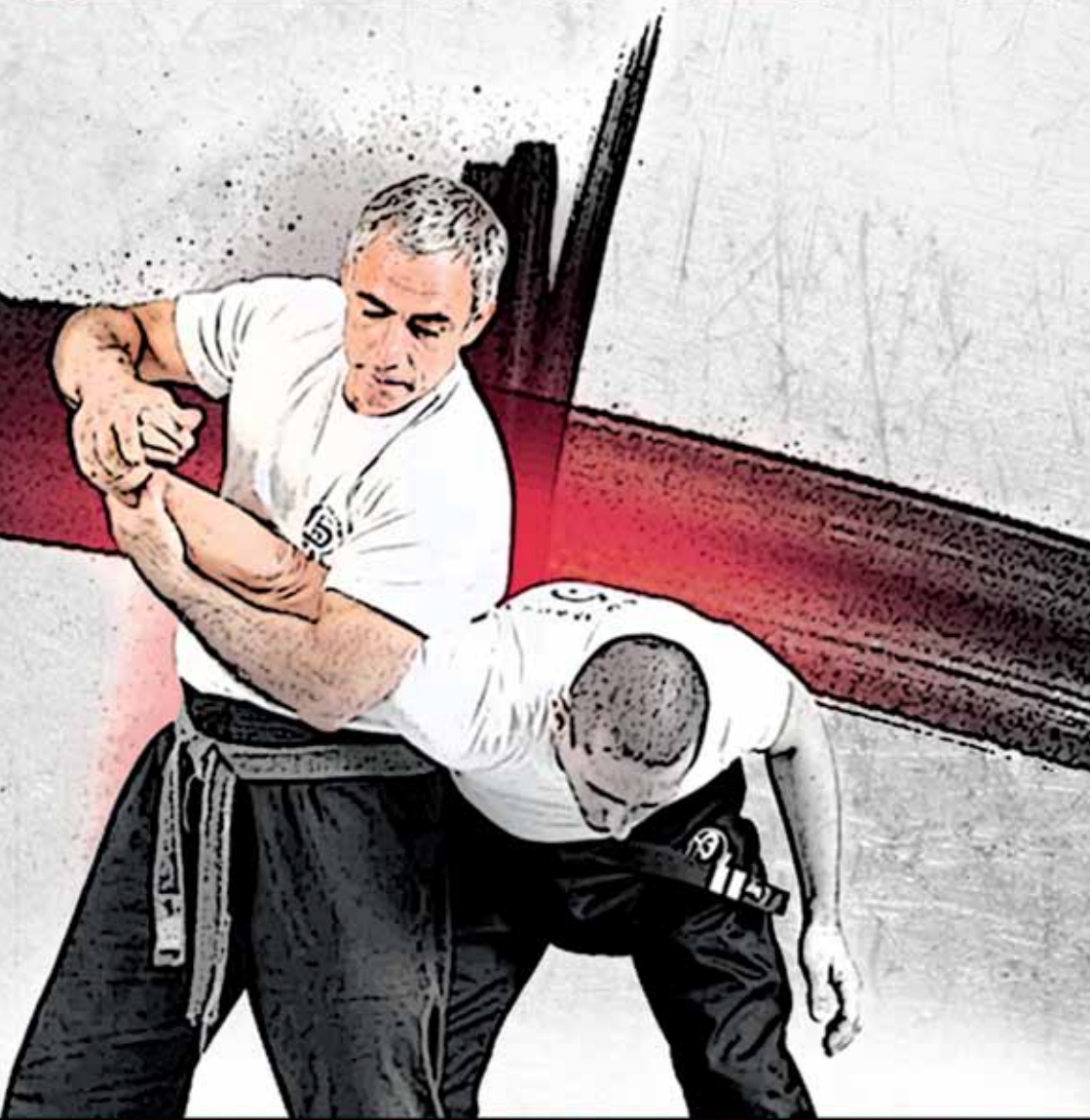


# GUIDE **BEGINNER'S**



**F.E.K.M.**

EUROPEAN FEDERATION OF KRAV MAGA  
(FÉDÉRATION EUROPÉENNE DE KRAV MAGA)



# «SO THAT EVERYONE MAY WALK IN **PEACE**...»

IMI LICHTENFELD (1910-1998)  
KRAV MAGA FOUNDER

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# A WORD FROM THE PRESIDENT

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**F**IRST OF ALL I WISH TO THANK YOU FOR YOUR INTEREST in Krav Maga. Through your enthusiasm and that of your predecessors, our discipline is now recognized as “the self-defence” of choice. Other systems refer to or draw an inspiration from it thanks to its founder, Imi Lichtenfeld, his genius, and his training which I have had the privilege to follow for twenty four years.

