

DEADLY KRAV MAGA MOVES



Never Again Fear
Those Creeps In The Night

DEADLY KRAV MAGA MOVES

by

Your Name/Company

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DEADLY KRAV MAGA MOVES

Here are some of the deadliest Krav Maga moves that can inflict serious pain to your opponent.

1.) Knee Strikes

A knee strike can obviously deliver a shattering force to your opponent's face, torso or groin. In Krav Maga, you will be taught to strike from a distance one or more times before closing the distance to deploy knee strikes. If you are fighting a group of people, using one of them as a distance tool and delivering knee strikes is a great way to take down your assailants one by one.

The striking area is the knee itself and not the thigh. The reason behind this is that the smaller striking area offers more penetration than a larger area such as the thigh. Also, the knee is a much harder striking surface.

By pulling your target towards you, you are delivering greater power when you strike them with your knee. If it's not possible to grab someone around the neck, you have to put your elbows together so that your attacker won't have the ability to slide their head out. Another option is to grab the shoulder of the person and deliver the knee strike.

2.) Single Leg Takedown

If your opponent grabs you and your head is down, the single leg takedown is a great technique to employ. Drop your level at your knees without dropping your head and then pick up your target's leg. This will surely catch your attacker off guard.

Put your attacker's knee in between your knees and lock it down with your arms. Reach through with your right arm to block the other knee, step behind the other person and drop them to the floor. The key to this technique is making sure that the knee is pinched in between your thighs. You don't want to lose your opponent's knee or you will lose the fight!

3.) Hammer Fist Strikes

Your arm is supposed to be the handle of the hammer and your fist is the head. In this technique, the point of contact is the muscular/meaty part of your fist instead of the skeletal part (knuckles). If you are standing next to your target, you can reach over and break their nose using the bottom of your fist.

If you want a more deadly move, you can reach over and smash their throat instead. The clavicle breaks easier and it incapacitates anyone from initiating another punch. You can also throw an uppercut and target the wind pipe instead.

Don't be timid. This is about surviving!

4.) Elbow Strikes

These strikes are close-range fighting techniques and they come in handy if an attacker is within range. If this happens, use it to your advantage to throw a deadly elbow strike. Elbows are extremely abrasive and that makes them great weapons.

In Krav Maga, you will be trained to deploy elbow strikes to counter a choke attack. To do an uppercut elbow (hit the chin), drop slightly, turn your shoulder towards your target, elevate and elbow them up directly between their hands. This will get them right in the chin.

5.) Triangle Choke

This is one of the deadliest moves you can master. The triangle choke is easily one of the most powerful submissions that you can use on your opponent. It is executed by encircling the other person's neck and one arm with your legs.

The pattern is similar to the shape of a triangle. Why is it deadly? It constricts the flow of blood from carotid arteries to the brain. Use this technique when you are at the bottom position. The triangle choke is often seen on combat sports.

With these techniques you won't be another victim. Learn more about this practical and powerful self-defense practice. Find training and other resources below.

