

instinct™

Integrated Israeli Combatives



URBAN TACTICS KRAV MAGA

Instinct IIC Krav Maga

Student Guide 2024 V1.0

Your guide for your Instinct IIC Krav Maga Journey

Student Name: _____

Date Started as white belt: _____



URBAN TACTICS KRAV MAGA
TURNING LAMBS INTO LIONS SINCE 2013

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STUDENT GUIDE TO INSTINCT IIC AT UTKM

A guide for students to understand Instinct IIC Krav Maga as taught at UTKM HQ.

Please have a printed version of this guide, in good condition, with you when you are in class. These guides are subject to change from time to time.

Local Website:

www.urbantacticskm.com

Blog, Podcast and more:

www.utkmblog.com

Online Training Videos:

www.utkmu.com

UTKM Online Shop:

www.utkmshop.com

To Our Students

Welcome to Urban Tactics Krav Maga!

Congratulations are in order, as you have just taken the hardest step in your journey from Lamb to Lion: Starting. It is our goal to guide you through your Krav Maga journey so that you may learn to protect yourself, both physical and mentally, which includes teaching you the Instinct IIC system.

As you begin your training there may be times at which you will question your own abilities and wonder why you are learning Krav Maga, but I promise that if you stick with it, you will soon notice your fitness level improving, your strength increasing, and a growing confidence in your ability to protect yourself.

We have trained thousands of students from all walks of life; each bringing different experiences and backgrounds to our classes. We look forward to working with you and helping you achieve your goals as well. Through your journey with us you will learn a variety of skills such as basic self-defense concepts and techniques, Boxing, Kickboxing, Wrestling, and basic grappling. As you advanced you will learn the more exciting aspects of Krav Maga, from safe firearms use to arrest techniques. To walk this path you must start with an open mind, a humble attitude, and a consistent work ethic.

This Student Handbook was created to give you some insight as to what to expect in the Instinct IIC program and is intended to be used in coordination with your UTKM Student Handbook. However, if you have further questions that aren't addressed in either, don't hesitate to ask.

Once again, welcome to our school and I'll see you in class.

A handwritten signature in black ink, appearing to read 'Jonathan Fader' with Hebrew characters 'יונתן פאדר' and the year '7990' written below it.

Jonathan Fader

UTKM Lead Instructor

UTKM MOBILE APP – Zen Planner

At UTKM we try to make things as easy as possible for both students and instructors. As such we have chosen as our student management software [Zen Planner](#). With both the Student App and Web Portal you are able to manage your profile information, sign in for classes, access class schedules, check your progress, and much more. **You must also use this system to sign waivers and contracts. If you see a red alert sign then there is usually an unsigned document.**

Go to the APP store on your phone and download [Zen Planner](#). Log in using the same email you used when you signed up for Urban Tactics, set an account, and you are good to go. If you are not sure how to set up your password or have difficulties just let us know and we can send you an account reset email.

