



CYPRUS KRAV MAGA FEDERATION
KRAV MAGA TECHNIQUE FAMILIES
PRACTITIONER - GRADUATE

Category: Basic
Family: Stance & Movements

Rank	Technique
P1	P1C1 Passive & Semi passive stance
P1	P1C2 Fighting (Outlet) Stance
P1	P1C3 Moving to different directions

Family: Advance & Retreat

Rank	Technique
P2	P2C1 Straight punch in advance
P2	P2C2 Straight punch and retreat
P3	P3B1 Kicks in place (as per P1 and P2)
P3	P3B2.1 Advancing and Retreating Kicks (to all directions) / Stepping
P3	P3B2.2 Advancing and Retreating Kicks (to all directions) / Crossing
P3	P3B2.3 Advancing and Retreating Kicks (to all directions) / With Slide

Family: Getting Up From The Ground and Chair

Rank	Technique
P1	P1N1 Forward Getting up from the ground
P1	P1N2 Backwards Getting up from the ground
P1	P1N3 Turn to sprint position Getting up from the ground

Category: Dealing with Falls
Family: Break-falls

Rank	Technique
P1	P1P1 Forward soft break-fall to a wall
P2	P2J1 Forward soft break-fall to the floor
P2	P2J2 Backward break-fall
P3	P3G1 Sideways break-fall
P3	P3G2 Backwards fall-turn and soft break-fall
P4	P4A1 Backward break-fall from height
G1	G1A1 "Hard" break-fall forward

Family: Rolls

Rank	Technique
P2	P2J3 Forward Roll
P2	P2J43 Backwards Roll
P3	P3G3 Forward high Roll
P4	P4A2 Forward roll remain on the ground followed by a stomp kick
P5	P5A1 Combinations of rolls and break-falls
G1	G1A2 Sideways roll

Category: Hand Strikes**Family: Palm Strikes**

Rank	Technique
P1	P1D1 Palm-heel strike Punches
P1	P1K3 "Educational stop" (use your palm)

Family: Fist Punches

Rank	Technique
P1	P1D2 Straight left punch (with fist)
P1	P1D3 Straight right punch (with fist)
P2	P2A1 Hook Punch
P2	P2A2 Uppercut
P3	P3A1 Low Punches (to body)

Family: Hammer Punches

Rank	Technique
P1	P1F1.1 Sideways Horizontal Hammer Punches
P1	P1F1.2 Backwards Horizontal Hammer Punches
P1	P1F2.1 Forward Vertical Hammer Punches
P1	P1F2.2 Downwards Vertical Hammer Punches
P1	P1F2.3 Backward and up Vertical Hammer Punches

Family: Elbows & Head Butt Strikes

Rank	Technique
P1	P1E1 Inward Horizontal Elbow Strike
P1	P1E2 Sideways Horizontal Elbow Strike
P1	P1E3 Backward horizontal elbow strike

Family: Elbows & Head Butt Strikes

Rank	Technique
P2	P2B1 Vertical elbow strikes upward
P2	P2B2 Vertical elbow strikes downward
P2	P2B3 Vertical elbow strikes to the rear
P2	P2B4 Vertical elbow strikes to the rear and up
G1	G1B1 Head butt attack
G1	G1B2 Elbow strike attack against a group (start from deceiving act)

Category: Defense Vs. Punch**Family: Inside Defense**

Rank	Technique
P1	P1J1 One an a half Inside defense Vs. straight punches & counter attack (from Semi-Passive Stance)
P2	P2E1 Inside defense Vs. straight punches with Simultaneous counterattack
P2	P2E2 Inside defense Vs. straight punches With leaning back
P2	P2E3 Inside defense Front left against front left
P2	P2E4 Inside defense Front forearm defense Vs. a straight punch to body
G2	G2C1 Inside sliding defense with counter punch at end Vs. Straight Punch (using only front hand)

