

## **Principles of Krav Maga**

**by Det. Joshua Twigg, Anne Arundel Police Department**

### **Abstract**

This lesson plan details the history and principles of Krav Maga, a personal and third-party self-defense system created by Imi Lichtenfeld during the 1930s and 1940s when Jewish citizens in Europe were being persecuted by the Nazis. Later on, the system was further developed in Israel during the creation of the Israel Defense Forces, when there was a dire need to transform a large number of civilians into a military fighting force within a short period of time. Out of this need came the system known today as Krav Maga.

Krav Maga is a fluid system, evolving as the society and the culture change. Its success is due to the fact that it is principle-based rather than technique-based. These principles are: be aware of yourself, your attacker, and your environment; never trade one danger for another; address the immediate danger; and utilize techniques that are easily performed, regardless of the circumstances. Every movement in Krav Maga should make the clear, logical sense.

**Keywords:** *Krav Maga*  
*Self-defense*  
*Martial arts*  
*Self-awareness*  
*Survival*

**MARYLAND POLICE AND CORRECTIONAL TRAINING COMMISSIONS  
LESSON PLAN**

**COURSE TITLE:** Principles of Krav Maga

**LESSON TITLE:** Principles of Krav Maga

**PREPARED BY:** Det. Josh Twigg #1620      **DATE:** 29 May 2014

**TIME FRAME**

Hours:      20 minutes  
Day/Time:   Varies

**PARAMETERS**

Audience:   Basic instructor trainees  
Number:      20  
Space:        Classroom

**PERFORMANCE OBJECTIVES**

1. Recall the origin of Krav Maga (C-1)
  
2. Describe Krav Maga (C-2)
  
3. Examine the principles of Krav Maga (C-3)
  
4. Appreciate the value of Krav Maga as a self-defense system (A-3)

**ASSESSMENT TECHNIQUE**

1. Through a facilitated discussion, student's level of comprehension of the origin of Krav Maga will be defined through feedback and group discussion.
  
2. Through a facilitated discussion, student's level of comprehension of Krav Maga will be defined through feedback and group discussion.
  
3. Through a facilitated discussion, student's level of comprehension of the principles of Krav Maga will be defined through feedback and group discussion.
  
4. Through facilitated discussion, student's level of comprehension of the value of Krav Maga as a self-defense system will be defined through feedback and group discussion.

**STUDENT MATERIALS NEEDED**

_____	_____
_____	_____
_____	_____

**INSTRUCTOR EQUIPMENT/SUPPLIED NEEDED**

_____ Flipchart & Stands	_____ Videotape Player
_____ Flipchart Markers	_____ Video camera
_____ Masking Tape	_____ Televisions
_____ Slide Projector (Carousel)	_____ Video show
<input checked="" type="checkbox"/> Overhead Projector	<input checked="" type="checkbox"/> Computers
<input checked="" type="checkbox"/> Projector Screen	<input checked="" type="checkbox"/> Speakers
<input checked="" type="checkbox"/> Extension Cords/Power strips	

**STUDENT HANDOUTS**

# Needed	Title
20	The History of Krav Maga
20	The Principles of Krav Maga

**METHODS/TECHNIQUES**

This lesson will be taught through lecture with questions and discussion.

**REFERENCES**

Complete Krav Maga, Darren Levine & John Whitman, Copyright 2007

Black Belt Krav Maga: Elite techniques of the world's most powerful combat system, Darren Levine & Ryan Hoover, October 2009

Krav Maga Worldwide: Krav Maga Instructor's Manual, 2009

Darren Levine  
Kelly Campbell  
Jeff Mount

<http://www.kravmaga.com/about-us/our-history/>

<http://www.historyplace.com/worldwar2/timeline/ww2time.htm>

[http://en.wikipedia.org/wiki/Krav\\_Maga](http://en.wikipedia.org/wiki/Krav_Maga)

**GENERAL COMMENTS**

*This lesson plan is intended for use with teachers who have little or no teaching experience. If used with more experienced instructors, some examples of higher level instructional activities should be added.*

## LESSON PLAN

### TITLE: Principals of Krav Maga

PRESENTATION GUIDE	TRAINER NOTES
<p data-bbox="250 436 618 468"><b>I. ANTICIPATORY SET</b></p> <p data-bbox="203 516 922 982">I want you all to close your eyes. Imagine you are walking home from your favorite bar. It's after closing time, and you decided to walk the few blocks to your house because you thought driving was not the best idea. As you're walking, you notice someone across the street up ahead of you cut across to your side of the street. He stops and peeks over his shoulder in your direction. Then you get this feeling that someone is walking behind you, and they are uncomfortably close. The hairs on the back of your neck start to stand up...your pulse starts to race. You start reaching in your pockets for your phone. You think that maybe, if you call someone, maybe they will leave you alone.</p> <p data-bbox="203 1026 922 1203">Hours later, as you are being discharged from the hospital, you wonder to yourself, "I know it's been years since I've done martial arts and I'm not in the best shape anymore...But that spinning back kick should have done SOMETHING!"</p> <p data-bbox="228 1318 691 1350"><b>PERFORMANCE OBJECTIVES</b></p> <ol data-bbox="250 1356 894 1787" style="list-style-type: none"><li>1. Describe Krav Maga (C-2)</li><li>2. Recall the origin of Krav Maga (C-1)</li><li>3. Examine the principles of Krav Maga (C-3)</li><li>4. Appreciate the value of Krav Maga as a self-defense system (A-3)</li></ol>	<p data-bbox="959 436 1187 468"><b>Time: 3 minutes</b></p> <p data-bbox="959 522 1349 554"><b>Self-introduction: 2 minutes</b></p>
<p data-bbox="203 1818 818 1850"><b>II. INSTRUCTIONAL INPUT (CONTENT)</b></p>	<p data-bbox="959 1803 1305 1835"><b>Time: 13-15 minutes</b></p>

The literal Hebrew interpretation of Krav Maga is “contact combat;” however Imi Lichtenfeld would say, when talking about Krav Maga, that it means “So that one may walk in peace.”

