



Krav Maga Green Belt Testing Syllabus

Foreword

- The practitioner is expected to be able to observe, make tactical decisions and change the behaviour according to the actions of his opponent.
- The practitioner is expected to demonstrate defences against a long series of attacks.
- The practitioner will demonstrate a series of techniques and combinations with which he/she is comfortable with on targets at various distances, heights and angles.
- Trainee now is expected to respond with attacks as he/she is being grabbed (shirt, wrist etc)
- 3 ways of straight punch, regular, medium distance with medium body turn and short with very little body turn.

Rolls

- Side break fall, side roll

Punches

- Body punches both attacking and in defence.
- Combination punches using consecutive punches with same hand.
- Horizontal forearm strike.
- 1 minute pad work

Kicks

- All kicks to be done with a sliding motion.
- Advanced and retreat forward/backward crossing

Defence against punches

- Defence against straight low punch
- Defence against attacker using circular and straight punches from various directions whilst defender stands in place.

Defence against chokes

- Choke from rear with pull
- Rope strangulation from back
- Choke from rear against wall
- Choke from rear on ground



Defence against full nelson

- Full nelson pushing forward
- Full nelson pulling backwards

Defence against knife

- knife threat to throat horizontal
- knife threat to throat vertical
- 360 defence standing in place against circular knife attacks from all directions, including trapping the attacking arm.

Defence against handgun Threat

- Handgun touching from front
- Handgun touching from side
- Handgun touching from back

Defence against long gun Threat

Kubotan

- Common ways to hold the kubotan
- Strikes with kubotan
- Takedown with kubotan
- Release from hold using kubotan

Sparring

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