



Grade exams for the 2nd Darga of Krav-Maga Details of the program

Course 1 - Strikes without take-off

-With a partner, from a neutral position

- a) Sequence of 2 straight punches/ palms/ outstretched fingers, followed by 2 elbow blows after getting closer. Frontwards/ crosswise/ sideways.
- b) Sequence of a straight kick and 2 straight punches/ palms/ outstretched fingers, followed by 2 elbow blows after getting closer. Frontwards/ crosswise/ sideways. Ex. : left kick, left punch, right palm, left elbow, right elbow.
- c) Sequence of 2 straight punches/ palms/ outstretched fingers, followed by 2 hook punches after getting closer, and finish by a straight kick. Frontwards/ crosswise/ sideways. Ex. : straight right outstretched fingers, straight left palm, move forward and right hook, left hook, straight left kick.

Course 2 - Codified shadow for 3 minutes

Shadow boxing : moves, varied sequences of kicks-punches and dodges.

Required techniques should be executed in the following order :

- The applicant must move forward, backward, on the right and on the left while giving simultaneously a straight left punch.
- Left kicks, moving forward in slide steps (pas chassé) : straight, circular, sideways, back circular, back straight.
After moving forward in slide steps (pas chassé) and give the side-kick, the applicant must keep his balance in the kick's position.
- Minimum 10 kicks from the front leg without putting back the leg on the ground.

- Jump kicks :
 - Straight jump kick with the back leg, make a turn over, slap inside jump kick. The 2 kicks are given with the same leg (right for a right-handed).
 - Same techniques but start with a circular kick (back leg).
 - Same techniques (start with a circular kick) and finish with a circular kick.
- Jump twisted kick.
The strike is given with the edge of the back feet, toes up.
- Jump twisted kick. The strike is given with the heel.
- Front kicks, moving forward in shuffle steps (pas glissé): straight, circular, sideways, back circular.

In shadow, all required techniques should be executed at least once and in the required order. The strikes should be given with hands correctly positioned: outstretched fingers, closed palms and fists, in constant changeover. Between each of the required techniques, shadow is improvised. Movements will be executed in all directions. In addition to the required kicks, the applicant should give a minimum of 20 varied kicks.



Course 3 - Defences from the guard stance against kick and punch attacks.

Defences are logical replies, counter-attacks, grips and takedowns which use as less power as possible.

- a) Defences against attacks known beforehand :
- 1) Defense against straight punch on the face with fist/ palm/ outstretched fingers, from left and right arms.
 - 2) Against left and right straight punch on the body.
 - 3) Against left and right straight kick on the body.
 - 4) Against left and right circular kick on the middle level.
 - 5) Against left and right side-kick on the middle level.

b) Defense against all low-kicks

c) Defense and reply against a kick or punch not known beforehand (5 times).

In this exercise, several rules are required :

- Do not step back on your partner's attack.
- Simultaneous defences and counter-attacks as far as it is possible.
- Even if we get hit, we must counter-attack.
- After the defense and the first counter-attack, no moves should be useless in the following sequences.

Course 4 - Defences against grips

Freeing from all frontwards, backward and sideways chokeholds and grips, not known beforehand. Sequence of at least 2 strikes and takedowns.

Course 5 - Defense against knife and stick attacks

a) Basic defences against all knife and stick attacks (wooden or rubber weapons), executed from right and left hand :

- Stick from up to down / sideways : high, middle and low level.
- Knife from up to down / from down to up / swoop : all levels and distances.

b) Two against one : two partners attack simultaneously the defender. One has a knife, the other one a stick. The defender is weaponless : disarming and use of the weapon to defend ourselves (length : 1'00).

c) Attacks from all angles : defences, counter-attacks and disarmings against all knife and stick attacks coming from all directions.

d) Knife attacks with beforehand grip or strike :

- Grip + knife : the attacker makes a grip with one hand and hit with a knife with the other hand.
- Strike + knife : the attacker gives a punch or a kick before striking with a knife.



e) Knife threats : As far as possible, neutralization of all different threats with a knife. The attacks are up, statics or in movement.

f) Use of knife and stick : knife against stick or knife, stick against stick or knife. Defences with a stick or a knife against a partner armed with a stick or a knife. Technical work and fight.

Course 6 - Defences against firearms

a) Defences against pistol threats, to be executed against a right or a left handed person. The attacks are up, statics or in movement.
Frontal attacks to head and body, backward to skull, shoulder's level and lower back.
Sideways : temple, ear, front of the arm, back of the arm.

b) Protection of a group : the attacker, armed with a gun or a grenade, threatens a third party. The defender takes place in the back of the attacker and disarms him.

Course 7 - Fighting

Fight two times without weapon for 2 minutes, with a 30 seconds' break between the rounds. The strikes are fully given. Maximum 5 minutes later, light fighting against two partners for 2 minutes.