

EAST TEXAS KRAV MAGA

Striking Combinations

Principles of striking in Krav Maga

These combinations are designed as a foundation to advanced striking. As noted below in the punching combos these are specified for a right-handed fighter, left handed strikers should follow all the same principles just transposing Right for Left. These combos are the essentially a training aid and teaching tool to provide a clear and fast option for the striker. From this foundation striker can capitalize on covering punches, slipping punches, bobbing and weaving, as well as footwork and even sprawling to add more difficulty into these combinations.

The true focus of this system of striking combinations is for the striker to follow up any attack with multiple strikes that are quick, powerful, and automatic without “overthinking”. We don’t want to hinder the effectiveness, but rather create good habits that are easy to replicate. Our goal is to give the student quick answers to the simple question “What do I do next?” without having to memorize set actions. When a student is Keep it simple and follow up!

Don’t think about it just FOLLOW UP!

Right Straight, Left Hook or Left Hook Right Straight... Every time!

It’s a simple principle to follow:

You can start a combination with any technique(s) and follow it up with either Right Straight, Left Hook or Left Hook, Right Straight. You will follow any left-handed strike with a Right Straight, Left Hook and likewise you will follow any right-handed strike up with Left Hook, Right Straight.

Example of Simple Combinations

- Left Straight, Right Straight, Left Hook
- Right Straight, Left Hook, Right Straight
- Left Hook, Right Straight, Left Hook
- Right Uppercut, Left Hook, Right Straight
- Left Uppercut, Right Straight, Left Hook

Intermediate Combinations can be started with a Left/Right, Left/Left, Right/Left, or Right/Right punch set ups, followed by the simple 2 punch follow up of Right Straight, Left Hook or Left Hook Right Straight.

Example of Intermediate Combinations

- Left Straight, Right Straight, Left Hook, Right Straight
- Liver Shot, Left Hook, Right Straight, Left Hook
- Right Body Hooke, Right Uppercut, Left Hook, Right Straight
- Left Straight, Left Hook, Right Straight, Left Hook
- Right Uppercut, Left Hook, Right Straight
- Left Uppercut, Right Straight, Left Hook
- Left Straight, Left Straight, Right Straight, Left Hook
- Left Uppercut, Left Hook, Right Straight, Left Hook
- Left Straight, Left Straight, Left Hook, Right Straight, Left Hook

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Advanced Combinations

These can be started by non-punching techniques such as round kicks, front kicks, and punching defenses. As well advancing these combos by adding footwork and level changing.

Example of Advanced Combinations

- Left Round Kick, Right Straight, Left Hook
- Cover Right, Left Hook, Right Straight
- Shin block Left Side Round Kick, Right Round Kick (body or leg), Left Hook, Right Straight, Left Hook
- Duck Right, Right Straight, Left Hook, Right Straight
- Defend Right side body round kick, Right Round kick (leg), Left Hook, Right Straight
- Liver Shot, pivot left, Right Round kick (body or leg), Left Hook, Right Straight
- Take Down Defense Right, Right Knee, Left Hook, Right Straight

Holding Focus Mitt or Thai Pad Combos

Holding for focus mitt work or Thai pads is very straight forward. Show the target for a punch or kick followed by holding for their follow up punches (Left Hook, Right Straight or Right Straight, Left Hook). The pad holder knows 2 follow up punches are coming with everything they command. Just like the striker, don't overthink it.

Example for holding Focus Mitts or Thai Pads.

- Hold Focus Mitt for a right straight, follow up with pads held for Left Hook, Right Straight.
- Hold Focus Mitt for Left Uppercut, follow up with pads held for Right Straight, Left Hook.
- Hold Thai Pad for Right Round Kick (Body), follow up with pads held for Left Hook, Right Straight.

More Advanced Drilling

Any of the combinations above can be followed by a Round Kick, Knee, or Elbow. There are essentially three options you can send after any of the above combinations. Still following the opposite side. For example (right, left, right left)

- Round Kick: Typically hold Pads in Midsection
- Knee: Delivered typically with no clinch
- Elbow: Typically a horizontal elbow (Elbow #1)

To add any of these to the end of a combination the pad hold will say "and ..." just before or as they show the first target. Any one of these techniques should be delivered with the opposite side as the finishing punch of the above combination. Below are examples showing the principles of this training.

More Advanced Drilling Examples

- "And Kick" Hold for Left Straight and follow up the combo with Right Round Kick
- "And Knee": Hold for Right Uppercut and follow up the combo with Left Knee
- "And Elbow" Hold for Left Straight, Right Straight, Left Elbow