Family: Outside Defense

Rank	Technique
P2	P2F1 Outside defense Vs. hook punch
P2	P2F2 Outside defense Vs. straight punches (short distance: 1,2,3)
P2	P2F3 Outside defense Vs.straight punches (long stabbing distance: 1,2,3)
P2	P2F4 Outside defense Vs. straight punches (upward and forward with diagonal forearm 4)
P4	P4C1 Outside scooping defense Vs. Low straight punches
G2	G2C2 Outside sliding defense Vs. Straight Punch (using only front hand)

Family: low Fist High Elbow Defense

Rank	Technique
P4	P4D1 Medium hight defense Vs. Straight punch to the ribs-elbow high and fist low
P4	P4D2 High defense Vs. straight punch to the head-elbow high and fist low

Family: Inside Outside Defense Vs. Punches Combination

Rank	Technique
P4	P4E1 Inside defenses with both palms and Counterattack / Vs. Combination of two straight punches
P4	P4E2 Hand defenses with lean back and a regular kick / Vs. Combination of two straight punches
P4	P4F1.2 Defenses Vs. combination of punch one straight & one circular with two hands (Inside & outside)
P4	P4F2 Inside outside defenses Vs. any two circular punches combination

Category: Kicks**Family: Kicks**

Rank	Technique
P1	P1G1 Knee Kick Straight up
P1	P1G2 Regular Front Kick
P1	P1G3 Side Kick
P2	P2D1 Stomp downward kick
P2	P2D2 Defensive kick forward
P2	P2D3.1 Horizontal Roundhouse kick
P2	P2D3.2 Diagonal Roundhouse kick
P4	P4B1 Regular (vertical) kick backwards (2 main distances)
P4	P4B2 Defensive back kick

Family: Scissor, Spinning and Switching-Kicks

Rank	Technique
P4	P4B3 Regular scissor kick
G2	G2A1 Spinning defensive "backside" kick
G2	G2A2 Spinning regular back kick

Category: Defense Vs. Kick**Family: Defenses Vs. High Roundhouse Kick**

Rank	Technique
P4	P4G1 Defense Vs. High Roundhouse Kick with outside forearm and counterattack with kick
P4	P4G2 Defense Vs. High Roundhouse Kick with Outside forearm advance forward diagonally with the Opposite leg, followed by a kick
P4	P4G3 Defense Vs. High Roundhouse Kick with both forearms while body turns, then advance forward diagonally

Family: Leg Defenses

Rank	Technique
P2	P2G1 Leg Defenses against Kick / Stop kick with heel outwards
P2	P2G2 Leg Defenses against Kicks / Stop kick with heel inwards
P2	P2G3 Deflection: Inside shin defense Vs. regular kick
P2	P2G4 Blocking shin defense Vs. low roundhouse kick

Family: Defense Vs. straight kicks

Rank	Technique
P3	P3C2 Inside forearm defense Vs. high defensive kick
G3	G3A1 Double defense against kicks to an unknown height / Using two hands / Rear Hand down (low), doing scooping defense, forward hand high

Family: Defenses Vs. Side Kicks

Rank	Technique
G1	G1E1 Defenses Vs. side kicks / General defense Vs. Side Kicks - retreat backwards, lift front leg and perform low outside scooping defense (with front hand)
G1	G1E2.1 Defenses Vs. side kicks / Scooping / With the front hand Vs. side kicks to medium height- advancing diagonally forward with the rear leg
G1	G1E2.2 Defenses Vs. side kicks / Scooping / With the back hand Vs. side kicks to medium height- advancing diagonally forward with the front leg
G1	G1E3 Defenses Vs. side kicks / Front forearm defense (Vs. high sidekicks)