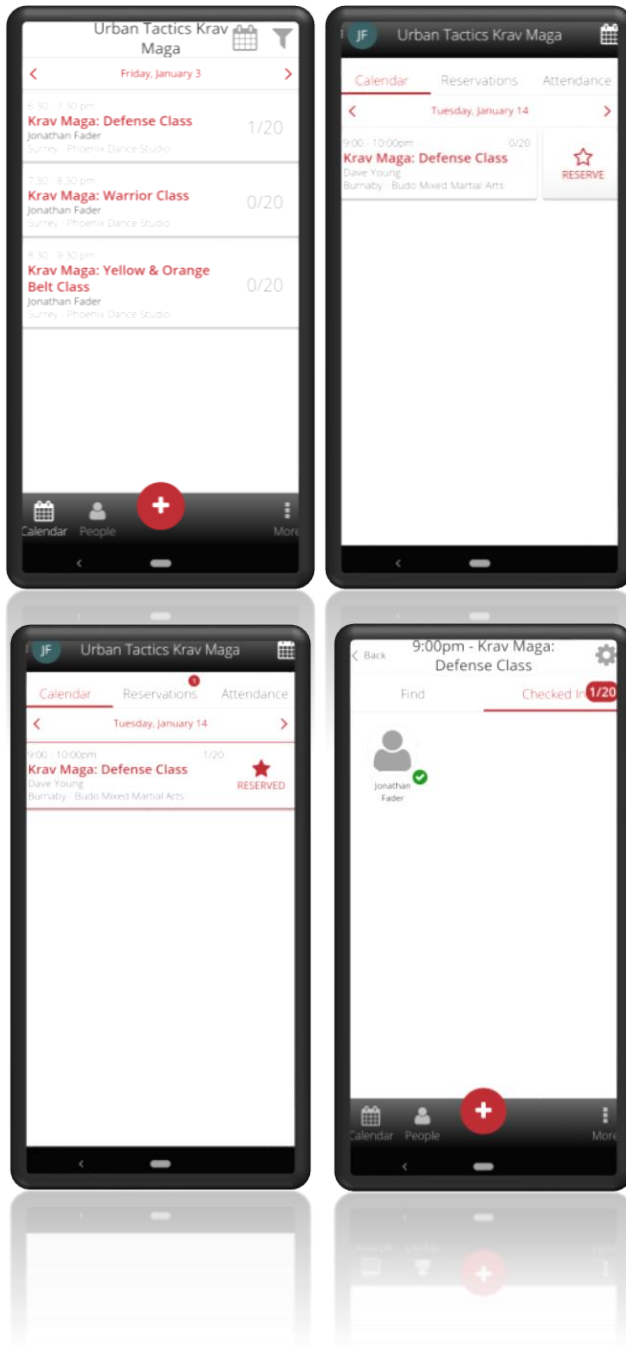
Optimize your time and maximize the convenience of tracking classes from your device. Use the app every time before you come to reserve your spot in class, and then to sign in when you arrive. Before class starts make sure you see your name in the app with a green checkmark. If you do not properly sign in *every time*, then the system will not record your attendance properly. If for whatever reason you are unable to sign in on your phone you can do so on the school tablet prior to class start; it is your responsibility to make sure you are signed in.

It is also important that you ensure your Email and Credit Card information are up to date, this can also be done in app or via the web portal.

Zen planner Link for the APP:

<https://info.zenplanner.com/for-members>

Signing into class



1. After you login to your account via the app, search the calendar for the date or dates you would like to reserve a spot for. There will be a star that has no fill. Click on that to reserve your spot.

2. Once the star is filled in you have reserved your spot. You must either sign in via your app, or via the school tablet provided, to ensure that you are signed in. A green check mark means your attendance has been recorded.

The Instinct IIC Krav Maga Program

The Instinct Integrated Israeli Combative Krav Maga organization and program was started in 2012 by former Special Forces operator and Israeli national hero, Kfir Itzhaki. The program is a more traditional Israeli Krav Maga program that sticks to the roots of Krav Maga, focusing specifically on the basic tools needed for the most common self-defence situations. With the motto, “Follow your Instinct”, the Instinct IIC program is built on the Krav Maga principles of, “keep it simple” and “rely on the natural body reactions.” It takes a mastery approach to getting good at self-defence fundamentals as well as working on your ability to think and act under duress while maintaining aggression and applying retzev. In addition, Instinct encourages cross training in other physical disciplines like boxing, kickboxing, wrestling, judo, stretching, and yoga, and encourages monthly training in other styles to better improve your overall ability to defend yourself both physically and mentally.



“Follow Your Instinct”

INSTINCT IIC Class at UTKM HQ



The Instinct IIC Program is a supplementary Krav Maga program offered at UTKM HQ to help you better understand Krav Maga, self-defence, and give you another approach to teaching you how to better defend yourself.

The approach we have taken at UTKM is to integrate as much of the Instinct IIC curriculum into our own curriculum wherever a technique is the same or close enough to be taught in both classes. Techniques that have been integrated will be

indicated as such in the UTKM student guide with an (*i*). Though the majority of the techniques crossover, there are some that will only be taught in the Instinct IIC classes, either because they simply didn't fit into the UTKM curriculum or they are different enough that it didn't make sense to integrate them.

Currently Instinct classes are an additional 3 hour class, once a month. Each class will cover as much of one rank as possible. The levels will be cycled through according to the appropriate level of the average student attending.

This means that if you want to rank up in the Instinct program we do not, at this time, have enough Instinct classes for you to rapidly progress in Instinct without attending regular UTKM classes as well. However, to progress in the Instinct system you **MUST** regularly attend the Instinct classes and demonstrate your understanding of the Instinct IIC approach.

This model is specific to UTKM at this time, if you trained at a school that **ONLY** teaches the Instinct IIC curriculum then you would be able to meet the standard Instinct progression times (which are generally shorted than at UTKM).

