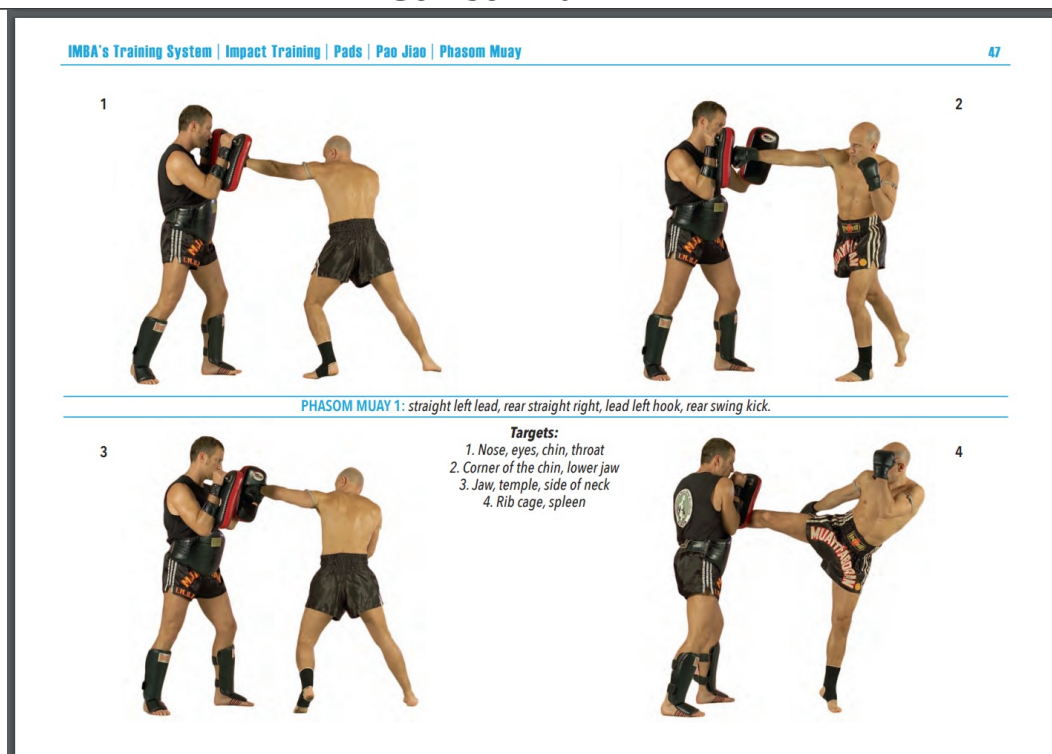


LESPLAN BASIS WEEK 01 - 03

| WEEK 01 | WEEK 02 | WEEK 03 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 01¹ - Combo verdediging 1.1 <p>0030-0130: DEFENSIEVE SKILLS²</p> <ul style="list-style-type: none"> - Self-Defenses (Geel 58-69) - Soft-Techniques (Geel 70-74) - Groundfighting (Geel 75-82) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - Bas Rutten (2' or 3') - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie op parkeerplaats (pre-incident indicators, avoidance opportunities, available advantages)³ - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE⁴</p> <ul style="list-style-type: none"> - Awareness is your best defense - He who strikes the first blow lost the argument - Once it's over, know your priorities | <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 01 - Combo verdediging 1.2 <p>0030-0130: DEFENSIEVE SKILLS⁵</p> <ul style="list-style-type: none"> - Self-Defenses (Oranje 105-120) - Falls (Oranje 136-137) - Groundfighting (Oranje 138-154) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - Bull Ring⁶ - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie op restaurant (pre-incident indicators, avoidance opportunities, available advantages) - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE</p> <ul style="list-style-type: none"> - The victim Interview - You have a free Stay out of jail card - Know how to perform First Aid | <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 01 - Combo verdediging 1.3 <p>0030-0130: DEFENSIEVE SKILLS</p> <ul style="list-style-type: none"> - Falls and Rolls (Green 182-186) - Self-Defense (Groen 187-195) - Groundfighting (Groen 196-213) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - 3 x 3' (Schilden) - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie bij het uitgaan (pre-incident indicators, avoidance opportunities, available advantages) - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE</p> <ul style="list-style-type: none"> - Know when he's eager to hit you - Use only as much force as ... - Dealing with psychological trauma |

