



Grade exams for the 5th Darga of Krav-Maga

Details of the program

Course 1 - Revisions

a) The applicant will be asked on elements of the program from the yellow belt to the 4th Darga black belt. He will not know beforehand what he will be asked, and he should know quite good all the techniques and their principles (rolls among others) to get above average at each of them.

This test will last at least 30 minutes.

b) The applicant should react to surprise attacks and threats : grips from all angles, kicks and punches attacks, knife, stick and chains attacks, knife, pistol and gun threats from all angles.

Course 2 - Codified shadow for 3 minutes – in opposite guard

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 right 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.
- Sequence of straight punches while moving forward on very short distances.

-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.
- Sequence of straight punching while moving backward on very short distances.

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 on the ground against kick and punch attacks.

- a) Basic principles of defences, the applicant is on the ground, his opponent stands up. Carrying out of the ground moves' techniques and, also, of basic defences against a standing up attacker.
- 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

- a) Different controlled finger, wrist, elbow and shoulder locks by taking down or by driving the partner. The applicant must execute all the locks by coming frontwards, sideways or backward.
- b) Freeing from different grips before closing the lock.
- c) Team work to control a person.
- d) Going through a group :
 - Quickly go through a dense crowd /
 - Armed with a pistol or rifle, without any violence.

Course 5 - Stick and knife

- 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 disarming defences by turning over on one side and then on the other one, 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.
- c) Neutralization of a sentry (Tamak roll / knife attack)

Course 6 - Firearms

- a) Protection of a pistol in its holster. The partner comes from all directions.
- b) Light fighting without weapon, the partner draws a pistol.

Course 7 - Fighting



Fight without weapon twice for 2 minutes with a 30 second' break between the rounds. The strikes are fully given.