Of course Imi taught me Krav Maga, but also much more than that. He changed my outlook on life and even my understanding of it, and in this respect he was the great teacher I would have had each of you meet. He taught me the simplicity of movement both in Krav Maga and in my daily life, to aim only for what is essential.

Since he entrusted me with the responsibility for Europe, my main purpose was to pass on that wealth of knowledge. It should help us to understand that Krav Maga, the purpose of which can be drastic and uncompromising, is wholly compatible with humanism and tolerance.

You are perfectly free to involve yourself as much or as little as you like when practicing Krav Maga. You can take the aspects of self-defence and just to learn the techniques you might need one day to save your life. Should you make this discipline a greater part of your life, it may also become a combat sport or even a martial art. Whatever happens, and for you to see its benefits, all I suggest is that you stay truthful and genuine with your learning process.

**WELCOME TO THE SCHOOL OF KRAV MAGA**

**RICHARD DOUIEB**  
F.E.K.M. Founder and President



# KRAV MAGA

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## HISTOIRE

**SIMPLICITY** and **EFFICIENCY** are key features of Krav Maga.

This is the reason Israeli military forces as a whole, some law agencies, F.B.I. agents and police officers from the G.I.G.N. embraced the discipline.

**Imi LICHTENFELD** (1910-1998) created it. He was born in Czechoslovakia and practised many sports, finally deciding to focus on gymnastics, wrestling and boxing. He became an active participant in several competitions, which he often won, especially in wrestling.

He chose to join the state of Israel which was forming in 1948. There, he became the Chief Instructor of Physical Training and Krav Maga for the army, and served in the I.D.F. for 20 years all the while refining and expanding his own system of self-defence.

Imi personally trained the very best fighters among the Israeli elite units. He also taught many generations of Krav Maga instructors like F.E.K.M. President Richard DOUIEB, official representative of the discipline's founder in Europe.

## DEFINITION

**KRAV MAGA** is Hebrew for « **CLOSE COMBAT** ».

It rests upon two key features :

- **Self-defence**, which forms its primary framework. This includes different techniques allowing practitioners to fend off attacks, avoid injuries and defeat opponents from a wide range of unarmed or armed attacks from different positions: standing, seated, or even lying down.
- **Close combat**, which is a step further in Krav Maga: it trains you to swiftly and efficiently neutralise your opponent. It contains elements specifically related to combat: tactics, feints, the combination of different attacks, the psychological aspects of combat, and many exercises to strengthen one's mind and develop an ability to cope with violent





confrontations under stress.

**Krav Maga is not another school of martial arts** based on a traditional approach. It's a modern self-defence system first and foremost. It distinguishes itself with a consistent and logical thought process, leading to a natural, practical and easy fighting technique based on rather simple body movements. The discipline's requirement for realism precludes any rules, boundaries or competition sport. Krav Maga arose in a context where violence – especially political or ideological – was commonplace. This environment permitted the discipline to be tested, studied and, as a direct result, improved. It perfected and demonstrated its worth as a self-defence system which would be practical when faced with real and dire threats.

## **PRINCIPLES: THE QUEST FOR EFFICIENCY**

Krav Maga teaches that **SIMPLICITY IS THE KEY** to the best chance of survival during a physical assault.

Simple moves exist for two good reasons. Firstly, they are short and direct which is automatically fast, and secondly as a result they are less tiring and allow you to preserve your optimum physical ability during a fight.

Despite the lack of boundaries in Krav Maga, strict safety rules are observed during training to ensure that practitioners safely achieve a high level of competence. However you do need to keep in mind that even if you are in a safe environment, you cannot dismiss any movement or attack while you are practising the techniques.

We are not interested in looking good as efficiency is the highest priority. The main purpose is to learn how you might protect yourself when absolutely necessary, and we cannot afford to be worried about how we look when we are focussing on staying alive. As our training progresses we strive to react in the most efficient and self-controlled ways master our control, so that we can avoid killing or causing grievous physical damage. At this point, it becomes an art.



