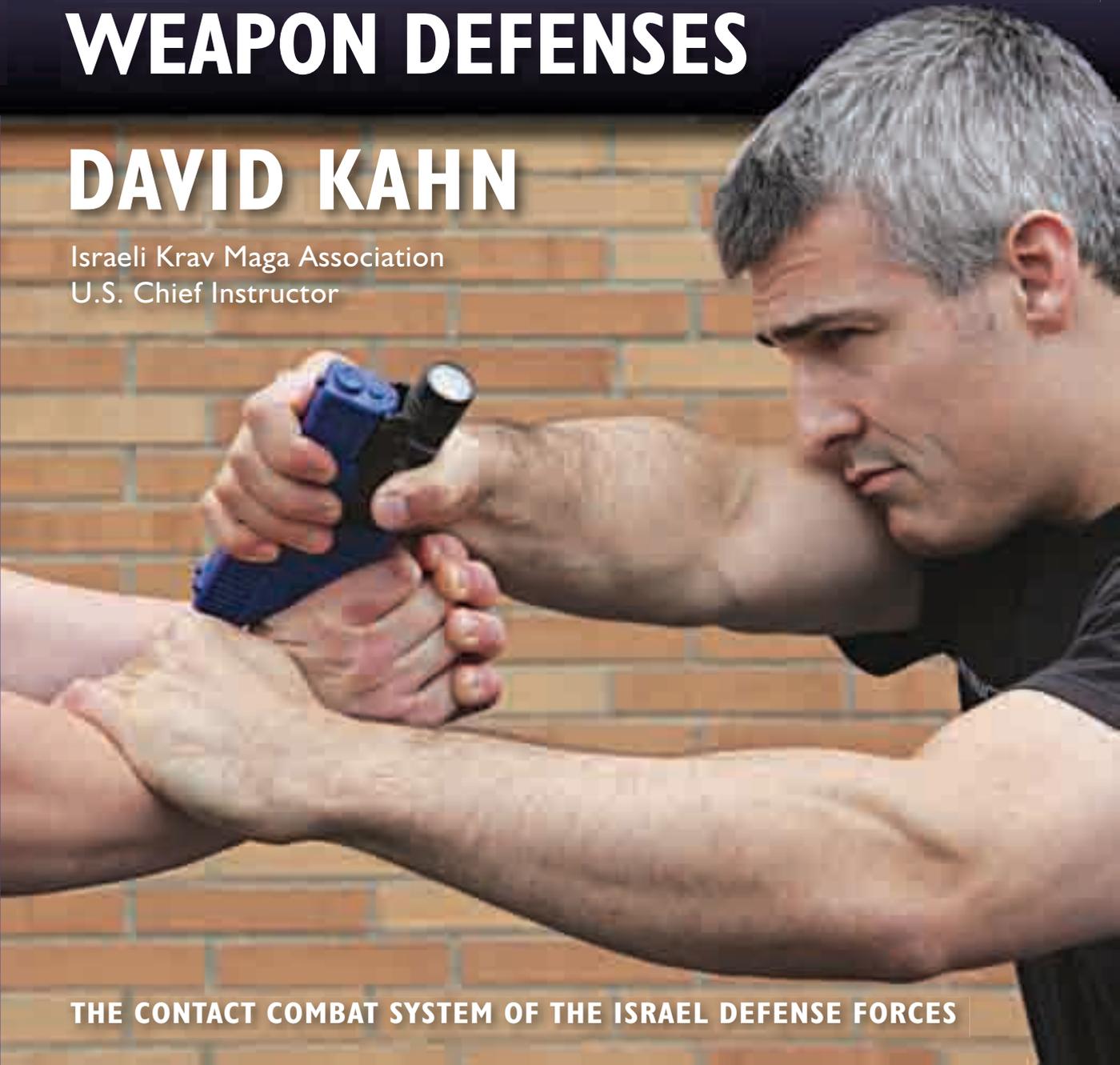


KRAV MAGA

WEAPON DEFENSES

DAVID KAHN

Israeli Krav Maga Association
U.S. Chief Instructor



THE CONTACT COMBAT SYSTEM OF THE ISRAEL DEFENSE FORCES

KRAV MAGA IS WORLD RENOWNED FOR ITS WEAPON DEFENSES

“The Krav Maga I have learned from David Kahn is highly efficient and effective. Whether in the street or in combat, these skills are a force multiplier. I highly recommend the book *Krav Maga Weapon Defenses* to anyone serious about street survival or hand-to-hand combat.”

—Ronald Jacobs, GySgt., U.S. Marine Corps, Martial Arts Instructor Trainer, 3rd Degree

Israeli Krav Maga is the Israel Defense Force’s official self-defense system. The system is simple, instinctive, adaptable, and if necessary, brutally effective to thwart a life-threatening assault. This book presents the most up-to-date and effective techniques to prevail against armed threats and attacks.

Many of these updated defenses have never been seen before outside of Israel. Grandmaster Haim Gidon has improved and evolved this material with the late krav maga founder Imi Lichtenfeld’s formal approval.

Contents include

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- Dominant control holds over a stunned assailant
- Edged weapon defenses
- Impact weapon defenses
- Handgun defenses
- Rifle defenses
- Defending against weapons while on the ground
- Defending against continuous attacks
- Non-conventional weapon threats
- First-party hostage situations
- Kravist weapon defense drills

Regardless of strength, size, age, or gender, you can learn krav maga techniques to fend off an armed attacker.



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

“Krav maga is the world’s most brutal martial art. We met David Kahn for a lesson we’ll never forget.”

—*Men’s Fitness*

“David Kahn brought an already top-notch fighting system to another level.”

—John Ouelett, Special Agent, Federal Bureau of Investigation

“I could not recommend a more qualified instructor.”

—Lori M. Bell, U.S. Marshal

“The techniques [Kahn] taught are superior to anything I have learned.”

