



Krav Maga Orange Belt Testing Syllabus

Foreword

At this stage the practitioner has grasped the basic combatives and is able to combine punches and kicks effectively with footwork. Emphasis now is placed on punch and kicks combinations and being able to synergise hand techniques with kicks, knees and elbows. Orange belt curriculum exposes the practitioner to weapon defences against knife, stick and pistol and training in the use of common objects in the environment as weapons of opportunity. Practitioner should now be able to demonstrate a takedown when defending against a punch. Choke defences are further expanded to include guillotine and forearm chokes.

Rolls

- Jump over pad and roll, roll and pick up pistol

Punches

- Hook
- Uppercut
- Jab, cross, duck, hook
- 1 minute pad work

Kicks

- side kick
- front kick, low roundhouse combo
- stepping across back kick

Defence against Punches

- defence against hook applying a choke
- defence against hook applying a takedown
- defence against straight left and right punch applying a takedown

Defence against Kicks

- front kick defence
- round kick defence
- side kick defence

Defence against Chokes

- choke against wall
- guillotine choke
- forearm choke



Defence against Bear hug

- arms free front
- arms trapped front
- arms free from rear
- arms trapped from rear

Defence against Knife

- knife at long range
- knife at medium range
- 360 defence with counter, push away and escape

Defence against Handgun Threat

Defence against Stick

- Overhead stick attack
- Diagonal stick attack to head
- Diagonal stick attack to legs
- Horizontal stick attack

Weapons of Opportunity

- Demonstration of the use of common objects as weapons of opportunity (shield type, club type, small object type, rock type, blade type, rope or chain type and liquids).

Sparring

- 2 X 1 minute rounds boxing against fresh opponents each round
- 1 minute ground fighting
- 1 minute kickboxing