



Basic Krav Maga Strikes & Counters Cheat Sheet

| PUNCH & STRIKE | | KICKS & KNEE ATTACKS | |
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| Offense | Defense | Offense | Deffense |
| <p>Elbow Strikes: Practice elbow strikes 1-7 from a neutral stance. Use the rotation of your torso and hips to generate power, not just the swing of your arms!</p> | <p>Since effective elbow strikes are delivered at close quarters, the proper defense is to raise your arm and block vertically with your palm or forearm. Choose your counter strike based on the position in which you're left after blocking your opponent's strike.</p> | <p>Back Kick: A horizontal kick straight back at your opponent. Used to derail an attack from behind and buy time to turn around and go on the offensive.</p> | <p>Step quickly to the side and catch the foot at ankle level. Extend the kick's movement, forcing your opponent to land with his feet spread far apart, leaving him extremely vulnerable to a front kick counter.</p> |
| <p>Uppercut Punch: Used in extreme close range. Target chin or body, use the momentum of your entire body for maximum effectiveness.</p> | <p>Uppercuts are usually attempted at close quarters, and the best shield you have against them is your forearm. Keep your hands in the same fighting-stance position that you'd use as your baseline positioning for other blocks and counters. Lower the elbow and use the forearm to defend against the incoming uppercut. As the punch comes in, lean with the elbow and direct the punch away from you.</p> | <p>Side Kick: A kick that targets a lower area of your opponent's body. The side or "blade" of your foot targets knees or ankles.</p> | <p>Watch your opponent's fighting style for any signals that he may unknowingly be using to telegraph his kicks. To defend a side kick, side step the kicking foot, while using the blade of your forearm to parry if needed, and quickly reposition yourself to the side or rear of your opponent.</p> |
| <p>Jabs & Straight Punches: Constant attack keeps your opponent on the defensive. Always turn your body forward and keep your elbow down when striking to maximize effectiveness and accuracy.</p> | <p>To redirect a straight punch, think of your hand as a ramp that you're going to use to skew the trajectory of the oncoming punch. Try to use as little movement as possible, simply positioning your hand in such a way that the assailant's punch is forced into a new angle. You can accompany the misdirection with a slight head dodge. For example, if you're misdirecting a left-handed cross inwardly, you can move your head outward just enough to avoid any chance of impact.</p> | <p>Front Kick: A forward kick that requires space to execute. Remember to "kick through" your opponent to generate maximum force. Target ribs, chest, or face.</p> | <p>Front kicks come hard and fast, so you need to be reflexive, quick, and accurate with your movements. To defend against an incoming front kick, sidestep the kick and move forward, using the blade of your forearm to parry the kick. Turn your body inward towards the opponent as you move. As you quickly sidestep and parry the kick, use your non-parrying hand to punch your opponent's face.</p> |
| <p>Palm Heel Strikes: A strike that uses the meaty bottom of the inner palm. Delivered in the same way as a straight punch but easier on the wrists.</p> | | <p>Round Kick: Start a front kick then pivot on your base foot to rotate your leg around and target your opponent's knee. This kick is harder to block and can make it harder for your opponent to grab your leg.</p> | <p>Dodge the kick by stepping backwards. If you're facing your opponent squarely in a fighting stance, and he is kicking with his right foot, sidestep to the left and parry with your right forearm. If he is kicking with his left foot, sidestep to the right and parry with your left forearm. If the round kick is coming in at a height below your waist, then you can lift your leg to block, using the tough musculature of your calf or thigh as a shield.</p> |

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| <p>Hook Punch: A wide punch designed to circumvent your opponent's guard.</p> | <p>Use your tricep to entangle your opponent's arm to trap it. While the arm is under your control, grab his shoulder and use your other arm in a half guard stance to deflect another possible strike or to deliver a jab or straight punch.</p> | <p>Knee Strikes: A powerful close-quarters strike that targets your opponent's head or chest. Keep the muscles in your striking leg stiff, grab your opponent and pull him into your strike for maximum effectiveness</p> | <p>Use open hands, specifically outward palms, to intercept your opponent's knee strikes. You may be naturally inclined to try and block the strike at the knee itself, but work on blocking the movement higher up the thigh. If you apply a bit of responsive pressure as the thigh is being driven upwards, you can easily disrupt or neutralize the strike.</p> |
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