—Officer Mark Hanafee, Coast Guard Police, Training Officer

“We have seen a remarkable increase in our members’ training proficiency.”

—John J. Chianese, Lt. Col. NYANG, Commander Security Forces, Department of the Air Force

“Your training... assisted our Marines to learn a valuable combat skill set.”

—M. K. Jeron, Major, U.S. Marine Corps

“Your efforts and dedication reflect distinct credit upon yourself and the Israeli Krav Maga Association.”

—Peter R. Mucciarone, Lt. Col., Department of the Army

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Letters of Commendations for Krav Maga Instruction

The United States Marshal Service and the entire Law Enforcement Community has a great friend in Instructor David Kahn. The Krav Maga System is a no-nonsense self-defense system that deals with threats at all levels ... I could not recommend a more qualified instructor.

—**Lori M. Bell**, U.S. Marshal, United States Marshal Service.

I had the awesome experience recently, along with several other Special Agents of the Detroit FBI, of participating in a Krav Maga session with David Kahn and Rick Blitstein. As a Defensive Tactics Instructor for the Detroit Field Division, I had skepticism about the program due to its reputation as a style too aggressive for the needs of law enforcement. I was soon shown otherwise. David Kahn and Rick Blitstein are well versed on the needs of the modern day law enforcement officer, and are attuned to issues related to liability, applicability, and simplicity. In fact, the entire concept of Krav Maga is based upon simplicity. Knowing most officers and departments are not in a position to train regularly or rigorously enough to master complicated systems, Dave and Rick have successfully adapted key techniques of weapon retention, weapon take-away, control techniques, and personal weapons. I believe most officers can come away with sufficient skill to apply these techniques in just a four-hour session. I was particularly impressed with the concept of “Retzev. ... It is quite different from standard defensive tactics currently being employed ... Rick and Dave have great enthusiasm and relate comfortably with law enforcement personnel because they have taken the time to know and understand their needs. They recognize the differences in physical abilities of officers. They understand that to be effective, the techniques must be user friendly and the skills must be sustainable without having to be drilled weekly. It is apparent that these factors were foremost in their minds when they set up our session. [They] ... have brought an already top notch fighting system to another level, a level all law enforcement should be pursuing for the safety of its officers and the citizens.

—**John E. Ouellet**, Special Agent, FBI, Detroit.

I would like to take this opportunity to thank you for opening your facility and sharing your expertise in Israeli Krav Maga with members of the New Jersey State Police, Executive Protection Unit. The simplicity of the moves, coupled with the effectiveness of the techniques, makes this training curriculum useful in real world situations. I particularly liked the disarming training and simultaneous ‘block and strike’ techniques utilized ... Israeli Krav Maga has further prepared the New Jersey State Police, Executive Protection Unit, in achieving our mission ...

—**Lt. Frank Maimone**, Training Officer, Executive Protection Unit, New Jersey State Police.

I would like to take this opportunity to thank you for providing your expert instruction during the Israeli Krav Maga Defensive Tactics Course hosted by the Firearms/Self-Defense Training

Unit, Training Bureau, at the NJSP Academy, Sea Girt, NJ. Israeli Krav Maga ... a cutting edge system geared to ending confrontations in an efficient manner while limiting collateral damage to the trooper and innocent bystanders. Again, I would like to thank you for providing this critical instruction to our troopers, and I know the Academy Staff is looking forward to working with you in the future...

—**(Col) Joseph Fuentes**, Superintendent, New Jersey State Police.

Your professionalism and motivation were most inspiring and clearly showed in all facets of training. Having attended various self-defense and weapons retention courses, I can say without reservation that the techniques you taught are superior to anything I have learned. ... The tactics learned are essential in officer survival and situational awareness and taught those trained how to detect a confrontation and avoid a worsening situation. I firmly believe that your system should be incorporated into Homeland Security training including our training plan and all officers taught the benefit of Israeli krav maga. Semper Paratus.

—**Officer Mark A. Hanafee**, Coast Guard Police, Training Officer.

I am writing this letter in reference to the outstanding training conducted by you at Fort Dix, New Jersey. The tactical training given was professional, thorough, and proved essential to officer safety. ... Your Krav Maga tactics were second to none and your level of instruction was intense. Semper Paratus.

—**Petty Officer Kevin A. Colon**, United States Coast Guard, Small Arms Instructor (HH).

“Thank you for taking time out of your busy schedule to come to the New Jersey State Police Academy and conduct a weapon retention seminar for our SWAT Team Troopers. The Krav Maga techniques that were taught were easily learned and very effective ... The proven techniques of Krav Maga provide any police officer with the most effective means possible to fend off an attacker and retain their weapon. . . Your knowledge, skill and personality create a great learning environment for even the most hardcore Troopers in the New Jersey State Police. ... We look forward to continuing our relationship with you and the Israeli Krav Maga Association.

—**Trooper I. Paul Miller 4476**, Division Firearms Coordinator, New Jersey State Police.

Critical to a law enforcement professional's survival are the will to survive and the skills to survive. We accept the reality that our lives can be permanently altered in moment. That is where the Israeli Krav Maga 'contact combat' system comes in and provides the skills to survive. When the need to deliver is paramount Israeli Krav Maga is truly an effective practical fighting system. Thank you for the amazing demonstration and hands on training you provided for the New

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Introduction

Before we explore specific defenses in the chapters, there are several principles to keep in mind.

The Language of Krav Maga

Throughout *Krav Maga Weapon Defenses*, the following terms will appear frequently. Once you understand the language of *krav maga* (means *contact combat* in Hebrew), you can then better understand the method.

“Negative Five.” You are caught unaware and at a complete disadvantage. The attacker has the advantage of surprise and positioning.

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

Retzev. A Hebrew word that means “continuous motion” in combat. Retzev, the backbone of modern Israeli krav maga, teaches you to move your body instinctively in combat motion without thinking about your next move. When in a dangerous situation, you will automatically call upon your physical and mental training to launch seamless overwhelming counterattack, using strikes, takedowns, throws, joint locks, chokes or other offensive actions combined with evasive action. Retzev is quick and decisive movement merging all aspects of your krav maga training. Defensive movements transition automatically into offensive movements to neutralize the attack, affording your opponent little time to react.

