

KRAV MAGA CURRICULUM

YELLOW BELT – LEVEL 1

There are no prerequisites or fitness level requirements to start.

I. Stance

- A. Neutral Stance
- B. Fighting Stance

II. Movement

- A. Forward, Back, Left, Right
- B. Shadow Boxing
- C. Movement while on the Ground

III. Punches

- A. Straight Punch
- B. Straight Punch – left/right combination
- C. Palm Heel Strike
- D. Eye Strike/Throat Strike
- E. Straight Punch with an Advance
- F. Straight Punch with a Retreat
- G. Straight Punch Low
- H. Hammer-fist Strikes (all directions)
- I. Elbows (1 - 7)

IV. Kicks

- A. Front Kick
- B. Front Kick - Vertical Target
- C. Round Kick

V. Knees

- A. Straight Forward Knee
- B. Diagonal Round Knee

VI. Punch/Kick Combinations

- A. Front Kick to Groin and Hammer-fist Down
- B. Front Kick to Groin and Straight Punch

VII. Punch Defenses

- A. 360 Outside Defenses
- B. Inside Defenses against Straight Punches
- C. Inside Defenses against low Straight Punches
- D. Inside and 360 Defenses against Punches

VIII. Choke Defenses

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- A. Choke from the Front (1 - hand pluck)
- B. Choke from the Front (2 - hand pluck)
- C. Choke from Behind
- D. Choke from the Side
- E. Choke from the Front with a Push
- F. Choke from Behind with a Push

IX. Headlock Defenses

- A. Headlock from the Side

X. Soft Techniques

- A. Wrist Release – Same Side Hand (elbow to elbow)
- B. Wrist Release – Opposite Hand (hitchhike out)
- C. Wrist Release – 2 Hands Held High
- D. Wrist Release – 2 Hands Held Down
- E. Wrist Release – Being held with 2 hands

XI. Groundwork

- A. Movement
- B. Kicks on the Ground
- C. Getting Up
- D. Side position and movement

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ORANGE BELT - LEVEL 2

(Prerequisite KM Level 1 - Yellow Belt)

I. Movement

- A. Bobbing and Weaving
- B. Slipping Punches
- C. Shadow Boxing (punches, elbows, kicks, knees)

II. Punches

- A. Hook Punch
- B. Uppercut Punch
- C. Focus Mitt Combinations (punches and elbows)

III. Kicks

- A. Front Kick - Defensive
- B. Side Kick
- C. Side Kick with Advance
- D. Back Kick
- E. Back Kick with Advance
- F. Kick Combinations (front, round, side, and back)
- G. Uppercut Back Kick (short)
- H. Front Kick with Advance (fighting and neutral stance)

IV. Punch/Kick Combinations

- A. Side Kick or Back Kick/Hammer-fist

V. Punch Defenses

- A. Inside Defense and Counter v. Left Punch
- B. Inside Defense and Counter v. Left Punch Using Left Hand
- C. Inside Defense and Counter v. Right Punch (2 counters)
- D. Inside Defense and Counter v. Right Punch (1 counter)
- E. Defense v. Hook Punch (extended)
- F. Defense v. Uppercut Punch
- G. 360° Outside Defenses with counterattacks
- H. Defense against hook punch (covering)

VI. Kick Defenses

- A. Outside Stabbing Defense v. Front Kick
- B. Plucking Defense v. Low/Medium Front Kick
- C. Reflexive Defense v. Front Kick to groin
- D. Defense v. High Front Kick
- E. Defense v. Low Round Kick (using shin)
- F. Defense v. Low Round Kick (absorbing)

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- G. Defense v. Front Kick (redirect)
- H. Stop kick against front kick

VII. Fall Breaks

- A. Fall Break - back
- B. Fall Break - side

VIII. Choke Defenses

- A. Choke From the Front Against the Wall
- B. Choke From Behind Against the Wall
- C. Choke From Behind with a Pull
- D. Headlock From Behind - bar arm
- E. Headlock From Behind - carotid

IX. Bear-hugs

- A. Bear-hug From the Front with Arms Free (space)
- B. Bear-hug From the Front with Arms Free (no space)
- C. Bear-hug From the Front with Arms Caught (space)
- D. Bear-hug From the Front with Arms Caught (no space)
- E. Bear-hug From Behind with Arms Free (space)
- F. Bear-hug From Behind with Arms Caught (space)
- G. Bear-hug From Behind with Arms Caught (no space)

X. Groundwork

- A. Mounted, Defense v. Punches (buck hips)
- B. Mounted, Trap and Roll
- C. Choke While Mounted
- D. Headlock or Close Choke while Mounted
- E. Ground-fighting: Escaped From Guard (Elbows)
- F. Ground-fighting: Kick Off From Guard
- G. Stripping/Clearing Foot Grab
- H. Keeping the mount
- I. Trap arm pop up

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GREEN BELT – LEVEL 3

(Prerequisite KM Level 2 - Orange Belt)

I. Head Butt

- A. Head-butt Forward
- B. Head-butt Upward
- C. Head-butt Side (bear-hug context)
- D. Head-butt Back (bear-hug context)

II. Kicks

- A. Defensive Back Kick with a Spin
- B. Offensive Back Kick
- C. Heel Kick
- D. Inside Slap Kick
- E. Outside Slap Kick
- F. Inward angle knee

III. Punch Defenses

- A. A. Inside Defense v. Left/Right
- B. Inside Defense v. Left/Right (Lean Back and Trap)
- C. Inside Defense v. Left/Right (using forward hand)
- D. Outside Defense and Counter v. Right (Punching defense)
- E. Outside defenses # 1-5

