



P1A History of Krav Maga and its Founder: Imi Sde-Or (Lichtenfeld)

P1B Safety in Training and Vulnerable Points

P1C Stances and Movements

- P1C1** Passive & Semi passive stance.
- P1C2** Fighting (Outlet) Stance.
- P1C3** Moving to different directions.

P1D Straight Punches

- P1D1** Palm-heel strike.
- P1D2** Straight left punch (with fist).
- P1D3** Straight right punch (with fist).

P1E Elbow Strikes - Horizontal Elbow Strikes:

- P1E1** Inward.
- P1E2** Sideways.
- P1E3** Backward.

P1F Hammer Punches

- P1F1 Horizontal**
 - P1F1.1** Sideways.
 - P1F1.2** Backward.
- P1F2 Vertical**
 - P1F2.1** Forward.
 - P1F2.2** Downwards.
 - P1F2.3** Backward and up.

P1G Kicks

- P1G1** Knee kick - Straight up.
- P1G2** Regular Front kick.
- P1G3** Side kick.

P1H Combinations of attacks (using P1 techniques)

- P1H1** Attacks to all directions.

P1I Outside Defenses ("360")

- P1I1** Defending against downward, upward and circular knife attacks from the front and counter attack.

P1J Inside Defenses Vs. Straight Punches (at a rhythm of one and a half Beats)

- P1J1** Inside defense & counter attack (from Semi-Passive Stance).



P1K Prevention

- P1K1** Preventing any attack by Kicking.
- P1K2** Preventing attack by Punching or Inside Defense.
(which option is used will depend on the position of the attacker's hand/s).
- P1K3** "Educational Stop" (use your palm).

P1L Release from Chokes - Plucking type

- P1L1** Release from Chokes from the Front.
- P1L2** Release from Chokes from the Side.
- P1L3** Release from Chokes from Behind.

P1M Release from Headlock

- P1M1** Release from side Headlock.

P1N Getting up from the Ground

- P1N1** Forward.
- P1N2** Backwards.
- P1N3** Turn to sprint position.

P1O Releases while on the Ground

- P1O1** Release from a choke from the side.

P1P Dealing with Falls

- P1P1** Forward soft break-fall to a wall.

P1Q Using Common Objects as Weapons for Self-Defense

- P1Q1** Shield-type objects.

P1R Simulation and Tactics

- P1R1** Searching and attacking 2 attacker holding a Punch pad.
- P1R2** Zombie game (2 Vs. 1) using: Prevention + Choke Releases.