Left outlet stance. Blades your body by turning your feet approximately 30 degrees to your right, with your left arm and left leg forward. (You can also turn 30 degrees to your right to come into a right regular outlet stance, so that your right leg and arm are forward.) You are resting on the ball of your rear foot in a comfortable and balanced position. Your feet should be parallel with about 55 percent of your weight distributed over your front leg. Your arms are positioned in front of your face and bent slightly forward at approximately a 60-degree angle between your forearms and your upper arms. From this stance, move forward, laterally, and backward, moving your feet in concert.

Liveside. When you are facing the front of your opponent and your opponent can both see you and use all four arms and legs against you, you are facing his or her liveside.

Deadside. Your opponent’s deadside, in contrast to his liveside, places you behind his near shoulder or facing his back. You are in an advantageous position to counterattack and control him because it is difficult for him to use his arm and leg farthest away from you to attack you. You should always move to the deadside when possible. This also places the opponent between you and any additional third-party threat.

Sameside. Your sameside arm or leg faces your opponent when you are positioned opposite one another. For example, if you are directly facing your opponent and your right side is opposite your opponent's left side, your sameside arm is your right arm (opposite his left arm).

Nearside. Your opponent's limb closest to your torso.

Outside defense. An outside defense counters an outside attack, that is, an attack directed at you from the outside of your body to the inside. A slap to the face or hook punch are examples of outside attacks.

Inside defense. An inside defense defends against an inside or straight attack. This type of attack involves a thrusting motion, such as jabbing your finger into someone's eye or punching someone in the nose.

Glich. A Hebrew term meaning a sliding movement on the balls of your feet to carry your entire bodyweight forward and through a combative strike to maximize its impact.

Secoul. A Hebrew term meaning a larger step than glich, covering more distance to carry your entire bodyweight forward and through a combative strike to maximize its impact.

Off-angle. An attack angle that is not face-to-face.

Stepping off the line. Use footwork and body movement to take evasive action against a linear attack, such as a straight punch or kick. Such movement is also referred to as "breaking the angle of attack."

Tsai-bake. A Japanese term meaning a one-hundred-eighty-degree or semi-circle step by rotating one leg back to create torque on a joint to complete a takedown or control hold.

Cavalier. A wrist takedown forcing an adversary's wrist to move against its natural range of motion usually combined with tsai-bake for added power.

Elbow kiss. When securing an edged weapon or firearm held by an assailant and pinning it against the his body, the defender moves to the assailant's deadside creating an angle between the defender's arm and assailant's arm where the tips of their respective elbows touch or "kiss." The defender's forearm and assailant's gun arm create a "V" by the underside of your forearm pressing against the topside of the assailant's forearm

Trapping. Occurs when you pin or grab the opponent's arms with one arm, leaving you with free to continue combatives with your other arm.

Figure Four. A control hold securing an opponent's arm, torso, or ankle to exert pressure. The control hold is enabled by using both of your arms on the joint of the wrist, shoulder, or tendon of an opponent. For example, you have secured your opponent's right wrist (his elbow is pointed toward the ground) with your right hand placed on the flat of his right hand, bending his wrist inward, with his elbow (tip toward the ground) pinned to your chest while you simultaneously slip your other arm over the top of his forearm to interlock his arm and grab your own forearm. This positional arm control

may also be used to attack the Achilles tendon with the blade of your forearm or control an opponent's torso from the rear mount. A Figure Four may also be applied to an opponent's torso by hooking one leg across the torso and securing it in the crook of the other leg's knee.

Kravist. A term I coined to describe a smart and prepared krav maga fighter.

Cold Weapons. Blunt and edged weapons.

Hot Weapons. Firearms.

Kimura. Armlock named after its inventor, Masahiko Kimura.

Street Violence

Street violence is, by its nature, volatile and unpredictable. To be sure, there are no certainties, especially regarding the outcome of a life and death struggle. The last thing on many victims' minds is that they will be battered, clubbed, stabbed, slashed, or shot. Oftentimes, you will find yourself in a "negative five" position or initially unprepared to fight for your life. An attacker will seek every advantage. First and foremost, he will try to use the element of surprise, especially, to deploy a weapon.

In 2010, the Federal Bureau of Investigation estimated 1,246,248 violent crimes nationwide.

- Aggravated assaults (defined by the FBI as "as an unlawful attack by one person upon another for the purpose of inflicting severe or aggravated bodily injury") accounted for the highest number of violent crimes reported to law enforcement at 62.5 percent. Of this 62.5 percent of aggravated assaults, firearms were used 20.6 percent; knives/cutting instruments 19.0 percent; clubs/blunt objects 33.1 percent; and personal weapons for 27.4 percent of reported cases.
- Robbery comprised 29.5 percent of violent crimes. Of this 29.5 percent, firearms were used 41.4 percent; while strong-arm tactics were used 42.0 percent; followed by knives and cutting instruments 7.9 percent; and other dangerous weapons 8.8 percent of the reported cases.
- Murder accounted for 1.2 percent of estimated violent crimes in 2010. Of this 1.2 percent; firearms were used 67.5%; knives/cutting instruments 13.1%; other weapons 13.6%; and personal weapons for 6.6 percent of reported cases.
- Forcible rape accounted for 6.8 % of reported violent crime. Reported statistics do not account for the criminal use of weapons, but, past FBI surveys have indicated that approximately 10–20 percent of forcible annual rapes involve the use of a weapon.
- Source: Federal Bureau of Investigation Uniform Crime Reporting (UCR) Program 2010. For the most current information visit www.fbi.gov.



SWAT Training. Photo courtesy of Edward Greenblatt.