Combo n° 01



1 http://www.muaythai.it/books/2019/muay-boran-imba/MBI_web_en_vol_2.pdf

2 <https://www.bol.com/be/nl/p/complete-krav-maga/9200000050160272/>

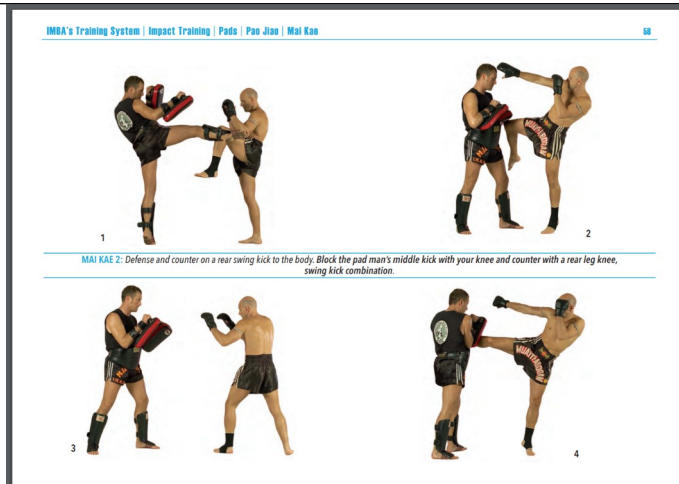
3 <https://www.bol.com/nl/nl/f/combatives-for-street/33899305/>

4 <https://www.bol.com/nl/nl/f/the-little-black-book-of-violence/30552255/>

5 <https://www.bol.com/be/nl/p/krav-maga/1001004001573244/>

6 Krav Maga Bull Ring: [LINK](#)

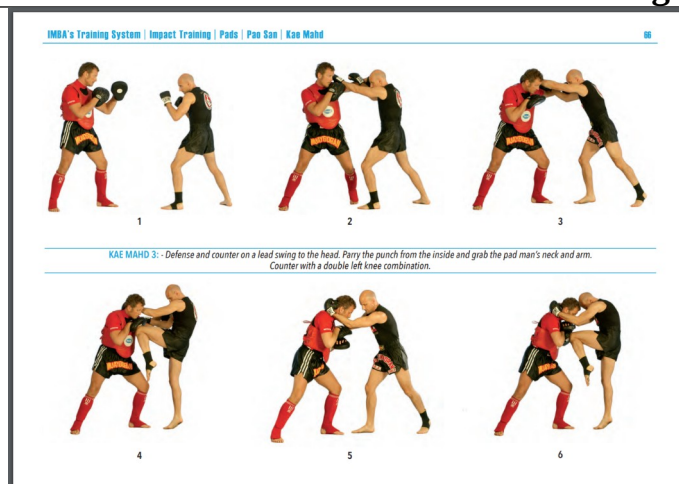
Defense 1.1 : Defense and counter on a rear swing kick



Defense 1.2 : Defense and counter on a lead swing (Hook)



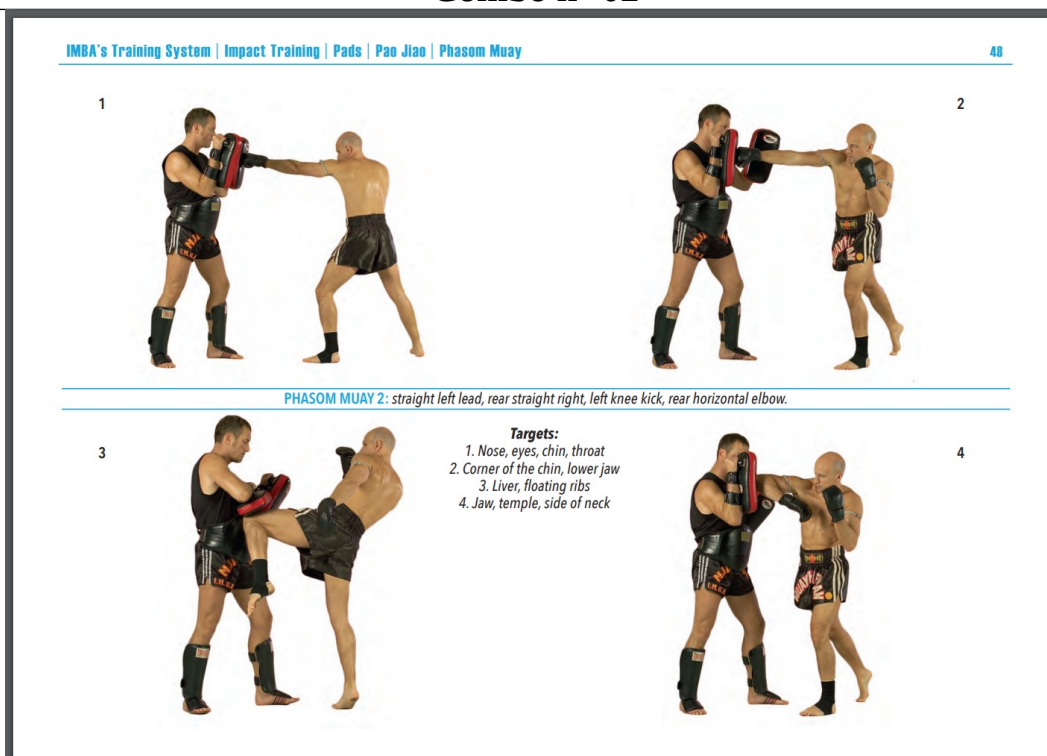
Defense 1.3 : Defense and counter on lead swing (Hook)