Kfir Itzhaki

Kfir Itzhaki is an international speaker, therapist, author, Bachelor of Laws, mediator, and founder of a worldwide organization in the field of Krav Maga and psychology teachings, "INSTINCT - Integrated Israeli Combatives." As part of his position in the organization, Itzhaki travels to several different countries each year, with hundreds of adults, children, police officers, security guards, and military personnel studying at the organization's branches around the world.



Itzhaki has 30 years of experience in Krav Maga and martial arts, he was a professional fighter and competitor in various styles, such as Muay Thai and Karate. He is a 2nd Dan Black Belt in Karate and won the Israeli Karate National Championship in 2006. Later in his career, due to the expansion and global influence of the INSTINCT organization under his leadership, he was awarded an honorary 1st Dan Black Belt in Taekwondo, from the largest Taekwondo association in Mexico, for his contribution to the development of martial arts and self-defence worldwide.

Prior to his recruitment to the IDF, Itzhaki was on the verge of losing his eyesight due to a severe complication during eye surgery. Over the course of his military service, which included an extended service, Itzhaki, ranked Master Sergeant, served as a Combat Operator and head of the close-quarter combat instruction department in Duvdevan, the IDF's elite undercover counter-terrorism unit. Duvdevan unit specializes in urban counter-terrorism warfare, with the specialty of disguising as Arabs in order to execute arrests and targeted killings of terrorists in the most hostile Arab regions in Israel. The unit is also known to have highly trained members in both human and mechanical counter-surveillance. Unlike other special forces, the unit can operate independently in more than one place at a time.

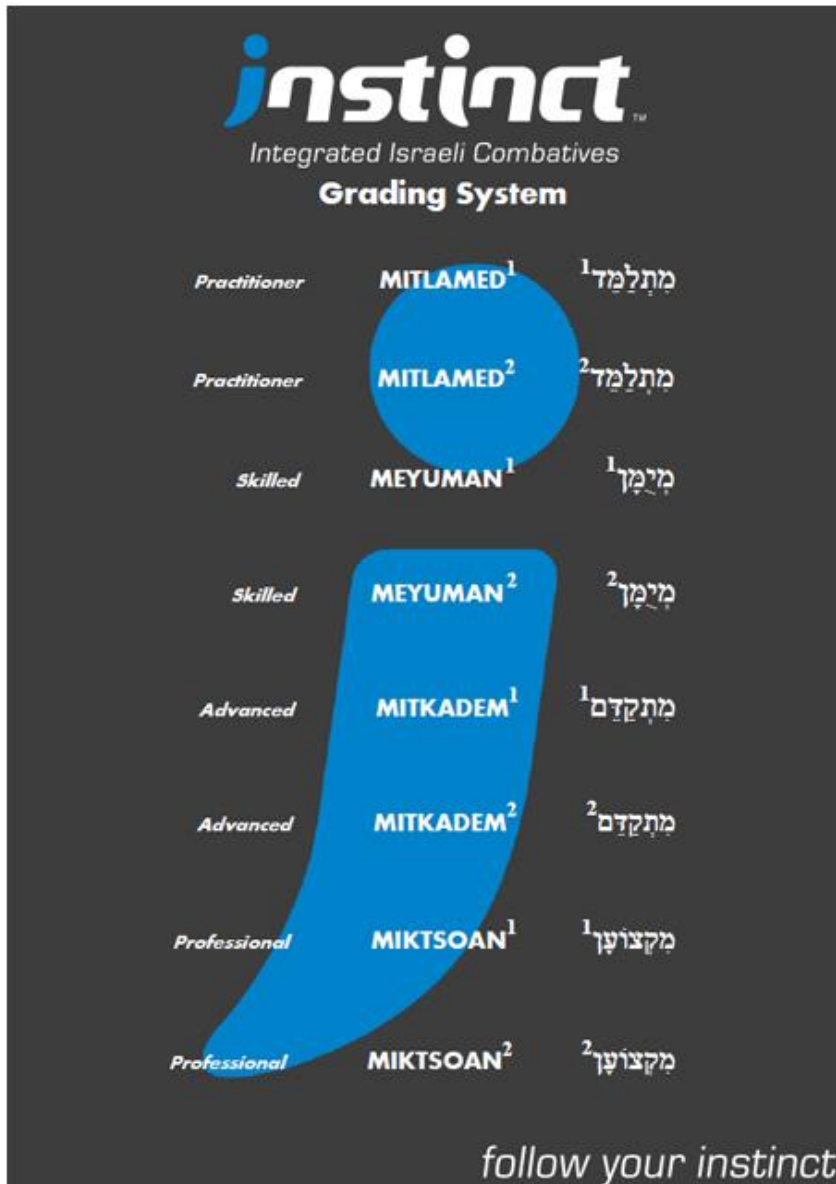
During his training in Duvdevan, Itzhaki lost his short-term memory due to a training accident. After finishing the training, he represented the unit at the IDF Karate Championship, where he won the gold medal. Itzhaki graduated with the highest ranking from both the IDF's Krav Maga instructor course and the Senior Krav Maga instructor course, and was chosen as an honors instructor in both.