CHAPTER 1

Control Holds Reviewed

Prior to covering *krav maga* (means *contact combat* in Hebrew) weapon defenses, we need to revisit a few of krav maga's control holds, two of which are known as cavaliers. Cavaliers are designed to use your powerful hip muscle groups and bodyweight to torque an opponent's wrist to take him down while establishing strong control over the weapon for removal. There are three types of cavaliers frequently used in krav maga. Cavaliers are preceded by retzev combatives against the assailant, including full-force strikes to the groin, neck, eyes, and other vulnerable opportunistic targets. Control holds are used in krav maga to remove blunt and edged weapons and, sometimes, firearms from the assailant's grip.

Cavalier #1

This powerful takedown places enormous pressure on an opponent's wrist, forcing him down to the ground while placing strong control of the weapon. If necessary, you can follow up with a strong kick to the head, midsection, or groin along with an armbar or wristlock to remove the weapon.

2 Krav Maga Weapon Defenses



Figure 1.01a

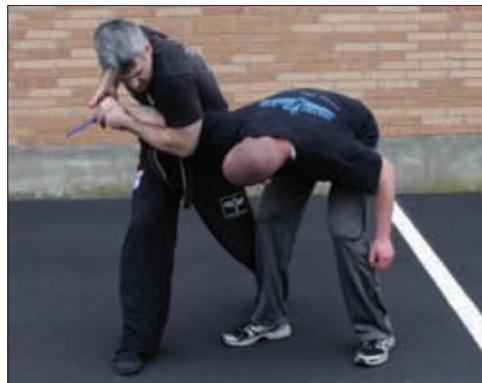


Figure 1.01b

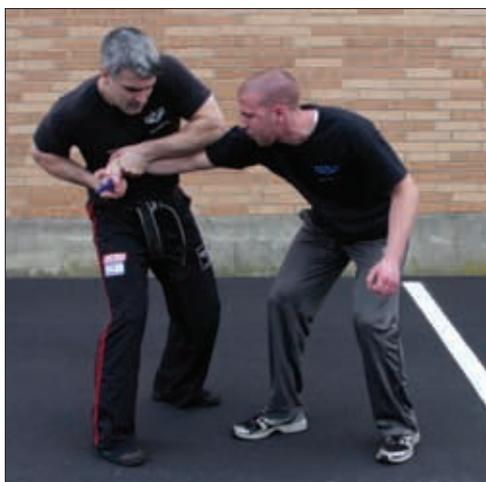


Figure 1.01c

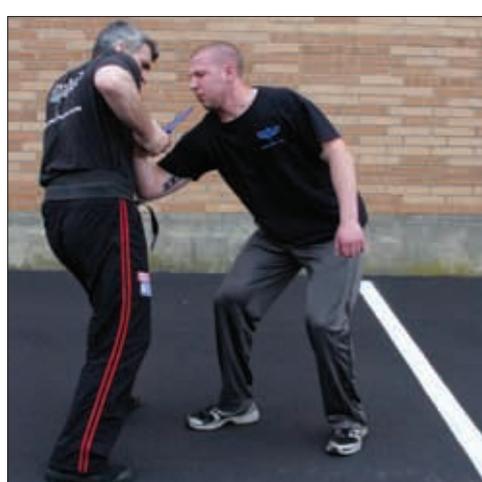


Figure 1.01d

Figures 1.01a–d. After administering combatives, for Cavalier #1, secure your opponent's right hand while you are positioned behind his right shoulder and to his side. If you are securing your opponent's right hand for the takedown, place your right hand on top of his right hand or "knuckles to knuckles." Your left hand then secures his right forearm just below the wrist. Do not grab the opponent's wrist because the grab hinders your desired objective of applying maximum torquing pressure to the wrist. Try to keep your elbows as close to your body as possible to best control the weapon and keep it away from you and directed toward the assailant.



Figure 1.01e



Figure 1.01f



Figure 1.01g

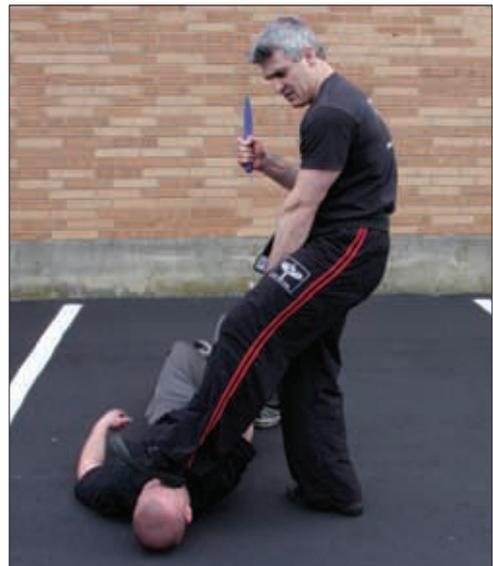


Figure 1.01h

Figures 1.01e–h. The wrist is flexible, but few people are flexible when applying simultaneous inward and side pressure. Think of the cavalier as driving your opponent's pointer finger toward his sameside shoulder. To apply the torquing pressure, as illustrated, take a one-hundred-eighty-degree rear step with your left leg (tsai-bake). If the opponent continues to present a threat, you may use a heel stomp to his head or body depending on your perception of his continued ability to resist.