## **BENEFITS**

**ACCESSIBLE TO EVERYONE**, Krav maga training is very diverse. It enables everyone to develop their strength, flexibility, coordination and spatial awareness. It is unrivalled as a form of comprehensive physical activity leading to moral and physical benefits.

### **« A HEALTHY MIND IN A HEALTHY BODY »**

- **MUSCLE TONE:** Krav Maga strengthens muscles as a whole. The warm up and general fitness training, movements and partnered exercises tone and strengthen all of the body's muscle groups.
- **STRETCHING AND GENTLE FITNESS ROUTINE:** Promoting suppleness and physical recovery, the practise of Krav Maga nurtures bodily awareness and leads to a better and lasting health.
- **BALANCE:** Krav Maga strengthens the legs and core through basic positioning and stance training, which develops greater balance and reduces the fear of falling.
- **COORDINATION:** Mentally picturing movements and practicing punching and kicking helps the practitioner develop good coordination, bodily awareness and a relationship with their surroundings..
- **CARDIOVASCULAR:** A Krav Maga session includes regular intense activity at your own pace. This quickly leads to physical fitness, muscle tone and develops a balanced athletic build.
- **MEMORY:** Practising and repeating specific movements, strikes and parries against visualised attackers, which we call 'Shadow Boxing' is an excellent way of developing memory and reactions.
- **STRESS:** The physical activity expended during Krav Maga is a proven method of healthy stress relief, providing the practitioner with better control over their emotions and behaviour during tense personal or work situations.

Many of our members regularly report back to us on the various benefits Krav Maga has given them in their day to day lives.

**A**uthorised by Imi LICHTENFELD, Richard DOUIEB created the European Federation which currently numbers over 12,000 licensed practitioners across ten countries: Belgium, France, Italy, Luxembourg, Poland, Spain, Switzerland, and the United Kingdom.

Having over 12,000 members makes the F.E.K.M. it the world's largest Krav Maga federation.

**Richard DOUIEB** is the president. He coordinates and structures the progress of each teacher responsible for a member country. He also teaches every European high-ranking F.E.K.M. instructor, including 4th, 3rd, 2nd and 1st Darga practitioners.

The martial arts community as a whole, and especially his peers, acknowledge his efforts to develop, structure and share Krav Maga with as many people as possible.

Each country has its own board of directors and a federation president. All of those federations are linked with the F.E.K.M.

The French members of the F.E.K.M. amount to 90% of the Krav Maga practitioners as a whole within the country. The other 10% is comprised of many other styles and independent Krav Maga clubs.

F.E.K.M. members commit to respect the following moral code :

«As an a F.E.K.M. member, I swear to respect the following charter of conduct and I will display: HONESTY, GENTLENESS, HUMILITY, and TRUTHFULNESS with regards to our organisation's body of rules and regulations, the instructors and my fellow practitioners.

Furthermore, I undertake to only use Krav Maga during training or to defend my physical integrity and/or that of my friends or family. I will also work to instill a humble and friendly atmosphere in the training environment. »

**« BECOME ONE OF THEM BY JOINING THE F.E.K.M. !!! »**

# RANKS AND BELTS

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**T**he technical programme of the F.E.K.M. is measured by various coloured belts, then in Dargas (Hebrew for 'Step') after the first black belt.

Your local club handles your progression and gradings up to the brown belt, however starting at the black belt, you are graded only at national exams invigilated by three high ranking jury members chosen by the F.E.K.M. - A distinction in itself !

Your instructor's opinion is still the most important factor in order for you to earn your belt.

You're in for quite an adventure...

## **GENERAL THEMES WITHIN THE GRADING SYSTEM**

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### **YELLOW BELT**

#### **(FIRST YEAR)**

- Guard position
- Movement
- Breakfalls and Rolls
- Base striking techniques (Feet, fists, elbows, knees) and defence against direct hits.
- Defence against basic grabs and strangles
- Defence against simple knife attacks.

