

Krav-Maga 5th dan examination - Details of technical syllabus -

General techniques

1. UV 1- Kihon

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

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.

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

3. UV 3 – Kihon ippon Kumite (2 times for a,b,c,d, and e)

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 (2 minutes)

Fundamental defence principles, the candidate is on the ground, his opponent standing up. Moving techniques and defences against punches/kicks.

2. Technical examination with or without weapon

- a). Various locks (fingers, wrist, elbow, shoulder) and control to bring the opponent to the ground or leading him, the opponent is facing the defender, or attacking on the sides or from behind (5 times).
- b) Release from various holds before locking (3 times).
- c) Protection from a gun in holster, different angles (4 times).
- d) Working in teams to master a madman (4 times)
- e) passing through a crowd with or without a weapon (1'30 minutes).

3. Combat with or without a weapon

- a) 2*2 minutes fight with 1 minute rest.

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) 5 minutes later, light combat with a partner holding a knife or a stick (2 minutes);
- c) 5 minutes later, light combat against an attacker holding out a gun.