4 Krav Maga Weapon Defenses

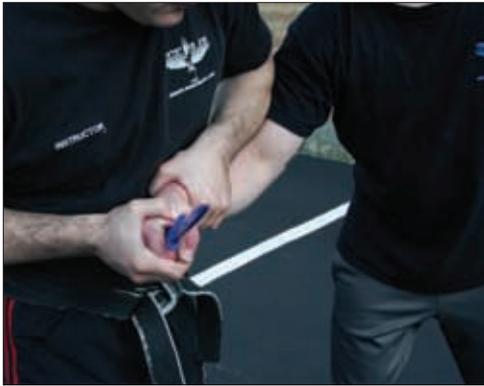


Figure 1.01i



Figure 1.01j



Figure 1.01k



Figure 1.01l

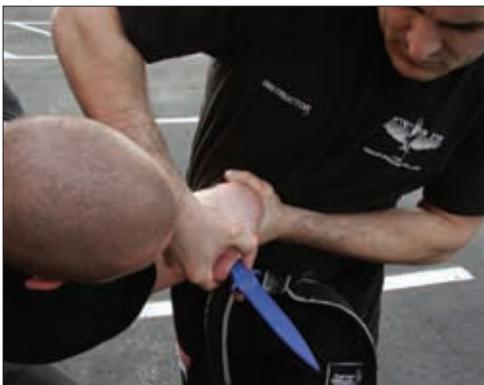


Figure 1.01m

percut elbow to the back of his clenched fist. These strikes both distract and physically undermine your opponent's ability to resist.

Figures 1.01i–m. Close-up photos depicted of elbow and wrist control positioning. Note: A common mistake when controlling the weapon for the takedown is when the defender brings the edged weapon across his own throat or smashes a blunt weapon into his own head when applying the cavalier and removing the weapon from the assailant's grip. When you encounter a strong opponent, you may have to continue to “loosen him” up by using a knee strike, shin kick, or other combative, including a vertical up-

CHAPTER 2

Impact-Weapon Defenses

Impact weapon attacks can come in many forms. For example, someone can try to smash you with a baton, hammer, crow-bar, bottle, chair, and anything onsite an assailant can pick up to use as a weapon. The three fundamental principles are either to (1) close the distance between you and the assailant while deflecting-redirecting the attack; (2) disengage until you recognize the correct timing to then close the distance; or (3) retreat straightaway. Obviously, for anything thrown at you, you need to make a body defense to make it miss. Attacks can come from a myriad of directions, heights, and angles in single swing attacks or multiple salvos. Impact weapons (along with edged weapons) are often referred to in krav maga parlance as “cold weapons.”

Recognize that a person with any type of blunt object in his hand could potentially use it as impact weapon or jettison it at you as a weapon or means of distraction. Notably, the end of the impact weapon generates the most force because the assailant’s wrist is used as a fulcrum. Therefore, the most dangerous range of an attack is to be struck with the end of the weapon. In other words, the weapon’s ballistic momentum decreases the closer you come to the assailant’s swinging wrist. As noted, impact weapon defenses require the defender to stymie the attack by closing the distance to simultaneously deflect-redirect or absorb the swinging arm’s (not the weapon’s) impact. As with all krav maga defenses, the hand always leads the body to deflect-redirect in conjunction with simultaneous multiple counterattacks. Notably, impact weapons defenses—unlike edged and firearm defenses—move directly along the line of intended attack rather than “off the line” on which you will focus in Chapters 3–7.

We will focus on four common types of impact weapon attacks: overhead, overhead off angle, sideswing, and lower quadrant attacks. The danger, as with all weapon attacks, is that the assailant can change the angle of attack during the course of the attack to counter your initial defense. This situation is remedied by performing the same defense, regardless of the impact weapon’s trajectory.

Overhand One-Handed Strike Defense

One of the most typical attacks with a blunt object is an overhead swing. In this technique, we assume the assailant is using his right hand and the defender is squared up to him or face-to-face. Execute the defense with your sameside (left) arm and a counter-punch with your right arm while controlling the weapon with your left arm.

Your goal is to close the distance to intercept and deflect-redirect the impact weapon harmlessly over your shoulder while delivering a simultaneous punch to the throat, jaw, or nose while trapping the weapon arm to remove the weapon from the assailant's grip while delivering more *retzev* combatives. As emphasized previously, the end of any impact weapon is the most dangerous as the momentum and velocity of the swing is at its greatest. One way to practice the deflecting-stabbing movement of the defense is to simulate diving into a pool with your arms in a "V" motion to pierce the water while keeping your legs straight. Keep the fingers together and simply touch both of your hands together at the fingertips resembling the inverted "V." Do not touch your palms together, only your fingertips, keeping your thumb pressed to the pointer finger (not exposed). Now, drop one arm into a straight punch position. Continue building this defense by aligning your deflecting-redirecting hand with a forward body lean, burying your chin into your shoulder. You could also use a pre-emptive straight kick to the attacker's groin or midsection to stop him, and then continue to press your counterattack. The forward combat lean achieves two purposes: it both defeats the attack and protects your head. Essentially, you are diving/bursting into your assailant with the sameside arm and leg to close the distance while deflecting-redirecting the strike and simultaneously counterstriking. Another way to think about aligning your deflecting-redirecting arm is to stand in a neutral stance and jettison your arm directly out to meet an imaginary incoming attack. Proper arm alignment requires a slight curve in your hand that will intercept the attack. Keep the fingers together and the thumb attached to the hand; do not allow the thumb to stick out because of the danger in breaking it. The deflecting-stabbing defense, when timed correctly and with proper interception alignment, will redirect the object harmlessly along your arm over your head glancing off your back.

Once you feel comfortable with the initial defense, add a simultaneous punch with your other arm, thrusting both arms out together. Krav maga recommends a palm-down punch or keeping the palm of the hand parallel to the ground targeting the nose, chin, or throat.



Figure 2.01a



Figure 2.01b



Figure 2.01c

Figures 2.01a–c. Time the defense and counterattack punch together. The next (literal) step forward is with your left leg closing the distance to the attacker. As you move into the assailant with your redirection and counterpunch, without breaking contact with the attacker’s arm, loop your deflecting-stabbing arm over the assailant’s impact weapon arm to secure the impact weapon arm.



Figure 2.01d



Figure 2.01e



Figure 2.01f



Figure 2.01g



Figure 2.01h



Figure 2.01i

Leg Defenses Against Edged-Weapon Attacks

Edged-Weapons Introduction

You will need any and every advantage to defend against a determined assailant using an edged weapon. An edged weapon does not jam or run out of ammunition and can seriously injure you with every thrust or slash. A significant number of the population worldwide carries folding edged weapons or some other type of cutting instrument. Kitchen knives are accessible to just about anyone bent on doing harm. Never underestimate the harm an amateur but determined attacker can inflict—let alone someone skilled in edged-weapons use. Essentially, anyone with an edged weapon in his or her hand could be a deadly threat, particularly if he or she has no compunction about getting up close and personal.

