



## **Krav Maga Brown Belt Testing Syllabus**

### ***Rolls***

- Must demonstrate all falls and rolls when attacked and pushed from any random directions.

### ***Punches***

- Advanced boxing combos
  - o Jab, cross, slip, jab, cross, jab
  - o Jab, Uppercut followed by left knee
  - o Rear parry/ counter jab, lead hook, cross, lead hook
  - o Jab, cross, parry downwards and counter with horizontal forearm strike

### ***Kicks***

- Sweep with roundhouse
- Spinning back kick, offensive and defensive
- Lead switch round house kick

### ***Throws***

- Head throw – secure arm round neck and throw over hip
- Hip throw – same but secure waist
- One arm shoulder throw

### ***Takedown Defence***

- Sprawl
- Single leg takedown defence
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### ***Cavalier/ Wrist Joint Leverage, Elbow and Shoulder Locks***

### ***Defence Against Chokes and Holds Whilst Seated***

- Two handed chokes
- Forearm chokes



### ***Dealing with Straight Stab***

- Inside defence using forearm, moving to dead side. Control arm and continue with kicks or takedown before disengaging.
- Dealing with bayonet style attack

### ***Defence Against Knife Threats Whilst Seated***

- Horizontal knife threat
- Vertical knife threat

### ***3<sup>rd</sup> Party Defence / Active Shooter***

- Defence against knife
- Defence against handgun
- Defence against long gun

### ***Sparring***

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