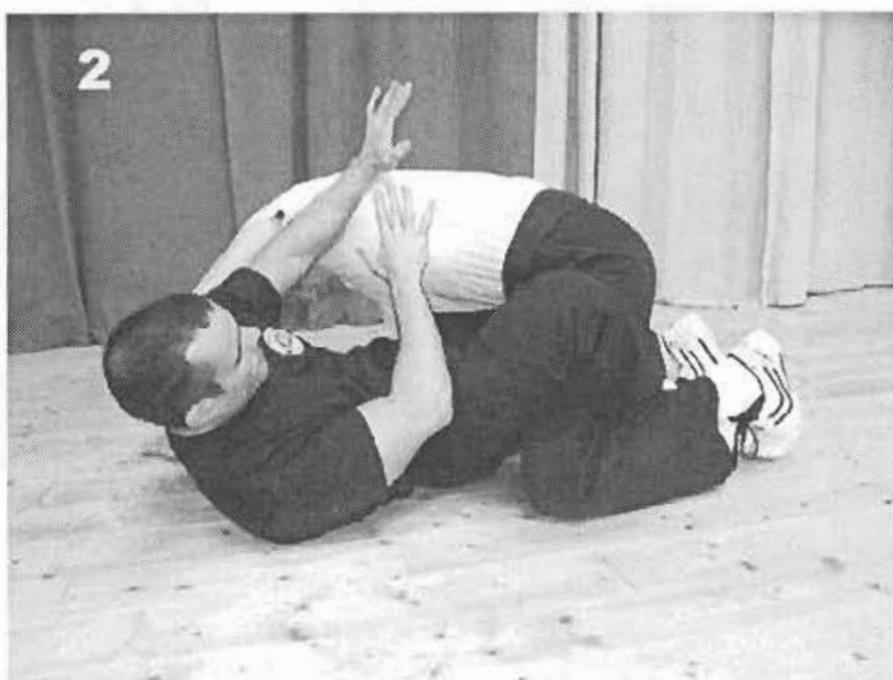


Cross your feet and bridge.

Notes



Knee pull trick from your guard:
Push your opponent to the side.



Slip one foot back on his knee and go to the side.



Then, get up and grab his foot.