### **ORANGE BELT**

#### **(FIRST YEAR)**

- Intermediate striking techniques (hook, uppercut, hammer)
- Defence and strike combinations
- Avoiding being hit
- Various kicks while static and while moving
- Defence against more active grabs and strangles
- Parry/counter against direct punches or kicks
- Shadow boxing (test boxing in Hebrew)
- Light sparring



**GREEN BELT  
(SECOND YEAR)**

- Roundhouse kick
- Additional grab defences – hair, wrist, etc
- Basic ground fighting defences against strangulation and grabs
- Parries and counters against various strike combinations
- Combat readiness
- Additional more advanced striking techniques

**BLUE BELT  
(THIRD YEAR)**

- Parries and counters against various kicks and punches
- Defences against various knife attacks
- Defences against various stick or baton attacks
- Sweeping techniques
- Basic throwing techniques

**BROWN BELT  
(FOURTH YEAR)**

- Defences against elaborate grabs and strangles
- Dynamic throws
- Defences against knife, staff or baton attacks from any angle.
- Defences against pistol and extreme knife threats
- Parries and counters from a sitting or lying down position.

**BLACK BELT 1ST DARGA AND UP  
(FIFTH YEAR BASIS)**

- Perfection of all the techniques from the yellow belt on
- Implementation through specific exercises with or without a partner
- Demonstrating competence from both static and moving positions
- Combat against multiple armed opponents, and so on...

**« BEING READY  
TO MEET ANY TYPE OF ATTACK »**



# DRESS CODE AND PROTECTION

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**The F.E.K.M requires the following dress code when training :**

- white t-shirt without any club logo
- black cotton martial arts trousers
- coloured belt corresponding to one's rank
- clean trainer, used exclusively for training (except when training on mats, where footwear will be removed)

In order to train in the safest environment, **the following protective equipment is mandatory** to own and wear :

- a groin guard (men and women)
- a pair of shin pads for sparring and training
- a pair of Western boxing glove - closed

For one's own comfort, the use of **the following protective wear is strongly advised** :

- a protecting breast plate (for women)
- kneepads (volley-ball style), which are very useful during practice on the ground and during other specific exercises
- elbow pads, during groundwork for green belt level and up

## **SOME ADVICE**

- With regards to training shoes, select a sturdy and light model, from a sport where the standing position changes often, quickly and in any direction.
- Remember to rinse your protective wear and to air your shoes and gloves after every training session.
- It is common to feel a bit tired during evening lessons after having worked all day, so remember to bring a snack bar or some fruit to get a quick energy boost in those moments.
- If you wear contact lenses, remember to not only bring everything necessary in order to wash them, but also some spare lenses.
- Always bring bottled water in order to rehydrate yourself.
- Finally, please ensure that the nails on your hands and feet are cut, that your outfit is clean and that you are generally well presented

# CLASS ORGANISATION

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## **BASIC STRUCTURE**

**T**he lessons you will receive at your club will, in general terms, follow a structure that is consistent across all the clubs within the F.E.K.M. The format may fluctuate depending upon the specific theme, duration or objectives of the session, however the basic structure will always be the same

### **SALUTE (1')**

In a line facing the instructor, by hierarchical belt order

### **WARM-UP (20-25')**

Pre warm-up

Warm-up

Fitness training

### **TECHNICAL SUBJECT (20-25')**

**(2 OR 3 DIFFERENT TECHNIQUES, DEPENDING ON SESSION DURATION)**

Explanation of the technique

Static training with a partner

Dynamic application

### **TECHNICAL REVISION (15')**

A reminder of the techniques practised

Static training and development of the technique towards the required level

Dynamic training and practical, 'real world' application

### **STRETCH AND WARM DOWN (10')**

Important in order to avoid post training injury and stiffness

### **SALUTE (2')**

In a line facing the instructor, by hierarchical belt order

Comments and question



## **PRACTICAL ADVICE**

### **« SETTING GOALS IS ESSENTIAL FOR PROGRESSION»**

#### **BEFORE THE LESSON**

Be there 10 minutes before the session starts, not only to avoid missing out on the warm-up phase, which puts your body in a condition to avoid injuries, but also not to miss out on the salute, which is a sign of respect for your instructor.

If for any reason you are not able to be at the session on time, please contact your instructor and let them know

Get your gloves and mouth guard out of your bag, in order to avoid wasting time searching for them during the transition phases between exercises.

#### **DURING THE LESSON**

Respect your training partners and speak to them cordially

Listen to the instructions that you are given and if necessary ask questions either during or after the explanation of the technique – remember your instructors are there to assist you.

Remember to bring a bottle of water, and have it to hand so that you can hydrate regularly. If, for whatever reason, you are feeling faint during the session, immediately speak to the person in charge to ensure that you are properly looked after.

