



Krav Maga Blue Belt Testing Syllabus

Rolls

- Roll with break-fall (Judo roll)

Punches

- Advanced boxing combos
 - o Double hook whilst sliding
 - o Jab, slip, uppercut, hook, cross
 - o Jab, counterpunch with cross + lead hook
 - o Uppercut, weave +head hook and uppercut
 - o Double jab, slip with shoulder roll and cross

Kicks

- Inside leg kick off front leg
- “Street” roundhouse
- Low kick to top of thigh

Dealing with hair grabs

- Being pulled forward and down – burst, block knee and attack groin
- One handed grab from front – leverage on wrist + counter attack
- Hair pull from side
- Hair pull from rear

Dealing with lapel / throat grabs and punch threats

- One handed throat grab
- One handed lapel grab
- Two handed lapel grab

Locks and counter locks

- Figure of 4 lock + counter
- Shoulder and elbow lock in extension + counter
- Chicken wing lock + counter

Handgun defence with push

- Front
- Back
- Front with pistol in back hand



- Back with pistol in back hand

Defence against knife

- Horizontal knife threat with t-shirt grab
- Vertical knife threat with t-shirt
- Horizontal knife threat with wrist grab
- Vertical knife threat with wrist grab
- Knife threat horizontal against wall
- Knife threat vertical against wall
- Horizontal knife threat with cross grab
- Vertical knife threat with cross grab
- Using kicks with footwork to defend against knife attacks at long range
 - o Ice pick knife attack
 - o Straight stab attack
 - o Oriental knife attack

Ground Defence

- Defence against wrist grab on ground
- Defence against very close choke
- Defence against side control
- Defence against rear naked choke
 - o With ankle lock
 - o With turning

Knife fighting basics

- Position, grip, stance guard
- 5 knife attack drill

Sparring

- 2 X 1 minute rounds kick boxing or boxing against fresh opponents each round
- 2 x 1 minute 2 on 1 sparring.
- 2 x 1 minute ground fighting