As a civilian, Itzhaki was awarded two Civilian Medals of Heroism and Bravery for saving a girl from a rape in one incident and for neutralizing a knife-wielding terrorist using his bare hands in another. This terror attack, which Itzhaki was not initially involved in, is considered one of the most severe stabbing attacks during the "Knife Intifada." The Knife Intifada was a wave of Arab attacks in Israel from autumn 2015 through the first half of 2016, primarily targeting civilians and often employing improvised weapons like knives and other sharp objects. Itzhaki was injured during the knife attack he stopped, despite this injury and the dramatic change in his life, he chose to complete his law degree and continue leading the organization he founded, Instinct IIC.

Itzhaki's actions and contributions to the state of Israel have gained international recognition and resonance in many media outlets worldwide. In addition to the civilian accolades granted by the state of Israel, he was awarded the prestigious "Guardian of Israel" ("Magen Israel") award by the global "StandWithUs" organization. The award ceremony in Los Angeles was attended by thousands, including ambassadors, parliament members, senior IDF and US military officials, and former high-ranking members of the Israeli and American security forces.

INSTINCT IIC PROGRESSION AND RANKING

The Instinct ranking is as pictured and follows a ranking system specific to Instinct. No belts or patches are given, but each rank will be awarded via certificate after successfully testing.



To test for Instinct levels you must attend the INSTINCT classes for at least 3 months leading up to any tests.

Tests occur every 3-12 months depending on who is ready for what, and cover techniques cumulative for each level. Your instructors will let you know if you are ready.

These are group tests, and several levels can be tested simultaneously where appropriate.

Test fees are set at \$60.

When Kfir is in town, Seminars are MANDATORY if you want to be tested directly by Kfir.

SCHOOL EXPECTATIONS

Student Expectations

- Show up to class on time.
- Wear the school uniform (T-shirt) for Krav Maga, or suitable and appropriate attire for UTKM's other offerings as required.
- Exhibit good personal cleanliness and hygiene. (eg. cut nails, clean attire, etc.)
- Listen respectfully to the instructor(s).
- Be respectful to the other students and the instructor(s).
- Assist newer students if you see the opportunity to help them.
- Learn the techniques to the best of your ability.
- Be respectful to your partner when sparring, control your power, and understand that it's a learning process for both of you. Understand that it is ok to tell your partner that they are hitting too hard.
- Be comfortable leaving the class feeling exhausted.
- Understand and acknowledge that your progress will take time, so you will be patient.
- Do not ask to be promoted. The instructor will notify you when you are ready for testing.
- Represent UTKM in a respectful and appropriate manner both inside and outside the school. You are the school's ambassador and will reflect its values.
- Speak up in an appropriate manner if there is an issue with another student or instructor.



Instructor Expectations

- Start the class on time.
- Be respectful to all the students.
- Provide an appropriate and accurate answer to any questions that may arise.
- Teach the technique(s) to the best of their ability.
- Be respectful when providing you with feedback or constructive criticism.
- Train you well, so outside the school you may walk in peace.
- Take pride in your progress.
- Make your training a positive experience and create a supportive learning environment.
- Be objective in regards to determining when a student is ready to be assessed or tested for promotion to the next level.
- Ensure that all safety measures are in place.



IMPORTANT RESOURCES

- This student Guide and Workbook
- UTKM Blog
 - www.utkmblog.com
- UTKM website:
 - www.urbantacticskm.com
- INSTINCT IIC websites:
 - <https://www.kfir-itzhaki.com/>
 - <https://www.facebook.com/kfiritzhaki/>
 - https://www.instagram.com/kfir_itzhaki/
 - https://www.instagram.com/instinct_iic/
 - <https://www.youtube.com/@INSTINCTKfirltzhaki>

Social media is where you will find important updates on events and what's going on at UTKM. Use #thisisUTKM for all your posts.