#### **AT THE END OF THE LESSON**

If you must leave before the end of the session, please let the instructor know in advance if possible, and before you go check that there has been no rubbish left behind and you have not forgotten anything.

#### **AFTER THE LESSON**

Your instructors are here to guide you in your learning. Practising techniques between sessions will be excellent for your personal development and growth in Krav Maga – but most importantly, get some rest !



# THE CORRECT MOVEMENTS

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## « DEVELOPING REFLEXES TO AVOID INJURY »

### **PUSH-UPS POSITION**

As a simple, direct and efficient exercise, push-ups are a mandatory part of our warm-ups. A good starting position is a prerequisite for the correct execution of the movement the movement.

There is a wide variety of hand positions, of distance between the arms and between the feet, of rhythms and movements (you will soon be familiar with these). In any case, except if the instructor says otherwise, you must be careful to keep the body straight from the shoulders to the ankles, and to take care not to “twist” the pelvis forward or backward. Quite an art in itself !

### **CRUNCHES OR ‘CHEST RAISING’**

Strengthening the core is crucial for the practice of our discipline, and is the focus of much of our attention.

One of the basic manoeuvres in order to strengthen it is chest raising. Here again, the working position and the respect of some basic rules are essential in order to assure good and safe results.

For basic work, you must be lying on your back, with your legs bent, your thighs vertical and your shins horizontal with your feet crossed. From this position, you must slightly raise your elbows from the ground with your hands crossed on your torso. At the signal, the chest is raised toward the knees, contracting the abdominal muscles. This movement is short. Then get back to the starting position, taking care not to let your shoulders touch the ground. Then do it again!



## HAND POSITIONS

During the first few sessions, it is not long before we explain the initial forms and positions of the hand during defensive strikes.

Here are the three main positions we shall use :



OPEN HAND



CLOSED FIST



EXTENDED FINGERS

## THE DIRECT KICK

It is one of the first defence techniques that Krav Maga enables us to use. This kick is a distinctive feature of our discipline, and is delivered with the tip of the foot or the shoe extended and the toes bent upwards for protection on impact. The kick is then essentially given by the 'ball' or bony part situated under the foot (A) at the base of the toes. This position of the foot must be strictly respected while wearing shoes, in order to avoid being injured.



## THE NEUTRAL POSITION

**The following are three rules** that apply when you practise the exercises and techniques of Krav Maga – they are always true, and not just for beginners !

1. Stand totally relaxed, feet apart, shoulders down
2. Do not telegraph your movements, and do not pull back before making a defence
3. The part of the body that is used for defence, and this part alone, moves first and directly to the target, removing all useless movements

## THE GUARD

### Ten basic tips to adopt a good position

1. Left leg in front for the right-handed (right leg for the left-handed) with approximately one step's distance between the feet.)
2. The feet should be the same width apart as they would be if you were standing in the neutral position. I
3. Front foot slightly bent inward, back foot balanced on the ball of the foot with the heel slightly raised
4. Pelvis oriented between front facing and 45 degrees to the side
5. Chest facing forwards at 45 degrees
6. Weight of the body equally balanced between the two slightly bent legs
7. Chest and head slightly bent forwards
8. Hands open on both sides and at the level of the face
9. Palms turned inward, fingers relaxed, thumbs bent inward
10. Elbows naturally hanging down in front of the chest but tucked in to protect the ribs



# GLOSSARY

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## **NATURAL (OR NEUTRAL) POSITION**

Front facing position, with the shoulders relaxed and the hands at the level of the hips. Legs are parallel and relaxed in a position below the pelvis.

## **GUARDED POSITION**

Front facing position, one leg in front of the other, hands open, palms facing each other at the level of the eyes.

## **STRIKING WITHOUT TELEGRAPHING**

Strike made from a natural position without any useless gesture that could provoke a counterattack before the strike.

## **‘PISTON’ STRIKE**

Left or right hand strike, given with a closed fist. The thumb is placed upward and the wrist is slightly “bent” inward, in order to align the first two knuckles of the first two fingers (that will in fact be the ones striking) to the bones of the upper arm.

This kind of strike is often used when one hand touches or grasps the opponents arm to immobilise it, leaving the other hand free for the ‘piston’.



## **CROTCH STRIKE**

Strike to (simulation or touch only) the sparring partner's groin (protected by a groin guard). Because of its final and absolute nature, this strike is one of the most used in our technical vocabulary. It is done with all the natural weapons of the defender : feet, shins, knees, forearm and flat of the hand.

