

- **Movement**

- Bob and weave
- Slipping

- **Strikes**

- Hook
- Uppercut
- Elbows (upward, downward, 45°)
- Head Butt (to front, side, back)

- **Kicks/knees**

- Round house w/ball of foot
- Stomp Kick, offensive
- Advancing front kick from fight stance & neutral
- Side kick – defensive and advancing
- Back Kick – defensive and advancing
- Uppercut back kick
- Diagonal knee
- Inward angle knee

- **Punch defenses**

- Catching straight punches
- Outside defenses with counters
- Inside defenses with counters –
left, right with hook, rt. w/body punch
- Inside defense, wrong hand
- Hook defense – extended and boxing
- Uppercut defense

- **Kick defenses**

- Roundhouse defense – shin
- Roundhouse defense with front kick
- Front kick defense – shin
- Front kick defense – stop kick
- Front kick defense weight forward –
reflexive, stabbing
- Roundhouse absorbing
- High straight kick defense
- Middle straight kick defense

- **Krav techniques**

- Choke front, against wall
- Choke rear, against wall
- Carotid choke application
- Carotid choke defense (3 variations)
- Choke, being pulled backwards
- Bear hug from front, arms trapped
- Bear hug from front, arms free head up
- Bear hug from front, arms free tackle
- Bear hug from rear, arms trapped
- Bear hug from rear, arms free
- Bear hugs lifting, front and rear

- **Ground**

- Forward Roll
- Side fall
- Side movement
- Side kick
- Roundhouse kick
- Stripping caught foot
(twisting both directions and pulling)
- Ground combatives
(punching, elbows, knees from guard,
mount and side control)
- Side mount disengage (knee to belly)
- Kick off from guard
- Shrimping
- Choke, attacker kneeling at side
- Headlock while mounted

updated 1/6/11

