

- **Stances**

- Neutral
- Fighting

- **Movement**

- Footwork
- Shadow boxing

- **Strikes**

- Straight punches – right, left, low
- Palm heel strikes
- Eye gouge
- Hammerfist - front, side
- Elbows - front, side, behind, straight behind & straight behind high
- Weapons of convenience

- **Kicks/knees**

- Front kick
- Roundhouse kick
- Stomp kick
- Foot stomp
- Knees (variations: in fight, in clinch, displacement knee)

- **Defenses**

- Outside defense – neutral, fighting
- Inside defense
- Lower defense

- **Krav Techniques**

- Front choke
- Back choke
- Side choke
- Front choke with 1-handed pluck
- Front choke with push
- Back choke with push
- Headlock
- Choke from mount
- Hands pinned to ground from mount

- **Groundwork**

- Back fall
- Movement
- Getting up
- Getting out of guard
- Trap, buck & roll
- Front Kick (on back and while getting up)

updated 1/6/11