## **SHADOW BOXING (TEST BOXING)**

Exercise done alone against an imaginary opponent. The person visualises the opponent's actions and makes their combat movements while respecting as much as possible the technique, moves and principles of our discipline. Flow, relaxation and endurance are the most important factors.



## 360°

Outer defence (easiest to imagine a circle surrounding the person practicing the technique) used against every type of attack: knives, fists, feet... **one of krav maga's signature moves !**

## PARRY AGAINST SIMULTANEOUS ATTACKS

Defence against an attack combined with a simultaneous counter attack with the correct timing.

## LIGHT COMBAT – OR ‘LIGHT SPARRING’

NB - this is an important exercise, and certainly one of the most important and difficult to understand and to master. The two partners “fight” with or without any instructions from the instructor. The blows are not struck hard, as everyone is aiming to ‘touch’ their partner at a moderate speed with very little power. The person we are working with, or sparring with, is not an opponent or an aggressor but a partner.

Because the punches and kicks are not given in earnest, we are not afraid of our partner and what they are doing. The aim is to visualise and to understand the movements of the other person, to work on our movements and on our endurance, to apply the techniques we have learned (parries, counterattacks, dodges, and strikes) without ever receiving a hard blow when we fail. This way, we can familiarise ourselves with combat situations without the risk of getting injured. When we are touched by a punch, hand strike, knee or kick, we understand that it is because we didn't parry properly, or we misjudged the distance or timing, and as a result we can correct our technique. Light sparring can be practised many times a day as a pleasurable exercise which boosts the learning of the various techniques by applying them in a safe scenario.

## TIMING

Ability to act or react more efficiently in a short period of time. Often at the beginning of an attack.

## SEQUENCE

Improvised series of defences, movements, strikes, grips and throws to the ground in response to an attack.

## BODY WEIGHT

A prevailing concept in our self-defence discipline. The phrase “the use of body weight” is used to explain the technical act of using the weight of the whole body as a tool to improve the efficiency of a strike, whatever that strike may be. When you have learned to efficiently use your body weight, it quickly becomes apparent that you don't need to be strong and athletic to make an effective defence and response to an attack. Welcome to the world of Krav Maga !!



# TO TEACH KRAV MAGA

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**D**o you want to teach Krav Maga, open a club, or just join the instructor team in your current club? **All this is possible !**

In order to understand and to properly convey the teachings of this discipline, the F.E.K.M. established from the very beginning a teaching course designed for the people that were interested in becoming instructors. It is organized in two distinct levels, according to what stage the future instructor is currently at.

**F.E.K.M. INITIATOR QUALIFICATION :** As the name suggests, this is where the instructor begins their training, and at the same time begins to train other people in the basics of Krav Maga. In order to be able to do this, they must have attended the following 3 long training courses of 4 or 5 days over the course of at least a year:

- **An initiation course** (this is exempted for those students who have already obtained their green belt) : During this course, the student studies the technical program from the yellow belt to the green belt. The club instructor then delivers a report to Richard DOUIEB on the physical and technical capabilities of the candidate, as well as their moral capacities. This is due to the fact that Krav Maga conveys the moral values passed on by Imi LICHTENFELD, and the F.E.K.M. intends to maintain the spirit established by its founder.
- **A second long course** : supervised by Richard DOUIEB, or one of the F.E.K.M. registered teachers : During this course, the candidate will improve their knowledge of the F.E.K.M. technical program, as well as gaining a greater understanding of the structure of a lesson, the attitude that a Krav Maga instructor must have and the subtleties of the Krav Maga teaching methods.
- **One last long course supervised by Richard DOUIEB** : At this stage, the candidate will finalise his or her instruction and will present a lesson in front of Richard. If it is approved, and after having presented his or her official first aid certificate, he or she will obtain the F.E.K.M. Initiator Qualification.

**F.E.K.M. INSTRUCTOR QUALIFICATION :** In order to gain the full F.E.K.M. Instructor Qualification, the candidate must have achieved their black belt 1st Darga, and also have been through the initiator training courses as above. If a student reaches their Black Belt 1st Darga and wishes to teach they must still go through the initiator courses as above, have their first aid certificate, and be favourably judged when presenting a lesson.

All information is available at :

<http://KravMaga.net/enseignement/enseigner-le-KravMaga.html>





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