**Level 1 White Test Study Guide**

**Combatives**: Front Kick Groin – Back Kick – Straight Punch – Hammerfist Down – Elbow #1 – Knee Strike

**Defensive Tactics**: Inside Defense

**Self Defense**: Choke Front – Choke Side – Choke Rear – Random Chokes

**Know the following Knowledge Domains**:

Week 1 : Principles of Krav Maga

Use whatever works. We operate on the premise that there are no limiting rules of engagement when it comes to protecting yourself.

3 part process – address the immediate danger, violently counter attack, evacuate the danger zone

Our goal is to dominate and neutralize the threat as quickly as possible. We do not want to get into a fight and exchange blow for blow with someone we don’t know anything about (ie their capabilities, strength, speed, etc).

Retzef: continuous and aggressive combat motion to overwhelm the opposition

Reset attackers thought process by inflicting pain and disrupting their balance

You don’t beat someone physically by paining them into submission on the street, you defeat someone psychologically and physiologically

All attacks are targeted to vulnerable parts of the body such as the eyes, nose, ears, throat, groin, knees, and spine. Maintain situational awareness while dealing with a threat in order to look for additional attackers, escape routes, and weapons of opportunity

Week 2: Assault Time Line

* Pre conflict: prevent vulnerability (being overpowered) and accessibility (being able to get to) by creating barriers and being aware
* Pre contact: early identification of an attack – create space or use a preemptive strike
* Contact: address the immediate danger, violently counter attack, and evacuate the danger zone
* Post conflict: field check for injuries, report to the proper authorities, and deal with the residual effects of stress with rest

Week 3: Prevent Vulnerability and Accessibility with Barriers

* Most criminals usually don’t have an alternate plan but raterh an alternate victim
* Physical – use the environment for protection (lock doors and windows, close garage door, etc)
* Visual – use a confident attitude, body language, and the environment to be seen as a deterrent (assertive demeanor, look alert, remove valuables from sight, close window blinds, etc)
* Situational – be safety conscience (be aware of surroundings, never put yourself in a position that can compromise your safety, always let someone know where you are going, etc)

 Week 4: Levels of Awareness

* Unaware – Non responsive to surroundings environment. This state is inescapable some of the time. If you were attacked while in an unaware state we consider this an ambush and your best chances of surviving is to weather the initial onslaught and then counter attack
* Aware – Conscious of your surroundings and the people in it. You are simply aware that the world is a potentially unfriendly place and you are prepared to defend yourself if necessary. Awareness can help you avoid danger, give you more time to prepare a response or can serve as a deterrent.
* Alert – Something seems not quite right and has your attention. Your senses have picked up a possible threat and your mind begins to set mental triggers “If that person does X, I will do Y” At this sage the flight or fight response is activated
* Alarm – Your mental triggers have been tripped and action must be taken