



## Grade exams for the 4<sup>th</sup> Darga of Krav-Maga

### Details of the program

#### Course 1 - Strikes from the guard stance – in opposite guard.

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-With a partner, from the opposite guard stance.

a) Sequence of 2 punches/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by a hook from the front arm, an elbow strike from the back arm and a circular kick from the front leg.

b) Sequence of 2 punches/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by an elbow strike from the front arm, a hook from the back arm and a circular kick from the back leg.

#### Course 2 - Codified shadow for 2 minutes – in opposite guard.

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Shadow boxing in opposite guard : moves, varied sequences of kicks and dodges.

Required techniques in the following order :

-The applicant must move forward, backward, on the right and on the left while giving simultaneously a straight left punch.

-Right 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 (right for a right-handed) without putting back the leg on the ground.

-Jump kicks :

-Straight kick with the back leg, make a turn over and give a slap inside jump kick.

The 2 kicks are given with the same leg (left 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 these 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 in front and side guard stances against kick and punch attacks.

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a).A first partner attacks the applicant frontwards with punches or kicks, from the head to the legs.

The applicant executes defences against the attacks.



A second partner attacks the applicant on the side (right or left) with punches or kicks, from head to legs, just after the end of the defender's counter-attack.  
The attacks of the partners are not known beforehand.

b) Unknown attacks from the rear: from a neutral position, the candidate is attacked from behind by kicks and punches. The defender, turning his best side use parades, counter-attacks, seizures and takedowns.

#### Course 4 - Grips and controls

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a) Simple techniques with a belt, a rope, a string or a lace.

b) Very light fighting exercises using : fingers, wrist, elbow, shoulder, knee and ankle locks. Partners will alternately do the exercise.

#### Course 5 - Stick and knife

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a) Unknown attacks from behind : from a neutral stance, the applicant is attacked from behind with a knife or a stick. Attacks are unknown and the applicant will execute different defences with grips, after a turn over in order to face the opponent on our best side. For the knife attacks, the applicant should execute defences with foot or forearms. The attacks will be executed with left and right hand as well, among the following attacks :  
With a stick : from up to down, circular from right or left, middle and high level, circular on low level.  
With a knife : from up to down, swoop to all levels, crossed on high level, from down to up.

b) Light fighting. The applicant is weaponless, his partner is armed with a knife or a stick.

#### Course 6 - Firearms

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a) Use of a pistol or a rifle as a knife weapon.

b) Use of a pistol or a rifle as a knife weapon followed by punches or kicks.

c) Use of a rifle to stave off attacks from another rifle used as a knife weapon.

d) Forward/backwards roll with a pistol or a rifle.

We submit by falling on our stomach, by leaning on the knee or by standing up, pointing the weapon forward, sideways or backwards.

#### Course 7 - Fighting

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Fight without weapon two times for 2 minutes, with a 30 seconds' break between the rounds. The strikes are fully given.

At least 5 minutes later, light fighting for 2 minutes against 2 partners.