- UTKM Facebook
 - <https://www.facebook.com/UrbanTacticsKravMaga/>
- UTKM Instagram
 - <https://www.instagram.com/urbantacticskravmaga/>
- UTKM Twitter
 - @urbantacticskm

A Final Word

This Student Handbook is provided by UTKM with the intention of giving you the best experience possible while a student of the school. We believe that the more knowledge you have of Krav Maga, how the school operates, and what other offerings are available, the better prepared you will be when you attend our classes.

Do you have what it takes to become a Lion? Because they did!

Now... let's train.

UTKM INSTINCT IIC STUDENT WORKBOOK

How to use this Workbook

This workbook is here to help you on your journey in the Instinct IIC system. You should use it in coordination with your UTKM work book as there is a lot of technical crossover. Though you should use this book to record when you have learned a technique specifically in the Instinct IIC classes you could also record it as having been learned if you learned it in the UTKM classes.

Unlike the UTKM classes, there is no division between skill levels, all ranks and techniques are taught together. Just remember that if you are learning a more advanced technique than your current level, understand that it is considered a more advanced technique for a reason.

This workbook is here to help you and your instructors track your progress through the basics. It is your responsibility to track your regular curriculum progress and it is your instructor's responsibility to sign off upon completion of each curriculum Level as well as other requirements. Keep this workbook somewhere safe. You don't have to bring it to every class, but make sure you keep track of your progress at each level and if you have sufficient practice at your current level you should expect to be tested.

Remember, your progress is your own and although we track your attendance it's the honour system when it comes to whether you have learned something or not. Come test time we will find out if you have sufficiently trained specific techniques or understand the required concepts.

We look forward to instructing you.

PHASES EXPLAINED

There are two groups of techniques that use the word *phase* to determine both the situation and the technique flow. These are in the Knife, and Ground section.

However, in each section “phases” have slightly different meanings. At first it can be a bit confusing, so here is a bit of an explanation to better help you understand.

Knife Phases

In the knife phases, they start with the easiest scenario to deal with and progress to the hardest and riskiest to deal with.

Phase 1 - Prevention + Escape is essentially your Avoidance option. Situational awareness and decision making allow you to not have to physically engage with the aggressor.

Phase 2 - Either the attacker is hesitating, or you did an initial defence and there is a pause which allows you to use a weapon of opportunity.

Phase 3 - Initiation. This is where the attacker is threatening you with a knife or has a hesitant attack (not fully executed or pulling back) and you initiate contact first. This phase is somewhere in between Pre-emptive and Reactive self-defence as compared to the UTKM model.

Phase 4 - Late Response, or “Re-active” self-defence in the UTKM model, in when the attacker has already initiated an attack or series of attacks and you are reacting with a panic response or, preferably, a trained response, applying retzev and aggression to take back control of the situation.

Ground Phases

In Ground phase it starts with the worst-case scenario and moves to better situations.

That is, the order of operation you should follow from worst to best.

Phase 1 - You are on your back on the ground with limited mobility and are stuck in a defensive position while trying to be on the offensive.

Phase 2 - You are still on the ground but in a better position, you are more mobile and able to be more offensive, you are starting to think about getting up if the situation allows.

“Phase 3” - There isn’t specifically a phase three in the curriculum but this would be the part where you get up in an aggressive manner.

1 מתלמד 1 "Practitioner 1" - MITLAMED 1

In this section are all the White belt techniques you need to know and be able to perform for the Mitlamed 1 test.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Stance and Movement					
Footwork					
Upper Body Combatives					
Palm Strike (Open Palm)					
Straight Punches (Jab, Cross)					
Elbow 1 - Left & Right					
Hammer Fist 1 - Horizontal					
Lower Body Combatives					
Knee: Krav Maga (hands on shoulder)					
Front Whip Kick (Groin Stomp)					
Defences					
360 Defence (Blocking)					
Self-Defence					
Wrist Releases: Parallel hand, Opposite hand, 2 hands - Front					
Direct Choke from front					
Ground					
Back Breakfall					
Getting up after back breakfall					
Knife					
Phase 1: Prevention + Escape					
Phase 2: Escape after attempted Stab or Failed technique. (Object use)					

מתלמד 2 "Practitioner 2" - MITLAMED 2

In this section are all the White belt techniques you need to know and be able to perform for the Mitlamed 2 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Elbow 2 - Side/Back					
Hammer Fist 2 - Down					
Lower Body Combatives					
Front Push Kick					
Knee: Clinch					
Defences					
360 Defence + Counter					
Front Strike Deflection: Parry/Catch					
Self-Defence					
Wrist Releases: 2 hands - Rear					
Direct Choke from behind					
Bear Hug from front: arms free					
Ground					
Movement: Phase 1 - Hands protecting face + kicks					
Movement: Phase 2 - Feet on ground					
Getting up: Attacker in front					
Knife					
Phase 3: Initiation in Open areas					