Slashing to the jugular and major arteries is usually fatal, but lacerations to the other parts of the body are generally not. Thrusting wounds are far more dangerous. Puncture wounds of more than 1.2 inches can produce instant shock and seriously damage or shut down internal organs. When defending against a resolute attacker using an edged weapon, it is likely that you will be wounded. Of course, try to prevent wounds to your eyes, neck torso, and major arteries. Nevertheless, whatever injuries you might sustain, relentlessly pursue your defense and counterattacks to end the threat. In short, the longer duration of the edged-weapon attack, the less likely you are to survive it. Once you successfully defended and neutralized the attack, immediately check yourself for wounds. You must immediately think about triage. Seek professional help right away, and if unavailable, administer self-triage.

Running away from an edged-weapon threat is a real and, perhaps, the best option. If you must engage the assailant, krav maga once again emphasizes simultaneous defense and counterattack. The counterattacks must be targeted and forceful. The goal in striking an attacker's eyes, nose, windpipe, groin, and knees is to short-circuit his ability to continue the attack. Damage the attacker as much as possible to destroy both his physical ability and mental resolve to continue the attack. Attempting an edged-weapon disarm without debilitating counterattacks can, and will, get you seriously hurt or killed. While krav maga emphasizes simultaneous counterattacks and weapon control as soon as possible, you may have to counter-attack and then disengage only to counterattack again. This must occur only when you deem it safe to close the distance, hurt the attacker, control the attacker, and remove the weapon.

Judging distances, the logical progression of a weapon's attack path(s) even when initially blocked or redirected, and the varied angles of attack are paramount to a successful defense. My good friend, Sgt. Major Nir Maman (res.), one of the lead krav maga

instructors for the Israel Defense Forces Special Operations School, says it best: “If your assailant deploys an edged weapon, your best response is to make yourself disappear. If you cannot disappear, your next best response is to pull out a firearm. If you do not have a firearm available, you want a long-range impact weapon such as a lead pipe where you can batter his edged-weapon hand while staying out of range of the edged weapon.” Nir’s obvious point is how dangerous an edged weapon can be. Edged weapons are often referred to in krav maga parlance as “cold weapons.”

Israeli krav maga uses two ranges in combination with body defenses to defend edged-weapons attacks: legs or hands. Either type of defense usually takes the defender off the line of attack in a position to deliver strong-counterattacks, with one exception: the instinctive defense against a surprise underhand attack. With krav maga hand defenses, employ a block or deflection-redirection when possible, with a body defense, combined with effective simultaneous counterstrikes, preferably to the assailant’s throat, groin, or eyes.

Kicks are usually employed when the defender sees the edged weapon at long range. Kicks harness your most powerful muscle groups and have the longest range of any of your personal weapons. In addition, kicks can be combined using shield-like objects, such as a bag or briefcase, to simultaneously block or deflect-redirect an edged-weapon attack away while delivering a debilitating combative to the assailant’s groin or knee. Strong defensive kicks with *glicha* keep the edged weapon farther away from you and are also best to stop a charging assailant’s momentum.

Hand defenses are used when the assailant closes the distance quickly, takes the defender by surprise, or the defender is in a close-quarters situation. Note: Many students practice and emphasize hand defenses. However, when sparring against a facsimile edged-weapon attack, they quickly revert to and prefer leg defenses. Kick defenses also come naturally when facing an assailant threatening with the edged weapon but who remains uncommitted to the attack. Notably, spitting in the assailant’s face as you launch your hand or leg defense is a tried, effective, proven tactic.

Regardless of the defense you use, even if you are slashed or stabbed, you must continue to fight. In training, you will probably be “nicked,” slashed, or stabbed. Obviously, the goal is to improve your skill set to avoid being wounded at all let alone fatally slashed or stabbed. Again, if your defense is imperfect and you are stabbed or wounded, it is imperative that you press your defense and counterattack. Remember, you will fight as you train, so, try to train as you will fight. If you no longer resist, your attacker will likely continue to administer wounds that will, no doubt, be fatal. Puncture wounds initially feel like strikes and slashes might not be evident until you see your own blood.

Note that krav maga defenses against an edged weapon, broken bottle, or syringe are principally the same; however, the removal techniques from the assailant’s grip may differ. Against a syringe, the defender must take extra care to avoid being stabbed because of blood borne pathogens or a drug’s effects. Occasionally, the description edged weapon and knife are used interchangeably throughout the text to facilitate the flow of technique

discussion. The next two chapters focus on edged-weapon defenses against the most common types of attacks; not every angle or direction is covered. To be sure, not every angle or direction is covered. Absorb the principles and apply them against variations not covered using good common sense along with a little trial and error if necessary.

Straight Kick Against an Overhead Attack

Author's Note: Due to photo constraints, in certain Chapter 3 techniques, the initial deflections-redirections are depicted, and while the final edged-weapon removal process is described, the photos are omitted. Be sure to understand thoroughly the Cavaliers #1 and #2 along with Control Holds A, B, and C (Chapter 1).

The most typical edged-weapon attack is an overhand lunging-type attack targeting the defender's neck area. The attack is best foiled at long range with a strong kick to the groin in combination with a body defense, especially when the assailant is charging at you.