Family: Defenses Vs. Regular kick With hand

Rank	Technique
P3	P3C1.1 Inside defense (Reflexive-with an open hand) Against regular kick to the groin
P3	P3C1.2 Out side scooping defense Against regular kick to the groin
P5	P5B1 Defense Vs. Regular kick with rear forearm stabbing
P5	P5B2 Inside defense Vs. Regular kick with low fist and high elbow from diagonal angle

Category: Striking Combination**Family: Attacks Combinations**

Rank	Technique
P1	P1H1 Combination of attacks to all directions
P1	P1R1 Searching and attacking 2 attackers holding a Punch pad - (fighting skills)
P2	P2M2 Striking combinations Vs. 2 attackers holding a Punch pad
P3	P3A2 Combinations of Punches - all angles, directions, heights and distances
P4	P4M1 Combinations of attacks to shield using all attacks and variations
G1	G1M1 Attacking one stationary target using different angles distances heights and positions
G2	G2J1 Attacking 2 targets, both stationary and on the move, in different angles, distances, heights and positions (2 Vs. 1 targeting)
G3	G3H2 Attacking 3 targets, both stationary and on the move from different angles, distances, heights and positions

Family: Attack the Attacker

Rank	Technique
P5	P5I1.1 Third party defense / Attack the attacker / From the side at long range
P5	P5I1.2 Third party defense / Attack the attacker / From the front at long range
P5	P5I2.1 Third party defense / Attack the attacker / From the side at close range

Family: Attack the Attacker

Rank	Technique
P5	P5I2.2 Third party defense / Attack the attacker / From the front at close range
P5	P5I2.3 Third party defense / Attack the attacker / From the back at close range

Category: Release from Chokes & Headlock**Family: Release from Chokes**

Rank	Technique
P1	P1L1 Release from Chokes from the Front
P1	P1L2 Release from Chokes from the Side
P1	P1L3 Release from Chokes From Behind
P1	P1O1 Ground Release from side choke
P2	P2K1 Ground release from chokes, attacker sitting on the defender (mount position)
P4	P4H1 Release from choke from the front / while being pushed backwards / Body turn and upper arm release
P4	P4H2 Release from choke from the rear / while being pushed forwards / Body turn and upper arm release

Family: Release from Chokes

Rank	Technique
P4	P4H3.1 Release from choke from the rear / while being pulled backwards / Pluck, turn and attack
P4	P4H3.2 Release from choke from the rear / while being pulled backwards / Pluck, turn and lever the wrist
P5	P5F1 Release from chokes on the ground / Attacker sitting on defender (Mount position) and choking from a very low / close
P5	P5F2 Release from chokes on the ground / Release from guard position low
G3	G3E1 Release from chokes on ground / Defender lying on stomach / Attacker sitting on defender (with a pluck and turning)

Family: Release from Headlocks

Rank	Technique
P1	P1M1 Release from side Headlock
P2	P2I1 Release from headlock from the Rear / Arm-bar to front of throat (pressure on the windpipe)
P2	P2I2 Release from headlock from the Rear / Arm-bar to both sides of the neck (Carotid artery pressure)
P2	P2I3 Release from hand covering mouth from the rear

Family: Release from Headlocks

Rank	Technique
P3	P3H1 Release from side headlocks on the ground / With free distant hand pull assailant's face backwards then push it to the floor and climb on him
P3	P3H1 Release from side headlocks on the ground / With free distant hand pull assailant's face backwards then push it to the floor and climb on him
P3	P3H2 Releases from side headlocks while on the ground / One arm caught Assailant's head very low
P4	P4I1 Release from guillotine
G1	G1D1.1 Release from Head lock from behind while on the ground / Start from sitting position / Attacker's legs are free
G1	G1D1.2 Release from Head lock from behind while on the ground / Start from sitting position / Attacker's legs are crossed

Category: Hug Releases**Family: Nelson**

Rank	Technique
P4	P4J1 Nelson hold preventing
P4	P4J2 Release from full Nelson by scraping leveraging finger/s

