

<p>Krav-Maga 4th dan examination - Details of technical syllabus -</p>
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1. Basic techniques

- a). From the guard position, left and right punches, fingers, palm... followed by a left hook and a right elbow strike stepping forward, finishing with a left circular knee strike.
- b). From the guard position left-right punches, fingers, palm... followed by a left elbow strike stepping forward and a right hook, finishing with a right low, middle or high 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 with the opposite guard.

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 without putting the leg back on the ground.

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

3. With one partner: prescribed techniques

From the neutral position, parries, counter-attacks and grabbing. The attacks are executed from behind. The defences are executed by revolving in order to face the opponent in the best position possible. The candidate turns the head to see the attacks.

- a) Defence against an opponent with a baton : top to bottom, medium level circular on the left or on the right, low level circular.
- b) Defence against an opponent with a knife : top to bottom, straight stab different level, crossing attack towards the face, from bottom to top.

The attacks can be executed with the left or right hand. The candidate can defend either with kicks or the fore-arms.

4. With two partners: prescribed techniques

Parries and counter-attacks against punches and kicks all level. A second opponent attacks with punch or kick all levels just after the counter-attack and on the side (left or right). The attacks are notified to the candidate before beginning.

5. Technical examination with or without weapon

- a). Using a gun, a rifle as a knife.
- b). Using a gun, a rifle as a knife and punch-kick combination.
- c). Using a rifle to parry attacks with another rifle used as a knife.
- d). Forward and backward rolls with a gun or rifle, staying on the ground or standing up.
- e). Simple technique using a belt, a rope, a string or a shoe-lace.

6. Combat with or without a weapon

- a) Light combat with a partner holding a knife or a stick ;
- b) Light combat using locks. The exercise is executed by both candidates in turns ;
- a) 2*2 minutes fight with 30 seconds rest. 5 minutes later, light 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.