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| <b>Krav-Maga 1st dan examination</b><br>-Details of technical syllabus- |
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**1. - Basic techniques.**

- a) From the neutral position (no guard), punch/palm of the hand/fingers straight. Forward/ diagonally / sideways.
- b) From the neutral position direct kick. Forward/ diagonally / sideways.
- c) From the neutral position, kick-punch combination /palm/fingers. Forward/ diagonally / sideways.
- d) From the neutral position punch combination palm of the hand/fingers straight. Forward/ diagonally / sideways.

**2. - Shadow boxing (3 minutes)**

Shadow boxing: kick-punch combinations (at least 20 kicks) moving forward, backward, on the right, on the left and dodging.

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.

Kicks with sliding step, front leg: direct, circular, sidekick, reverse kick.

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

**3. - With partner: prescribed techniques**

From the guard position, all following defences are parries, counter-attacks and grabs.

- 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 executed keeping in mind the protection and the possibility of bringing the opponent to the ground.

**4. - With one partner**

- a) In guard: defences against all kicks, low level, and two-punch (at least) combination.
- b) Releases from chokes and grabs forwards, from behind, sideways and two-punch (at least) combination.
- c) Basic defences against knife and stick strikes :
  - stick from top to bottom/ sideways/ middle or low level;
  - knife from top to bottom/ straight all levels and various distances.

All attacks could be executed with left or right hand.

**5. - Technical examination with or without weapon**

- a). Two opponents strike simultaneously, one holding a knife, the other a stick (1 minute).
- b). Defence against an attacker threatening with a gun :
  - facing the victim and aiming the face, the body (3 times) ;

- from behind, back of head (3 times).

c). From the side, in front of the elbow, behind the elbow (3 times).

All techniques can be executed with left or right hand. Threatening from the side can be done either on left or right side.

## **6. - 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) Defence and counter-attack against punch or kick.

In this exercise, several rules must be applied:

- moving backward on attack is forbidden ;
- defence and counter-attack are as simultaneous as possible ;
- action even if hit ;
- after defence and first counter-attack, no unnecessary movement in combination.