Family: Bear Hugs

Rank	Technique
P3	P3D1 Release from bear hugs - Arms Free / High Bear hug from the front
P3	P3D2.1 Release from bear hugs from the rear - Arms Free / Elbow strikes to the head
P3	P3D2.2 Release from bear hugs from the rear - Arms Free / Levering the attacker's fingers
P3	P3D3 Release from bear hugs from the side - Arms Free
P3	P3E1 Release from bear hugs from the front - Arms Caught
P3	P3E2.1 Release from bear hugs from the rear - Arms Caught / high bear hug
P3	P3E2.2 Release from bear hugs from the rear - Arms Caught / Low bear hug
P3	P3E3 Release from bear hugs - Arms Caught / Bear hug from the side
P5	P5C1 Release from low bear hug from the front / arms free
P5	P5C2 Release from bear hug from the front / when lifted / arms caught and free
P5	P5D1 Release from bear hug from the rear / when lifted / arms caught and free

Family: Cavaliers

Rank	Technique
G1	G1F1 Backwards Cavaliers - step out and backwards while securing the hand
G1	G1F2 Forward Cavaliers - go diagonally forward
G1	G1F3 A fast push with the elbow Cavaliers - done as with G1F1 or G1F2
G1	G1F4 Disarm weapon by using cavalier downward

Family: Cavaliers

Rank	Technique
G1	G1F1 Backwards Cavaliers - step out and backwards while securing the hand
G1	G1F2 Forward Cavaliers - go diagonally forward
G1	G1F3 A fast push with the elbow Cavaliers - done as with G1F1 or G1F2
G1	G1F4 Disarm weapon by using cavalier downward

Category: Grabs Releases**Family: Wrist releases**

Rank	Technique
P3	P3F1.1 Hand grabbing wrist Across / Low holds
P3	P3F1.2 Hand grabbing wrist Diagonally / Low holds
P3	P3F2.1 Hand grabbing wrist Across / High holds
P3	P3F2.2 Hand grabbing wrist Diagonally / High holds
P3	P3F3.1 Both hands grabbing one wrist / Low holds
P3	P3F3.2 Hand grabbing wrist Diagonally / High holds
P3	P3F4.1 Both hands grabbing both wrists / Low holds

Family: Wrist releases

Rank	Technique
P3	P3F4.2 Both hands grabbing both wrists / High holds
P3	P3F5.1 Both hands grabbing both wrists / from behind / release with counter attack
P3	P3F5.2 Both hands grabbing both wrists / from behind / soft release
P3	P3F6.1 Release from strong handshake / chopping movement with free forearm to Assailant's wrist
P3	P3F6.2 Release from strong handshake / soft solution - leverage on assailant's thumb joint

Family: Hair Grab releases

Rank	Technique
P5	P5E1 Release from one handed hair grab from the front / implement leverage on wrist (Soft technique)
P5	P5E2 Release from hair grab while being pulled down towards assailant's knee / to every direction

Family: Shirt Grab releases

Rank	Technique
G2	G2E1 Release from one handed hair grab from the front / implement leverage on wrist (Soft technique)
G2	G2E2 Defense against one handed shirt grabs / Retreat and rotate with upper arm
G2	G2E3 Defense against one handed shirt grabs / When rotate fails follow with leverage on elbow
G2	G2E4 Defense against shirt grab or pull from the rear / step and turn lifting arm to ear
G2	G2F1 Releases from two handed shirt grabs from the front / Step back, inserting opposite elbow - counterattacks
G2	G2F2 Releases from two handed shirt grabs / With leverage on attackers wrist and/or elbow - Step back, and return with leverage

Category: Knife Defenses**Family: Defense Vs. Knife Threat**

Rank	Technique
P2	P2H1 Defenses against Knife Threat / From the front - at medium range
P2	P2H2 Defenses against Knife Threat / From the back - at medium range