Krav Maga has been referred to as a combat system, a martial art, and even a fitness program, but the reality is that Krav Maga is a system of principles designed for self-defense.

What is Krav Maga? It is a self-defense system whose sole purpose is personal safety. Krav Maga is principle-based. All the defenses and attacks are based on following principles, whether they are principles of defense itself or principles of movement. And most importantly, Krav Maga is logical. What movement makes the most sense?

What are some staples of traditional martial arts?

- Precise movements
- Proficiency is not easily attained
- Extreme flexibility required
- Specific training attire
- Competitive nature vs practical nature

Does anyone who participates in traditional martial arts or combat sports have any other common themes that they would like to add?

Krav Maga is based on practicality. There is a focus on aggression rather than precise technique. Students can develop a high level of proficiency in a short time. The training is designed with all fitness levels in mind. Execution of the movements should not be limited by attire. Krav Maga is survival-oriented.

Imi Lichtenfeld is considered the founder of Krav Maga. Here is a short video outlining its origins.

Has anyone seen the film Defiance, with Daniel Craig and Liev Schreiber? What was the basis of this story? During that period in history, Jews and other minorities across Europe were being persecuted by the Nazis. Imi began using his talents and athletic abilities to teach defense strategies to those being victimized.

**PowerPoint Slide: Krav Maga**

**PowerPoint Slide: What is KM?**

**PowerPoint Slide: Staples of traditional martial arts**

**PowerPoint Slide: Practicality of KM**

**PowerPoint Slide: History of KM**

**Video--4 minutes**

<https://www.youtube.com/watch?v=KHweOxCQntY&feature=youtu.be>

As time went on, Imi found himself in what was to become modern day Israel. He adapted his system of self-defense to teach the budding Israel Defense Forces how to fight in hand-to-hand combat. Imi later shifted from working with the military to teaching civilians. His goal, first and foremost, was to help people to defend themselves so that they could live in peace.

Unlike most traditional martial arts, Krav Maga is always evolving. In the '70s, they had to change a specific defense for a spinning heel kick because that attack was popularized in movies and television.

Darren Levine, the lead instructor for Krav Maga Worldwide, changed an aspect of the defense for a handgun threat from back to front because of an innovative idea that he got while watching a documentary about crabbing in Maryland.

With the growing popularity of mixed martial arts, threats have changed. Krav Maga organizations have begun adding key components of wrestling and Jiu-Jitsu to counter a culture of amateur ground fighters.

Despite all of the changes that Krav Maga has undergone, it remains much the same. That is because it is a principle-based system.

Awareness is the first principle. Avoid bad situations. Constantly assess the decisions you make to ensure that you are not unwittingly putting yourself in a dangerous situation. You can never avoid all danger; however, if you are aware of your surroundings, you may be able to preempt something and avoid making the situation worse. And, finally, live in a manner that keeps you and your loved ones out of bad situations.

Never trade one danger for another. There are a million examples and ways to say this but it's pretty self-explanatory. Don't jump into a van with a stranger to avoid the guy who is following you on the sidewalk.

Always be thinking about what the greatest threat is. What is the immediate danger, and what puts me in a better position? If you are blocking, you should be striking or working toward a strike. If someone is

**PowerPoint Slide: KM – Always Developing!**

**PowerPoint Slide: KM is a principle-based system**

**PowerPoint Slide: Awareness**

**PowerPoint Slide: Don't Trade One Danger for Another**

**PowerPoint Slide: Address the**

<p>choking you, you should be hitting them as you escape the choke.</p> <p>And finally, all the movements should be easily performed under stress. They should be large movements coming from large muscle groups. Remember that under stress your fine motor skills diminish rapidly. The techniques should be easy to perform and should not be overly intricate. Muscle memory is important. Many of the defenses and movements rely on slight modifications of the body's natural reactions. And most importantly, aggression trumps precise technique. <b>IF YOU ARE GOING TO SCREW UP, SCREW IT UP AGGRESSIVELY UNTIL YOU ARE SAFE!</b></p>	<p><b>Immediate Danger</b></p> <p><b>PowerPoint Slide: Performance Under Stress</b></p>
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<p><b>III. EVALUATION/CLOSURE</b></p> <p>Who founded the Krav Maga system?</p> <p>Why was Krav Maga originally developed?</p> <p>Ask the class to give the four principles of Krav Maga</p> <p>Do you as a class think that Krav Maga is a valuable system of self-defense?</p> <p>What do you think makes the system valuable?</p>	<p><b>Time: 3-5 minutes</b></p> <p><b>PowerPoint Slide: Principles of KM</b></p>
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