

Krav Maga Yellow Belt Curriculum

Prerequisites for advancement: 50 beginner-level class hours, Yellow Belt midterm, and instructor approval

Target time: approximately 4-6 months

1. Combatives

Straight Punch

Straight Punch – Low

Hammer Fist Strikes (all directions)

Palm Heel Strikes

Eye Strikes

Throat Strikes

Ear Strikes

Horizontal Elbows (1-3)

Vertical Elbows (4-7)

Knees

- no grab/long knee
- center clinch (plum position)
- side clinch

Front Kick

- back leg
- front leg
- switch kick

Front Kick – Vertical Target (ball of foot)

Round Kick Low

Round Kick Mid-Level

Clinch Positions

- Center Clinch (plum position)
- Side Clinch
- 50/50 (inside)
- 50/50 (outside)

2. Assault Response

Choke Front Static / One Hand Pluck

Choke Front Static / Two Hand Pluck

Choke from Behind (static)

Choke from Side (static)

Choke from Front with Push

Choke from Behind with Push

Headlock from behind (bar arm and carotid)

Inside Defense vs. Straight Punches

Inside Defense vs. Low Straight Punches

Slipping Straight Punches
360 Defenses

3. Ground Transition

Front & Back Soft Falls
Side Falls
Front & Back Rolls
Getting Up Safely

4. Ground Defense

Ground Fighting Positions (Back and Side) and Movement
Ground Front Kick
Ground Round Kick
Ground Side Kick
Ground Axe Kick
Stripping Foot Grabs

- Pulled Forward
- Turned Inward
- Turned Outward

5. Soft Techniques

Same Side Hand Release
Opposite Side Hand Release
Two Hands Held High Release
Two Hands Held Low Release
Wrist Release (2-handed hold)

Krav Maga Orange Belt Curriculum

Prerequisites for advancement: 50 class hours, Orange Belt midterm, and instructor approval

Target time: approximately 6-10 months from Yellow Belt test

1. Combatives

Hook Punch
Uppercut Punch
Overhand Punch
Straight Punches with Advance and Retreat
Advancing Front Kick
Defensive Front Kick
Round Kick Ball of Foot
Upper Cut Back Kick
Oblique Kick

Side Kick (with and without an advance)

Back Kick (with and without an advance)

Clinch Transitions

- Pummeling

2. Self Defense

Defense vs. Hook Punch (3):

- Bob and Weave
- Covering Defense
- 360 Defense

Defense vs. Uppercut Punch

Inside Defense and Counter vs. Left Punch

Inside Defense and Counter vs. Right Punch (2)

- Counter to body and head
- Counter to head

Inside Defense and Counter vs. Left Straight with Left Hand

360 Defense & Counter

Reflexive Defense vs. Front Kick

Stabbing Defense vs. Front Kick

Defense against Low Front Kick (redirecting with shin)

Defense against Low Round Kick

- Shin Check
- Absorbing on Thigh

Headlock from Side

Bear Hugs from Front

- Arms Free / With Space
- Arms Free / No Space
- Arms Caught / With Space
- Arms Caught / No Space

Bear Hugs from Back

- Arms Free
- Arms Caught

Choke Against Wall from Front

Choke Against Wall from Back

Choke From Behind with Pull

3. Ground Transition

Low Hard Front and Back Fall Breaks

Forward Roll/Back Fall Combination

4. Ground Defense

Defense while Mounted (covering / bucking hips)

Trap & Roll From Full Mount

- Vs. punching
- Vs. being choked
- Vs. headlock

Side Elbow Escape (hip escape / shrimping) From Full Mount

Maintaining Full Mount

Disengage from Full Mount (top position)

Escape from Guard (top and bottom position)

Side Mount – Maintenance

Side Mount – Arm Lock (Americana/Kimura)

Side Mount – Transition to Full Mount

Side Mount – Disengage (knee to belly)

5. Basic Sparring Skills

Basic Clinch Positions (Plum and Side Clinch)

Basic Clinch Transitions

Light Contact to Body Only (Boxing and Low Kicks)

Krav Maga Green Belt Curriculum

Prerequisites for advancement: 50 class hours, Green Belt midterm, and instructor approval

Target time: approximately 10-12 months from Orange Belt test

1. Combatives

Headbutts (all directions)

Heel Kick

Inside Slap Kick

Jumping Front Kick

Jumping Round Kick

Jumping Switch Round Kick

Jumping Switch Front Kick

2. Assault Response

Inside Defense vs. Left-Right Combination

- Dbl. Inside Defense
- Inside Defense + Outside Defense
- Lean Back and Trap

Outside Defense (5)

Punching Defense vs Right Overhand Punch

Plucking Defense vs. Mid-Level Front Kick

Reflexive Defense vs. High Front Kick

Reflexive Defense vs. High Round Kick

Defense vs. Mid- to High Round Kick from Fighting Stance

- 3-Point Defense
- 2-Point Defense

Kick Defense vs. Overhead Knife Attack

Kick Defense vs. Straight Knife Stab

Bear Hug With Lift

- From Front
- From Behind

Bear Hug from Behind / Leverage on Finger

Headlock from Side Spun Inward

Reverse Standing Headlock (guillotine)

3. Ground Transition

High hard fall breaks (front, side, and back)

Simple Takedown

Double Leg Takedown

Toe Pick Takedown

Sprawl against Takedown

4. Ground Defense

Choke from Side

Headlock from Side

- Attacker's Weight Forward
- Attacker's Weight Back

Arm Bar from Guard

Defense vs. Arm Bar

Arm Triangle

- From Guard
- From Full Mount

Defense vs. Arm Triangle

Guard Reversals

- Sit up and Sweep
- Scissor / Stomp

Escape Side Mount (2)