Family: Defense Vs. Knife Threat

Rank	Technique
P2	P2H3 Defenses against Knife Threat / From the side - at medium range (in front and behind arm)
P2	P2H4 Defenses against Knife Threat / From the side or back (above shoulder height)
P5	P5H1 Defenses against Knife Threats / From the front at short range - grab & deflect then counterattack

Family: Defense Vs. Knife Attack

Rank	Technique
P1	P1I1 360 Defense against downward, upward and circular knife attacks from the front and counter attack
P3	P3I1 Downward, Upward, Straight and Slashing attack (different directions)
P3	P3J1 Attacker charging with a Knife from 2m / Regular Front Kick
G1	G1G1 General Kick Defenses against 4 knife attacks / Side kick to lower ribs / solar plexus
G1	G1G2 General Kick Defenses against 4 knife attacks / Bail out roundhouse to solar plexus or groin
G1	G1H1 Defenses Against Downward Stab / Kick to the groin (when assailant has little momentum forward)
G1	G1H2 Defenses Against Downward Stab / 360 Defense - hook and catch attacking arm to prevent further stabs
G1	G1I1 Defenses Against Upward Stab / From passive stance at close range - 360 - counterattack, move forward and wrap forearm
G1	G1I2 Defenses Against Upward Stab / From fighting stance at medium range Inside defense with diagonal forearm ending with cavalier disarm
G2	G2G1 Defense against straight knife attack / Inside (diagonal) forearm defense Vs. Straight Stabs to the dead side
G2	G2G2 Defense against straight knife attack / Inside (sweeping) defense to the live side
G2	G2G3.1 Defense against low Stab Instinctive Scooping outside defense counter attack with leg / hand (hand sat mid chest)
G2	G2G3.2 Defense against stab different heights Stab Instinctive with Inside palm defense (hands are down)
G3	G3B1 Defense against Slashing Knife Attacks / At long range use 3 types of kicks previously learned as general solutions
G3	G3B2.1 Defense against Slashing Knife Attacks / At medium range: Two for arms defenses - Both high (with a retreat Vs. first slash)
G3	G3B2.2 Defense against Slashing Knife Attacks / At medium range: Two forearms defenses - One high , one low (with a retreat Vs. first slash)

Family: Defense Vs. Knife Attack

Rank	Technique
G3	G3B3 Defense against Slashing Knife Attacks / Surprise attack at close range: 360 defense against the first slash (head hidden low) and disarm
G3	G3C1 Defense against knife attack from the rear / Move angle so not get hit by the 2nd attack
G3	G3C2 Defending against downwards knife attack from the side / rear to dead side
G3	G3C3 Defending against upward knife attack from the side to dead side
G3	G3C4.1 Defending against straight Middle knife stab from the side turning to dead side
G3	G3C4.2 Defending against straight knife attack from the side turning to dead side / high stab

Category: Weapon threats Defenses**Family: Defense Vs. Hand Gun**

Rank	Technique
G1	G1K1.1 Defense against Hand gun Threat from the front going to dead side
G1	G1K1.2 Defense against Hand gun Threat from the front/going to live side
G3	G3D1 Defense against Handgun Threat / Gun on left side - behind arm body to the live side
G3	G3D2 Defense against Handgun Threat / Gun on right side - behind arm body to the dead side
G3	G3D3 Defense against Handgun Threat / from the rear, Gun is touching / various heights
G3	G3D4.1 Defense against Handgun Threat / Gun in front of arm / body To the live side
G3	G3D4.2 Defense against Handgun Threat / Gun in front of arm / body To the dead side

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Family: Defense Vs. Stick / AR

