

How Not To Suck At Krav Maga

So you're looking to get into Krav Maga. Great choice!

Developed for and used by the Israel Defense Forces, it's one of the best systems for self-defense in real-life situations that combines all the best aspects of martial arts.

Here are some quick tips on how to not suck at Krav Maga.

Tip #1: Make sure you've got your fighting stance down to a tee.

Having the right stance will not only put you in a better position to move, but will also allow you to properly defend yourself and inflict effective damage to your attacker.

Make sure your dominant foot is behind you with the heel off the ground. So if you're right-footed, your left foot should be flat-footed in front.

Widen your stance slightly with all toes facing forward, and lastly, have your hands up so that they are parallel to your eyes. This ensures that your legs are not stiff, and protects your eyes and nose.

Tip #2: Groin kicks and straight punches are your friend.

It's important to remember that Krav Maga is not a traditional martial art with honor involved and all that other jazz. It's to protect your life.

While Krav Maga teaches you how to use punches, elbows, kicks, and knees, it's imperative that you at least know how to effectively throw a straight punch or a front kick to the groin. These two moves can cause considerable damage to your opponent, especially if they are untrained, giving you the opportunity to flee from a potentially fatal situation.