Defense vs. Americana

5. Weapons Defense

Gun Touching Back

Gun behind Arm

Gun from Side (in front of ear)

Gun from Side (behind ear)

Gun From Front

- To body
- To head
- Off-angle (cupping)

Stick vs. Empty Hand / Downward Swing / Live Side

Stick vs. Empty Hand / Downward Swing / Dead Side

Stick vs. Empty Hand / Baseball Bat Swing

6. Intermediate Sparring Skills

Light Contact Full Gear (with contact to head)

Krav Maga Blue Belt Curriculum

Prerequisites for advancement: 50 class hours, Blue Belt midterm, and instructor approval

Target time: approximately 10-12 months from Green Belt test

1. Combatives

Axe Kick

Back Kick with Spin

Heel Kick with Spin

Outside Slap Kick with Spin

2. Assault Response

Defense against Kicks with Spin

Hair Grab from Front

Hair Grab from Front with Impending Knee

Hair Grab from Side

Hair Grab from Side with Impending Knee

Hair Grab from Behind

Headlock from Side Neck Break

3. Ground Transition

Sweep with Heel Kick

Sweep with Front Kick

Sweeps from Clinch

4. Ground Defense

Defense vs. Full Mount (wrists pinned)

Leg Triangle Choke

Defense vs. Leg Triangle

Guillotine Choke

Defense vs. Guillotine Choke

Headlock from Behind

Defense vs. Headlock from Behind

Kimura with Attacker in Guard

5. Weapons Defense.

Gun from Side in Front of Arm

Gun from Front with Hard Push to Body

Gun from behind at Distance

Gun from behind (extreme close quarters)

Stick vs. Straight Knife Stab (live and dead side)

Stick vs. Downward Knife Stab (live and dead side)

Stick vs. Upward Stab (live and dead side)

6. Intermediate Sparring Skills

Moderate Contact Full Gear (stand-up and ground fighting)

Krav Maga Brown Belt Curriculum

Prerequisites for advancement: 50 class hours, Brown Belt midterm, and instructor approval

Target time: approximately 12-18 months from Blue Belt test

6. Combatives

Front Kick / Switch Round Kick

Front Kick / Switch Front Kick

Back Kick / Switch Back Kick

Outside Slap Kick / Switch Front Kick

Knee / Switch Knee

7. Assault Response

Defense vs. Full Nelson with Leverage on Fingers

Defense vs. Full Nelson with Shoulder Throw

Defense vs. Full Nelson with Leg Sweep

Defense vs. Headlock from Behind (attacker on back)

Defense vs. Tackle from Front

Defense vs. Tackle from Behind

8. Ground Transition

Hip Throw

Shoulder Throw

Sacrifice Throw

9. Ground Techniques

Omoplata with Attacker in Guard

Reverse Arm Bar from Guard
Defenses vs. Standing Attacker

10. Weapons Defense

Gun Threat from Behind (hostage situation)
Gun Threat from Behind (moved forward)
Gun Threat – Attacker with Shirt Grab
Gun Threat – Machine Gun Takedown
Defense vs. Bayonet Stab (live and dead side)
Knife Threat at Distance in Front
Knife Threat at Side of Neck (left and right side)
Knife Threat at Front of Neck
Knife Threat from Behind (Hostage Situation)
Knife vs. Empty Hand with Upward Stab
Knife vs. Empty Hand with Downward Stab
Knife vs. Empty Hand - Straight Stab (live side)
Knife vs. Empty Hand - Straight Stab (dead side)
Knife vs. Empty Hand with Backward Slash
Long Gun from Front, Live Side
Long Gun from Front, Dead Side (disarming under gunman's arm)
Long Gun from Side, Behind the Arm
Long Gun from Behind
 Gun Against Body
 Gun at Distance

11. Advanced Sparring Skills

Moderate Contact Full Gear
 -Multiple attackers, stand up and ground

Krav Maga Black Belt Curriculum

Prerequisites for advancement: 50 class hours, Advanced Review training at KMA headquarters, and approval from Chief Instructor

Black Belt tests are held exclusively at KMA headquarters in Los Angeles, CA

Target time: approximately 12-18 months from Brown Belt test

1. Ground Transition

High Hard Back Fall / Feet Dynamically Being Pulled Away

High Hard Front Fall / Feet Dynamically Being Pulled Away

2. Weapons Defense

Yellow through Brown Belt Defenses from Weak Side

Gun Threat with Shirt Grab

Gun with hand to Chest

Gun Being Pushed

Gun Under Chin

Gun Pinned to Wall

Gun Threat over Obstacle

Gun on Knees

Gun on Back Mounted

Gun Face Down with Attacker in Back Mount

Gun Hand on Shoulder

Gun Extreme Close Quarters

Gun Threat to Front of Third Party, Defender behind Attacker

Gun Threat to Front of Third Party, Defender behind VIP

Gun Threat to Third Party, Defender to Live Side

Gun Threat to Third Party, Defender to Dead Side

Knife Threat to Front of Third Party, Defender behind Attacker

Knife Threat Front of Third Party, Defender behind VIP

Knife Threat to Third Party, Defender to Live Side

Knife Threat to Third Party, Defender to Dead Side

Knife vs. Knife - Straight Stab

Knife vs. Knife - Upward Stab

Knife vs. Knife - Downward Slash

Knife vs. Knife - Backward Slash

Stick vs. Stick - Downward Swing (1-handed)

Stick vs. Stick - Baseball Bat Swing (1-handed)

Stick vs. Stick - Downward Swing (2-handed)

Stick vs. Stick - Baseball Bat Swing (2-handed)

3. Fighting Skills

Heavy/full Contact Full Gear (MMA gloves)

-Multiple attackers, stand up and ground