Rank	Technique
P4	P4K1 Defense Against Stick Attack - Overhead Swing / Stabbing defense to assailant's live side bursting to the inside of the attacking arm
P4	P4K2 Defense Against Stick Attack - Overhead Swing / Stabbing defense to assailant's blind side bursting to the outside of the attacking arm
G1	G1J1 Defense against a baseball swing / Forward hand down, rear hand up
G1	G1J2 Defense against a diagonal (baseball) swing to the face - Inner defense stop motion with both hands
G2	G2H1 Defense against Stick or AR Straight Stab / Inside defense diagonally to dead side - grab with one hand and counterattack
G2	G2H2 Defense against Stick and AR Straight Stab / Inside defense, moving to live side send two forearms to weapon
G2	G2H3 Defense against Stick and AR High Straight Stab / high hold - Inside forearm defense to dead side
G2	G2H4 Defense against Stick and AR Straight horizontal push

Family: Using Common Objects as Weapons for Self-Defense

Rank	Technique
P1	P1Q1 Shield-type objects - Using Common Objects as Weapons for Self-Defense
P2	P2L1 Using stick type objects for self defense / Common Objects
P3	P3K1 Common Objects / Knife Type objects / Basic attacks

Category: Ground Self Defense Fighting Skill and Simulation
Family: Takedowns

Rank	Technique
G1	G1C1 Takedowns and Throws / Big sweep - from the outside (calf muscle to Assailant's calf muscle)
G1	G1C2 Take downs and Throws / Machine gun take down
G2	G2B1.1 Take down From the front / Pushing with Shoulder (pulling opponent below knees)

Family: Defending against a standing attacker while on ground

Rank	Technique
G3	G3F1 Defending against a standing attacker while on ground / Attacker delivers a regular kick to the head / upper body
G3	G3F2.1 Defending against a standing attacker while on ground / Attacker delivers a stomping kick to the upper-body / Close (clam shell), legs up

Family: Ground Fighting

Rank	Technique
P5	P5G1 Ground Fighting from Mount position / Opponent on Top Punching

Family: From Ground Position; Release, Get Up and Defend

Rank	Technique
G1	G1L1 Defender begins from eyes-closed ground position Vs. 2 attackers
G3	G3H1 Defending against a standing attacker while on ground / Free work against combinations of attacks, including tactical movement on the ground

Category: Fighting Games, Skills and Tactics**Family: Preventing & Defending From 360 Degrees Around**

Rank	Technique
P1	P1K1 Preventing any attack by Kicking
P1	P1K2 Preventing attack by punching or inside defense
P2	P2M1 Defense Vs. 2 attackers circling and performing all learned attacks
P4	P4L1 Defense against attacks coming from 360 degrees around defender
P4	P4L2 Vs. 4 attackers coming from 360 degrees around defender
G2	G2I1 Eyes open Free work of preventing and defending

Family: Fighting

Rank	Technique
P2	P2M3 Slow Fighting (fighting skills)
P3	P3M1 Slow fighting
P4	P4M2 Light fighting with minimal protective gear (light contact)
P5	P5L1 Light fighting with protective gear
G1	G1N1 Light Fighting with protective safety gear
G2	G2K1 Light Fighting with protective safety gear Fighting Skills 2 rounds
G3	G3I1 Light fighting with protective safety gear

Family: Zombie Game

Rank	Technique
P1	P1R2 Zombie game (2 Vs. 1) using: Prevention + Choke Releases - (simulation tactic drill)
P3	P3L2 Defense Vs. 3 assailants (knife ice-pick attack, kick, punch). Defend by using kicks, inside defenses & outside defenses.
P5	P5J2 Zombie Vs. 4 attackers (zombi game) / punches and kicks, grabs and chocks from all angles by four attackers
G1	G1L2 Zombie Vs. 2 + knife + kicks + stick. 2 rounds of 2 min - The defender defends against a variety of previously unknown attacks - Defender begins from eye-open position
G2	G2I3 Zombie Game - 2 Vs. 1 defending against a variety of (unknown) attacks
G3	G3G2 Zombie Game 3 Vs. 1 defending against a variety of (unknown) attacks. The defender begins the drill from an eyes open stationary position