

# KRAV MAGA - BISHOPS STORTFORD

## **Deputy Yellow**

Defence vs Hook & Counter  
360 & Counter  
Slap Kick Run  
Defending Straight Punches  
Front Choke  
Side Choke  
Zombies From The Front

## **Full Yellow**

Defence vs Roundhouse Low  
Knife Threat From Front 2 Hand Grab  
Defending Straight Stab, Counter & Run  
Defending Front Kick Rear Hand  
Rear Choke  
Arm Bar/ Arterial Choke  
Close Range Stab - Defend with Forearm

## **Deputy Green**

360 Multiple Counter  
Knife Threat From Rear  
Threat To Side of Throat 2 Hand Grab  
Defending Low Punches  
Shirt Grab From Front  
Wrist Release Single Hand  
Defence vs Bat Horizontal  
Knife Threat From Centre of Back

## **Full Green**

Defence vs Bat Horizontal & Disarm  
Knife Threat From Front 2 Handed & Takedown  
Straight Stab Control & Counter  
Overhead Bat Attack 2 Handed  
Bear Hug From Front Arms Free  
Bear Hug From Rear Arms Free  
Bear Hug From Front Arms Caught  
Bear Hug From Rear Arms Caught

# KRAV MAGA - BISHOPS STORTFORD

## **Deputy Blue**

Defence vs Hook with Grab  
360 & Counter From Side  
Slap Kick Run From Side  
Defending Straight Punches From Side  
Front Choke With Push  
Rear Choke With Push  
Zombies From Side

## **Full Blue**

Defence Vs Roundhouse 2 Hands  
Knife Threat From Front 1 Hand  
Defending Straight Stab From Side, Counter & Run  
Defending Side Kick Rear Hand  
Rear Choke With Look  
Headlock From Side  
Close Range Stab - Defend With Palm

## **Deputy Red**

360 in Semi Circle  
Knife Threat From Rear With Pull/Hair Pull  
Threat To Side Of Throat 1 Handed  
Defending Low Punches From Side  
Wrist Release Behind Back  
Wrist Release 2 Hands  
Defence vs Bat Israeli Style  
Knife Threat From Rear, Attack With Knife

## **Full Red**

Defence vs Running Bat Attack  
Knife Threat From Front 1 Hand & Takedown  
Straight Stab From Side  
Straight Bat Attack 2 Hands  
Front Headlock  
Nelson Grab  
Police Hold - Standing  
3rd Party Knife Threat