

The Eight - Principles of Krav Maga

Principle #1:

MAINTAIN SITUATIONAL ORIENTATION



This means being aware of what is going on around you & how it impacts your safety & security. Identify and orient to exits & avenues of approach by potential assailants. Know & apply proper threat ordering when addressing multiple threats. Identify potential and additional threats, "The Rule Plus One."



BE CHECKED-IN & FOCUSED ALWAYS!

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If applied, these eight principles will improve your martial arts skill regardless of the specific martial arts style or discipline. These eight were created from in-depth research into the teachings of Imrich "Imi" Lichtenfeld, the founder of Krav Maga, by Grandmaster Matthew Antkowiak, CPP, PCI, PSP - 8th Degree Black Belt, Invictus Martial Arts & International Director, USMAA

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Principle #2:

ATTEMPT TO AVOID OR DEFUSE CONFRONTATIONS



*The safest option is to always avoid or defuse a confrontation.
If necessary, walk a mile to avoid a fight, but once a fight starts, don't give
an inch. If you can't neutralize the threat as quickly as possible, then
disengage and escape. Stay on your feet and be mobile.*

SEE DANGERS AND AVOID THEM!

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Principle #3:

UNDERSTAND THE PSYCHOLOGY OF THE FIGHT



Study human nature and patterns. Relying on the mercy of evil is a BAD tactic. The streets are unforgiving and brutal. The ground is deadly and NOT your friend. In a dangerous encounter, stay off the ground and on your feet. Control the OODA Loop... Observe, Orient, Decide, Act!

CONTROL THE OODA LOOP!

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Principle #4:

RELY ON NATURAL REFLEXES, KEEP IT SIMPLE & BE EFFICIENT



Escapes from holds and grabs, strike defense, and weapon defensive should start from a neutral stance, relying on natural reflexes to start your response. Avoid complex techniques and tactics. All movements should be fluid and efficient, setting up your next move.

RELEX, RESPOND, AND REPEAT!

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Principle #5:

TARGET VULNERABLE POINTS



Be intentional in all actions! Inflict maximum damage to your attacker while spending minimum time while protecting yourself from sustaining harm to your vulnerable points. When faced with a deadly force situation, target your attacker's eyes, throat, ears, groin, and joints.



NO GROIN, NO KRAV!

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Principle #6:

BE OFFENSIVE & DEFENSIVE SIMULTANEOUSLY



All techniques should include aspects of offense & defense at the same time. The response to an attack should be quick and intense, full out! Threats must be neutralized as quickly as possible. The counterattack should be carried out with violent intent. Get in to making contact or disengage and escape.

BE BOTH OFFENSIVE & DEFENSIVE AT ALL THE TIMES!

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Principle #7:

BE CONTINUOUSLY AGGRESSIVE

The goal in managing a sudden attack is to disrupt the attack with counterattack to surprise and disorient your attacker. RETZEV is a continuous aggressive series of simultaneous defensive and offensive movements with sustained forward pressure with the aim to overwhelm the attacker and end the attackers' abilities to continue to fight.



RETZEV!!!

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Principle #8:

UTILIZE NATURAL & IMPROVISED WEAPONS



When striking, use natural weapons like palms, fists, elbows, knees & low kicks. When in deadly force situations, deploy a firearm, knife, stick, or improvised weapon to defend of your life. Look for weapons of fortune and use them. The ground and gravity are always available, use them.

SEE EVERYTHING AS A WEAPON!

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