

Krav-Maga 3rd dan examination - Details of technical syllabus -

1. Basic techniques:

- a) From the guard position, left and right punches, palm... followed by a left hook and a right elbow strike, finishing with a left middle kick.
- b) From the guard position left and right direct (punch, palm...) followed by a left elbow strike and a right hook, finishing with a right middle kick.

2. Shadow-boxing (3 minutes).

Shadow boxing: kick-punch combinations (at least 20 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.

Punch-combination (direct punches) moving forward with little steps;

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 kick (slap face). Flying kick: turning and kicking with the heel.

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

Punch-combination moving backward;

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

3. With partner: prescribed techniques

From the guard position sideways, parries, counter-attacks and bringing the opponent to the ground. The attacks are executed on the left or right side.

- 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.

4. With one partner

- a) Release from all chokes and grabs, forward, backward, sideways. These exercises are executed eyes closed (7 times minimum)
- b) Specific defences against stick: attacks executed diagonally top to bottom, the attacker is right-handed and strikes on the right side of the defender and the contrary (2 times min.)

5. Technical examination with or without weapon

- a). Preventing attacks. The attacker is about to take a gun out (3 times min.).
- b). Controlling an opponent threatening with a gun or a rifle (10 times min.):
 - the attacker is situated on different angles and positions, moving or not;

- the defender's back is against a wall, the defender is seated on a chair. The attack will come from various angles, the attacker is more or less close, facing, sideways...
 - defences against an attacker grabbing one hand and threatening: grabbing an arm, shirt, neck...
- c). defences against an attack with a chain.
- d). Controlling
- wrist lock, finger lock;
 - from behind with no injury;
 - from behind, bluntly controlling him;
 - facing the opponent revolving him;
 - elbow and shoulder lock and bringing to the ground;
 - elbow lock and leading the attacker backward or forward.
- The candidate must know all controls from various angles.
- e). Defending another person.

6. Combat with or without a weapon

- a) Light combat with a partner holding a knife or a stick.
- b) 2*2 minutes fight with 30 seconds rest. 5 minutes later, light combat 1 minute 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.