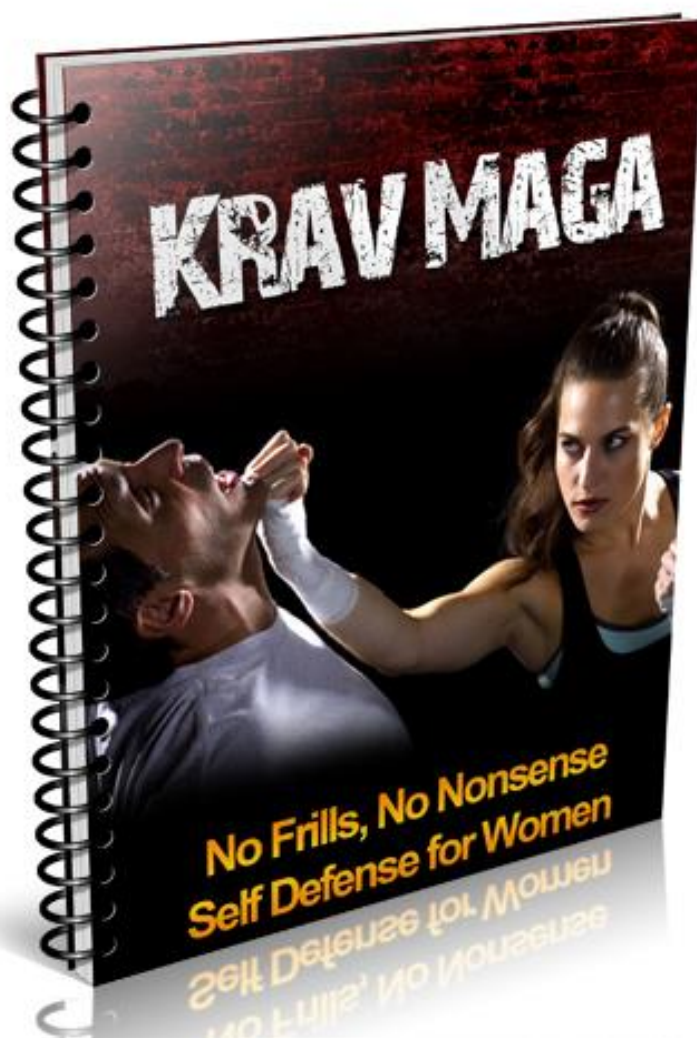
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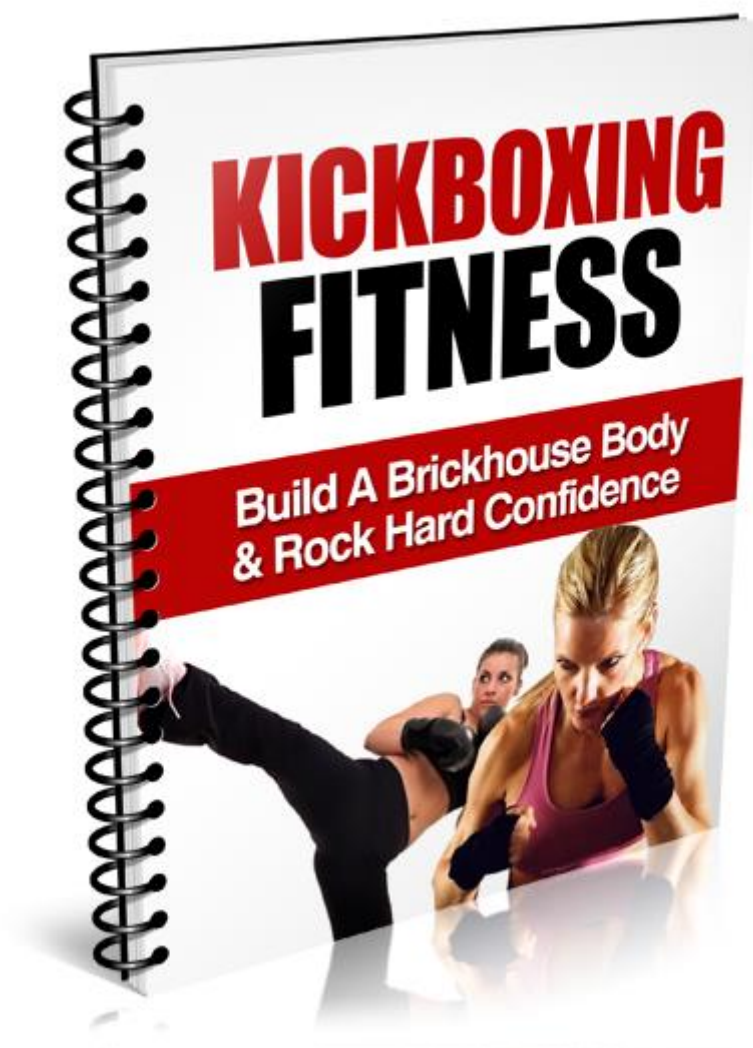


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