LESPLAN BASIS WEEK 04 - 06

| WEEK 04 | WEEK 05 | WEEK 06 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 02⁷ - Combo verdediging 2.1 <p>0030-0130: DEFENSIEVE SKILLS⁸</p> <ul style="list-style-type: none"> - Self-Defenses (Geel 58-69) - Soft-Techniques (Geel 70-74) - Groundfighting (Geel 75-82) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - Bas Ruten (2' or 3') - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie op weg naar Hotel (pre-incident indicators, avoidance opportunities, available advantages)⁹ - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE¹⁰</p> <ul style="list-style-type: none"> - Don't let him get into a position of attack - Know when to wrangle drunks - Police officers don't like to fight | <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 02 - Combo verdediging 2.2 <p>0030-0130: DEFENSIEVE SKILLS¹¹</p> <ul style="list-style-type: none"> - Self-Defenses (Oranje 105-120) - Falls (Oranje 136-137) - Groundfighting (Oranje 138-154) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - Bull Ring¹² - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie bij een balie (pre-incident indicators, avoidance opportunities, available advantages) - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE</p> <ul style="list-style-type: none"> - Avoid being cut from the herd - When he stops, you stop - Find a good attorney | <p>0000-0030: BASIS</p> <ul style="list-style-type: none"> - Welkom + Opwarming - Combo n° 02 - Combo verdediging 2.3 <p>0030-0130: DEFENSIEVE SKILLS</p> <ul style="list-style-type: none"> - Falls and Rolls (Green 182-186) - Self-Defense (Groen 187-195) - Groundfighting (Groen 196-213) <p>0130-0200: SPELVORMEN</p> <ul style="list-style-type: none"> - 3 x 3' (Schilden) - Cool Down <p>AANDACHTSPUNTEN</p> <ul style="list-style-type: none"> - Scenario :Agressie op de trap (pre-incident indicators, avoidance opportunities, available advantages) - Rory Miller :Move, Pain, Damage & Shock <p>WELKOM THEORIE</p> <ul style="list-style-type: none"> - Don't be afraid to call in support - Avoid going to the ground - Be wary of the press |

Combo n° 02



7 http://www.muaythai.it/books/2019/muay-boran-imba/MBI_web_en_vol_2.pdf

8 <https://www.bol.com/be/nl/p/complete-krav-maga/9200000050160272/>

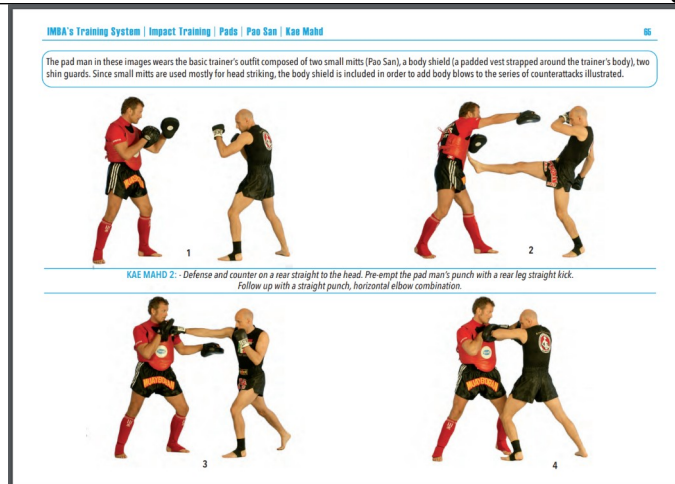
9 <https://www.bol.com/nl/nl/f/combatives-for-street/33899305/>

10 <https://www.bol.com/nl/nl/f/the-little-black-book-of-violence/30552255/>

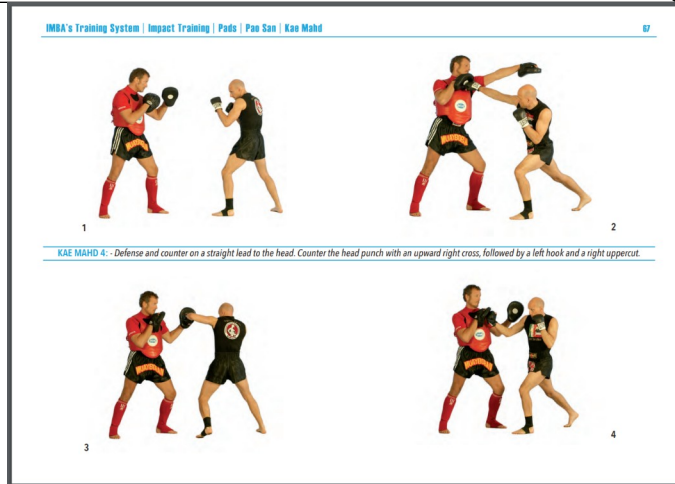
11 <https://www.bol.com/be/nl/p/krav-maga/1001004001573244/>

12 Krav Maga Bull Ring: [LINK](#)

Defense 2.1 : Defense and counter on a straight



Defense 2.2 : Defense and counter on a straight



Defense 2.3 : Defense and counter on a straight knee