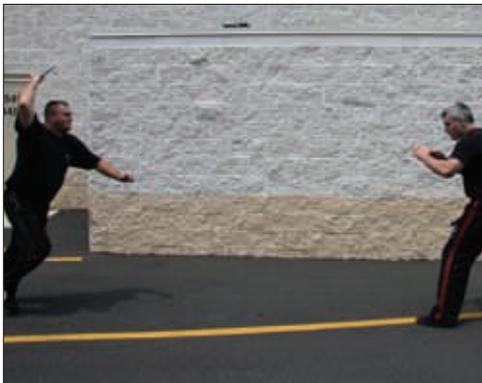


Figure 3.01a



Figure 3.01b



Figure 3.01c

Figures 3.01a–c. Most importantly, you must step off the line of attack to prevent the edged weapon from being plunged into you. With correct timing against a right-handed overhead attack, step off the line with your left leg turning out your left foot ninety degrees (opening up the base leg) allowing the right hip and your whole body maximum follow-through. Stepping out into the pivot also allows for glichá (Hebrew for a sliding step) to drive the kick through the opponent with your bodyweight generating optimum reach and power.



Figure 3.01d

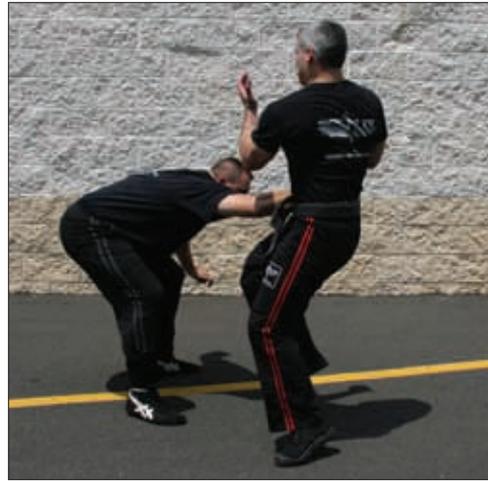


Figure 3.01e

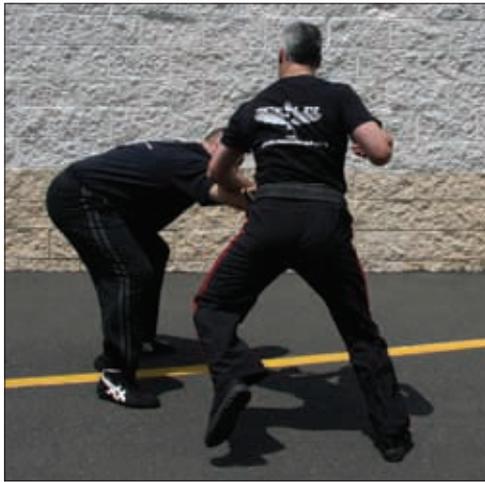


Figure 3.01f

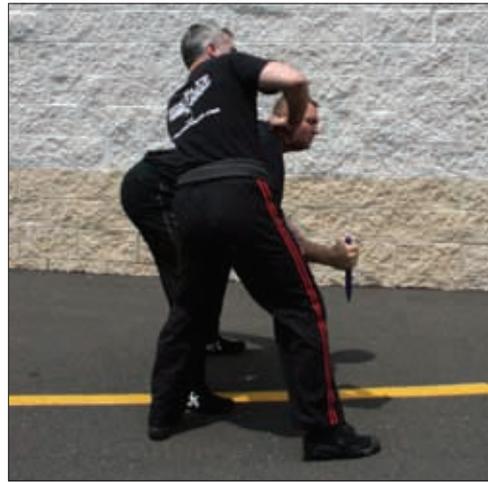


Figure 3.01g

Figures 3.01d–g. A full-force kick to the groin or midsection will jolt the attacker's body bringing his edged-weapon arm elbow back to his body. Keep in mind that a kick to the groin will generally lurch the upper body forward while stopping the body's progress at the hips. A kick to the torso will jolt the body backward. True to krav maga's philosophy of harnessing and honing the body's natural movements, the kicking leg will naturally retract on making contact. This is a crucial benefit because you retract the leg immediately to avoid being stabbed. This defense places you to the assailant's deadside to press the counterattack allowing another lowline sidekick to the assailant's knee, multiple punches to his head, and control of the edged-weapon arm with a wristlock or cavalier to remove the weapon or take the assailant down or both.



Figure 3.01h



Figure 3.01i



Figure 3.01j

Figures 3.01h–j. As learned previously in Figures 1.01a–y, use Cavalier #1 to take him down.



Figure 3.01k

Figure 3.01k. If the attacker jumps, use a straight defensive kick to his midsection or chest to drive him back. Follow-up with another immediate left kick to his groin. Subsequent defenses (covered just below) may be needed depending on the situation.

If the assailant has the edged weapon in his rear arm, another strong option to defend against the overhead attack is a sidekick to the assailant's lead knee with correct body lean and leg retraction followed by securing and taking away edged weapon with additional combatives similar to Figures 3.04a–c. Be sure to execute the sidekick by properly the turning base leg heel toward the assailant with proper body back lean with bodyweight forward to drive through the kick. These options take the defender's torso even farther away from the attack, but in the case of an overhead edged-weapon attack, retract the leg instantly to avoid the edged weapon potentially being plunged into your leg. Either continue the counterattack with additional kicks or close with hand defenses to secure the weapon. This lowline sidekick defense to the knee may be employed against any type of edged-weapon attack except an underhand stab (covered next).

A third less preferred option is to step off the line and “bail out” preferably to the assailant's deadside by delivering a debilitating roundhouse kick with the ball of the foot to the attacker's groin or shin to the assailant's midsection as depicted in Figure 3.03. Note: Again, if the leg is not withdrawn immediately, you are in jeopardy of the attacker's edged-weapon arm dropping quickly and impaling the leg. Again, you must press the counterattack with additional kicks or hand defenses, and close the distance to secure and remove the weapon.

Straight Kick Against an Underhand Attack

A second common edged attack is an underhand attack targeting your midsection or groin. The attack is best foiled at long range with a strong kick to either the head or the groin.