IV. Kick Defenses

- A. Kick Defense v. High Round Kick (Reflexive)
- B. Kick Defense v. High Round Kick (Fighting Stance – 2 contact points)
- C. Kick Defense v. High Round Kick (Fighting Stance – 3 contact points)
- D. Kick Defense v. High Round Kick (covering defense)

V. Fall Breaks

- A. High Fall Break (Back, Side)
- B. Roll, Forward (Regular, High, Diving)
- C. Forward Roll/Back Fall Break
- D. Forward Roll/Backward Roll
- E. Roll, Side
- F. Side Roll/Fall Break

VI. Headlocks

- A. Reverse Headlock (Standing)

VII. Hair grabs

- A. Hair-grab, Front

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- B. Hair-grab, Side (Impending Knee)
- C. Hair-grab , Side (No Knee)
- D. Hair-grab, Behind or Opposite Side

VIII. Bear-hugs

- A. Bear-hug from Behind (Leverage on Finger)
- B. Bear-hug, Lifting – from Behind
- C. Bear-hug, Lifting – from the Front

IX. Groundwork

- A. Choke from the Side
- B. Headlock from the Side (Basic Position)
- C. Headlock from the Side (Weight Forward)
- D. Headlock from the Side (Weight Back)
- E. Arm Bar
- F. Guard Escape (stacking)
- G. Guard Escape (ankle lock)
- H. Guard Escape (neck crank)
- I. Side Mount
- J. Side Mount Arm Lock
- K. Side Mount Disengage

KRAV MAGA CURRICULUM

BLUE BELT – LEVEL 4

(Prerequisite KM Level 3 - Green Belt)

I. Punches

- A. Chops, Inside and Outside
- B. Ridge Hand/Mouth of Hand Punches

II. Kicks

- A. Axe Kick
- B. Outside Slap Kick with a Spin
- C. Heel Kick with a Spin

III. Kick Defenses

- A. General Defense v. Medium to High Attacks (round kick, heel kick, etc.)
- B. Sliding Defense v. High Round Kick
- C. Defense v. Low to Medium Side Kick (Plucking)
- D. Defense v. High Side Kick
- E. Kick Defense v. Spinning Heel Kick
- F. Sliding Defense v. Spinning Heel Kick

IV. Stick Defenses

- A. Stick, Overhead Swing
- B. Stick, Overhead Swing – off angle/dead side
- C. Stick Defense, Baseball Bat Swing

V. Knife Defenses

- A. Kick Defense v. From Distance
- B. Kick Defense v. Straight Stab (bail out)
- C. Hand Defenses (general 360 and inside defenses)

VI. Gun Defenses

- A. Gun from the Front
- B. Gun from the Side of the Head
- C. Gun from the Side, in Front of the Arm (touching)
- D. Gun from the Front, Pushing into Stomach
- E. Gun from the Side, Behind the Arm
- F. Gun from Behind (touching)

VII. Cavaliers

- A. Cavalier #1
- B. Cavalier #2
- C. Cavalier #3
- D. Cavalier #4

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VIII. Choke Defenses

- A. Attacker Straddling, Pinning Wrists
- B. Triangle Choke
- C. Straddled- Wrist Lock
- D. Choke with attacker in guard
- E. Guard - bottom position guillotine
- F. Guillotine defense
- G. Headlock from behind (Rear Naked Choke)
- H. Headlock defense

IX. Take downs

- A. Simple
- B. Double-leg
- C. Toe-pick

X. Sweeps

- A. Sweep, Forward Kick
- B. Sweep, Heel Kick
- C. Sweep - Leg Sweep with Round Kick

KRAV MAGA CURRICULUM

BROWN BELT – LEVEL 5

(Prerequisite KM Level 4 - Blue Belt)

I. Punches

- A. Left Jab – Overhead right punch in combination

II. Kicks

- A. Front Kick/Round Kick with switching move
- B. Two front kicks with a switch
- C. Outside slap kick and front kick with a switch
- D. Two straight knees with a switch
- E. Two back kicks with a switch

III. Throws/Holds

- A. "Machine-Gun Take-Down"
- B. One arm shoulder throw
- C. Hip Throw
- D. Face to face Flip

IV. Headlock Defenses

- A. Headlock from Behind (attacker jumping on back)
- B. Defense against headlock while being spun inwards
- C. Defense against side headlock (neck break)

V. Full Nelson Defenses

- A. Release using leverage on fingers
- B. Release using throw/flip forward
- C. Release using sweep

VI. Defending Against an Assailant Armed with an Edged Weapon

- A. Hand defense against straight stab – dead side
- B. Hand defense against straight stab - live side
- C. Hand defense against upward stab – dead side
- D. Hand defense against upward stab – live side
- F. Hand defenses against forward slashing attack
- G. Hand defenses against backward slashing attack
- H. Knife Defense: Ice Pick Stab

VII. Defending Against an Assailant Armed with a Hand Gun

- A. Defending against threat from the rear at a distance
- B. Defending against when gun is held off-center and/or with two hands

IX. Defending Against an Assailant Armed with a Long Gun/Rifle/Bayonet



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- A. Long Gun From Front (dead and live side)
- B. From the side- behind the arm
- C. From behind touching
- D. Defense Against Rifle/Bayonet Stab defense (live side)
- E. Defense Against Rifle/Bayonet Stab defense (dead side)

NEXT: BLACK BELT BY INVITATION ONLY