

Krav-Maga 2nd dan examination - Details of technical syllabus -

General techniques

1. UV 1- Kihon

- a) From the neutral position: 2 punch-combination /palm/fingers straight followed by 2 elbow strikes. Moving forward/ diagonally/ sideways.
- b) From the neutral position: one kick followed by 2 punches or palm/fingers straight followed by 2 elbow strikes shortening the distance. Ex.: left foot, left punch, right palm, left elbow, right elbow.
- c) From the neutral position: punch/palm/fingers followed by a punch/palm...and 2 hooks shortening the distance and finishing by a direct kick.
Ex : Fingers straight right hand, left palm, moving forward and right hook, left hook, left kick.

2. UV 2 – Kata (3 minutes)

Shadow boxing: kick-punch combinations (at least 15 kicks) moving forward, backward, on the right, on the left and dodging.

While moving, left punch simultaneously: one step forward, backward, on the right and on the left hand side.

Kicks with skipping step: direct, circular, sidekick, reverse and back kick. While doing the sidekick, the candidate must keep this position for a few seconds.

10 various kicks with the left leg.

Flying kicks: straight with the right leg , reverse and flying inner crescent kick (slap face) with the right leg. Same technique starting with a circular. Same technique starting with a circular and finishing with a circular. Flying reverse outer crescent kick (slap face). Flying kick: turning and kicking with the heel.

Kicks with sliding step: direct, circular, sidekick, reverse kick.

Punches are given either with the palm, fingers straight or fists.

3. UV 3 – Kihon ippon Kumite

From the guard position, all following defences are parries, counter-attacks, grabs and bringing the opponent to the ground.

- a) Defence against straight left/ right punch/palm/fingers toward the face.
- b) Defence against low left/ right punch.
- c) Defence against left/right straight kick to the centre of the body.
- d) Defence against left/right middle kick.
- e) Defence against left/right side kick.

Bringing the opponent to the ground must be logical and with flexibility.

Krav-Maga specifics

1. With one partner (min. 3 times)

- a) Defences against low kicks, 2 strike-combination (at least) and to the ground.

- b) Release from all chokes and grabs, forward, backward, sideways. 2 strike-combination (at least) and to the ground.
- c) Basic techniques against stick or knife and disarming.

2. Technical examination with or without weapon

- a). Two opponents strike simultaneously, one holding a knife, the other a stick. The candidate disarms an opponent and uses his weapon to protect himself (1 minute).
- b) All defences against an attacker threatening with a gun or a knife, motionless or moving (5 minutes).
- c) Interferring in hostage situation (3 times).
- d) Using a knife or stick (max. 10 minutes) :
 - Knife against stick or knife, stick against stick or knife. Techniques and combat with a knife or a stick against an opponent with a knife or stick ;
 - While doing a soft fight: defences with a knife/stick against an opponent with a knife/stick;
 - Defences against all possible attacks from all different angles and disarming ;
 - Defences against an opponent grabbing with one hand, striking with a knife with the other hand ;
 - Defences against an opponent giving a direct punch, a kick followed by a strike with a knife.

3. Combat with or without a weapon

- a) 2*2 minutes fight with 1 minute rest. 5 minutes later, soft combat 2 minutes against 2 opponents.

Before the fight the examiner must remind the participants of their moral obligations and the safety rules they must respect :

- the participants are graded by their general attitude and not solely by winning or losing. They must not avoid contact and must show proof of courage, determination, clear-headedness, composure, a minimum of technique and they must respect their opponents;
 - if a fighter receives a serious blow, the next step must be light or the fight stopped completely according to the degree of severity;
 - if a fighter has the opportunity to give a head-butt, this must be simulated;
 - if a fighter has the opportunity to strike certain body parts which are unprotected, for instance the spine, this blow must be simulated
 - if a fighter is struck in the genitals, he must break away in order to mark the advantage gained by his opponent, he must take one or two steps to the side;
 - all throws must be executed with safety ; if a fighter has been floored, and manages to remove his gloves, any subsequent movement must be faked.
- Protection and boxing gloves (minimum weight 12 ozs.) must be worn.

- b) Defence and counter attack against punch or kick and bringing the opponent to the ground (5 times).