



## **Krav Maga Yellow Belt Testing Syllabus**

### ***Foreword***

In accordance with IMBC Academy philosophy in the earliest levels mental and physical ability are emphasized in preparing the mind and body to deal with Krav Maga training. Body strength is emphasized as well as power exercises especially around joints that tend to get hurt and the neck. Work must be done to condition the practitioner to take a punch or fall.

- Emphasis on correct ways to stretch and limber the joints and muscles.
- Practice attacks on a pad to get used to contact, develop accuracy, technique and combination attacks.
- Emphasise all basic attacks improving technique and speed to maximum and beyond.
- Practice short punches for combat in a confined space.
- All training must be done in accordance to practitioner's weight, age and ability.

### ***Syllabus***

A – Student will be asked some generic questions relating to Krav Maga and its history. The questions will be based on the material presented on the school website.

B – Punches (can be executed from passive or fighting stance, also whilst advancing and retreating).

- straight left
- straight right
- left right combo
- punching with advancing and retreating footwork

C – Other strikes. The student will be expected to demonstrate and understand the mechanics of the following strike:

- hammer-fist punch
- finger jab
- use of the head butt
- palm strike
- arc hand
- forearm strike

D – Elbow strikes. 7 Krav Maga elbow strikes.

E – Shadow Boxing. Practitioner must be able to demonstrate ability to combine punches with footwork.

F – Kicks.

- front kick, bridging the distance using a front kick



- low roundhouse
- front push kick
- back kick
- knees

G – 360 Defence with counter

H – Bursting defence against punches

I – Anticipation defence by leaning back and kicking to groin

J – Release from 2 handed front choke.

K – Release from side 2 handed choke

L – Release from rear 2 handed choke

M – Release from side headlock

N - Dealing with falls:

- front break fall
- back break fall
- front roll

O – Defending from ground. Student must demonstrate kicks, sweeps and being able to get up and escape from the ground.

P – Escapes whilst on the ground

- choke whilst mounted
- choke whilst in guard
- choke when assailant is kneeled
- judo choke

Q – wrist grabs

- straight
- across
- both hands (up and down)
- both hands from behind
- attacker grabs one arm with both hands

S – sparring and fighting games