Figure 3.02a



Figure 3.02b



Figure 3.02c



Figure 3.02d

Figures 3.02a–d. Optimally, you should kick the assailant in the face when he crouches to deliver the attack. However, not everyone can kick high to the head, so the defense may be modified with a kick to the groin. To take yourself off the line of attack and position yourself for the defensive kick, switch your feet by one foot replacing the other. Essentially, you are switching your feet. Against a right-handed underneath attack, your left foot will slide directly to the side to replace your right foot while the right hip chambers the right leg and swivels to deliver the straight kick. Keep your hands up in a protective position. Depending on your dexterity and timing, this can be considered a switch kick.



Figure 3.02e

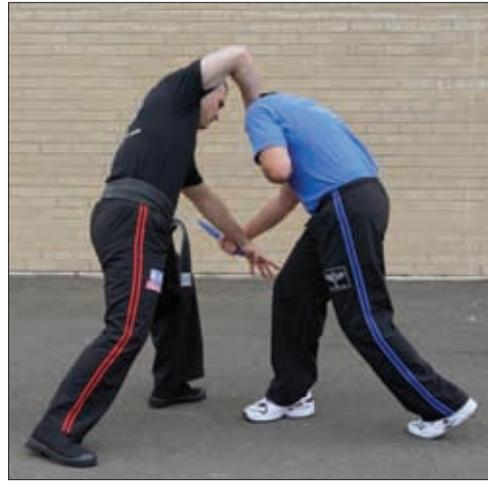


Figure 3.02f



Figure 3.02g

Figures 3.02e–g. If your straight right kick knocks the assailant backward, immediately follow up with another swift left straight kick to the groin with proper base leg turn. If the initial kick does not reel him backward, immediately follow-up with a left kick to his groin.

CHAPTER 6

Rifle/Submachine Gun (SMG) Defenses

Frontal Rifle/SMG Defenses

Rifle/submachine gun (SMG) defenses from the front are similar in concept to handgun defenses but different in execution because of the firearm's length and operation.

Defending against a rifle/SMG threat utilizes the core krav maga principle of simultaneous weapon deflection-redirecting and body defense movement combined with counterattacks. A distinct difference between a rifle/SMG design and a handgun is the firearm's length, especially if the rifle/SMG has an extended stock and an automatic fire capability. Certain SMGs such as the Uzi machine pistol might need to be defended against using the handgun defenses covered previously. Shotguns are also included in the rifle category for our discussion purposes. Keep in mind that a shotgun's discharge creates a wider berth of danger, as the shot scatters.

Krav maga's rifle/SMG defenses adapt to threats at different heights and angles. The following three frontal defense variations are also used to thwart a bayonet-type thrust attack. Practice each of these and decide which is most comfortable for you. Whichever defense you use, be sure to remain clear of the muzzle while controlling it. A semi-automatic or automatic rifle/SMG will continue firing as long as the gunman activates the trigger and the ammunition supply lasts. An automatic weapon can discharge thirty-plus rounds in just a few seconds. Keep in mind that these rounds also endanger third parties. Importantly, with rifle/SMG disarms, you are not interfering with the firing mechanism as some of krav maga's handgun defenses do.

Frontal Rifle/SMG Defense #1



Figure 6.01a



Figure 6.01b



Figure 6.01c



Figure 6.01d

Figures 6.01a–d. Frontal rifle/SMG Defense #1 uses a redirection of the rifle/SMG's barrel. As with all krav maga weapons defenses, the hand leads the body defense as you burst toward the weapon to close the distance. Extend your left arm out using the web of your hand to redirect the line of fire. Keep a slight bend in your elbow to prevent hyperextension of your elbow upon contact with the weapon. As soon as you deflect the barrel away, snake the opposite arm around the weapon's fore-grip to control it. As you move in, use opportune knee strikes to the assailant's lower body and/or elbows to the back of his head.



Figure 6.01e



Figure 6.01f

Figures 6.01e–f. Reach over the assailant’s shoulder and clench the rifle’s butt stock (closest to the receiver). To remove the weapon, insert your right hand with the thumb pointed toward the ground to grasp the weapon’s stock and yank the weapon toward you to weaken his leverage, and then yank sharply up. If the assailant has the stock tucked underneath his armpit, yank forward to dislodge it and then up. This removal technique may smash the assailant in the jaw as you remove the weapon. Note: If the stock is collapsed or retracted, cup your hand, and yank up at the rifle/SMG’s pistol grip. If there is a two- or three-point sling attached, remove the sling by pulling it over the assailant’s head in the direction of the under-slung arm. In other words, take the sling over his shoulder toward the sling’s loop under his armpit. Wrench the weapon away and use it for further combatives, or turn it on the assailant if it is still in battery.

Another control option is to exert dominant control over the assailant’s head to wrench his neck back while maintaining strict control of the muzzle to take him down to the ground for weapon removal. If the assailant uses a right-handed grip on the weapon, move to his left side to peel the weapon out from underneath him. (If he is holding the weapon in his left hand, go to the right side.)

Frontal Defense #1 from an Execution Position

As discussed with the previous handgun defense from your knees depicted in Figures 5.06, try not to go to your knees. If you must comply and then react, here is the preferred technique.



Figure 6.01g

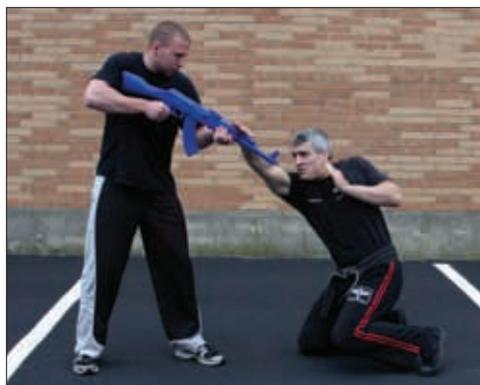


Figure 6.01h



Figure 6.01i



Figure 6.01j



Figure 6.01k

Figures 6.01g–k. This series is a modification of the defense if you found yourself on your knees with a rifle/SMG pointed at your midsection as demonstrated in the following Figures 6.02g–l.