1 מיומן "Skilled 1" Practitioner - MEYUMAN 1

In this section are all the White belt techniques you need to know and be able to perform for the Meyuman 1 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Elbow 3 - Uppercut					
Hook 1 - Krav Maga Hook					
Lower Body Combatives					
Side Push Kick					
Roundhouse: Low Kick					
Defences					
Escape from Clinch					
Roundhouse: Absorbing Kick					
Self-Defence					
Bear hug from front: arms in					
Bear hug from back: arms free					
Bear hug from back: arms in					
Ground					
Front Breakfall					
Getting up after front breakfall					
Getting up after front breakfall: Attacker in front					
Front Breakfall: Rolling					
Stick					
Close: Dive defence (Arrow)					
Knife					
Phase 3: Initiation in confined space					
Phase 4: Late Response in open areas					

2 מיומן "Skilled 2" Practitioner - MEYUMAN 2

In this section are all the White belt techniques you need to know and be able to perform for the Meyuman 2 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Elbow 4 - Downward (12 to 6)					
Uppercut 1 - Regular uppercut					
Lower Body Combatives					
Back Push Kick ("Donkey Kick")					
Inner Low Kick					
Defences					
Deflection Defences + Counter Strike					
Inner Low Kick: Absorbing					
Self-Defence					
Side Headlock Escape					
Ground					
Side Breakfall					
Getting up after Side breakfall					
Getting up after Side breakfall: Attacker in front					
Choke Escape: Guard					
Stick					
Medium Distance					
Knife					
Phase 4: Late Response in confined are: Stab From below					
Multiple Attackers					
Strikes, Chokes, Bearhugs					

1 מתקדם "Advanced 1" Practitioner 1 - MITKADEM 1

In this section are all the White belt techniques you need to know and be able to perform for the Mitkadem 1 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Hook 2 - Boxing Hook					
Lower Body Combatives					
Roundhouse: Mid Kick					
Inner Low Kick					
Defences					
Cover Defense Against Strikes - Front					
Inner Low Kick: Block/Check					
Round house: Mid Kick Block					
Self-Defence					
Rear Naked Choke: Before locked in					
Ground					
Choke Escape: Mount					
Knife					
Threat: Throat - Front					
Threat: Lower Body - Front					
Handgun Threat					
Front					
Multiple Attackers					
Strikes, Chokes, Bearhugs + Ground					

2 מְתִקְדֵם "Advanced 2" Practitioner 2 - MITKADEM 2

In this section are all the White belt techniques you need to know and be able to perform for the Mitkadem 2 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Uppercut 2 - to Liver					
Lower Body Combatives					
Roundhouse: High Kick					
Defences					
Cover Defence Against Strikes - Side/Hooks					
Roundhouse: Mid Kick Block					
Self-Defence					
Rear Naked Choke: After locked in					
Ground					
Choke Escape: Side Headlock ("Scarf hold", "Kesa-gatame")					
Knife					
Phase 4: Late Response in confined are: Stab from Above					
Handgun Threat					
Front on knees					
Multiple Attackers					
Strikes, Chokes, Bearhugs + Ground + Stick					

1 מקצוע "Professional 1" - MIKTSOAN 1

In this section are all the White belt techniques you need to know and be able to perform for the Miktsoan 1 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Upper Body Combatives					
Hook 3 - Overhand punch "Russian Hook"					
Lower Body Combatives					
Spinning Back Push Kick					
Knee: Spear					
Ground					
Choke Escape: Side Headlock ("Scarf hold", "Kesa-gatame")					
Knife					
Lower Body Knife Threat: Rear					
Handgun Threat					
Side					
Multiple Attackers					
Strikes, Chokes, Bearhugs + Ground + Stick + Knife					
Neutralizations					
Rear					

2 מקצועי "Professional 2" - MIKTSOAN 2

In this section are all the White belt techniques you need to know and be able to perform for the Miktsoan 2 test. In addition to all previous techniques.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Ground					
Knife Attack: Mount					
Knife					
Threat: Throat - Rear					
Handgun Threat					
Rear					
Multiple Attackers					
Strikes, Chokes, Bearhugs + Ground + All weapons					
Neutralizations					
Front					