



## **Krav Maga Black Belt Testing Syllabus**

### ***Rolls***

- Roll to escape side headlock

### ***Punches***

- Advanced boxing combos
  - o Parry down, forearm strike to carotid followed by knee
  - o Slip, lead uppercut, lead hook followed by rear elbow
  - o Jab cross, parry hook with lead arm and counter with spinning elbow
  - o Lead side step slip / lead hook followed by 4 punch combo

### ***Kicks***

- Double front knee strike
- Crescent kick inside and outside
- Universal block to shove opponent backwards and follow up with rear leg round house

### ***Throws***

- Leg reaping using forearm and rear leg
- Leg reaping front leg, attack face reap leg and push
- Taking one leg
- Taking both legs
- Airplane takedown
- Front clinch from behind takedown
- Diagonal takedown

### ***Jaw Lock/Cross-Face***

- Jaw lock to neutralize a prone opponent

### ***Defending Unknown Attacks (high pressure environment)***

- Student will defend against all varieties of grabs, chokes, bearhugs, headlocks from all angles and varieties
- Student will defend against all variety of kicks and punches coming from different angles, continuing with strikes until opponent fails to be in a position to continue the attack



### ***Defence Against Ice-pick stab***

- Attack groin with kick whilst knife is high and continue with counter attacks
- Block and trap attacking arm and burst forward with attacks
- Defend with universal block and redirect knife and control or take down attacker

### ***Defence Against Oriental stab***

- Kick chin and continue with counter attacks
- Forearm block + clearing the path and continue with counter attacks
- Defence against diagonal oriental stab

### ***Defence Against Blunt Objects / Sticks***

- Overhead against dead and live side
- Baseball horizontal swing 1 and 2-handed
- Backhand attack
- Jabbing / stabbing attack

### ***Defence Against Unknown Weapon Attacks (High Pressure Environment)***

- Defence against attacks from variety of angles with variety of different knife and stick attacks

### ***Defence Against Knife Threats (High Pressure Environment)***

- Defence against a variety of impending knife threats both front the front and the side and short and medium ranges.

### ***Defence Against Gun Threats (High Pressure Environment)***

- Defence against a variety of gun threats presented to front, side and back with distance, touching and pushing

### ***Sparring***

- 3 X 1 minute rounds kick boxing or boxing against fresh opponents each round
- 2 x 1 minute 4 on 1 sparring.
- 3 x 1 minute ground fighting