

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

1. UV 1- Kihon

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

2. UV 2 - Kata.

Shadow boxing: kick-punch combinations (at least 15 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.

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

3. UV 3 – Kihon ippon Kumite (3 times minimum)

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 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.

The final grabs should be done keeping in mind the protection and the possibility of bringing the opponent to the ground.

Krav-Maga specifics

1. With one partner (3 minutes)

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.

2. Technical examination with or without weapon (4 minutes)

- 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.

3. Combat with or without a weapon

- a) Light combat with a partner holding a knife or a stick (1 minute);
- b) Light combat using locks. The exercise is executed by both candidates in turns (2 minutes);
- a) 2*2 minutes fight with 1 minute 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.