

# Krav Maga Curriculum

DFW Combat Co.



Rev. 09/2023

# ROAD TO BLACK BELT



**12+ MONTHS**

**50hrs KM Advanced  
50hrs BJJ  
50hrs MT Core or Sparring**



**10-12 MONTHS**

**50hrs KM Advanced  
30hrs BJJ  
30hrs MT Core or Sparring**



**10-12 MONTHS**

**50hrs KM Core or Advanced  
30hrs BJJ  
30hrs MT Core or Sparring**



**8-10 MONTHS**

**50hrs KM Core Concepts  
20hrs BJJ  
20hrs MT Core or Sparring**



**6-8 MONTHS**

**40hrs KM Core Concepts  
15hrs BJJ  
15hrs MT Fundamentals**



**3-6 MONTHS**

**40hrs KM Fundamentals**

**\*These are suggested timelines for progression at each rank level. Advancement also requires completion of a midterm review and instructor approval**

## Krav Maga Yellow Belt Curriculum

Prerequisites for advancement:

- 40 hours KM Fundamentals
- Instructor approval

Target time: approximately 3-6 months

### Stand-up

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

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

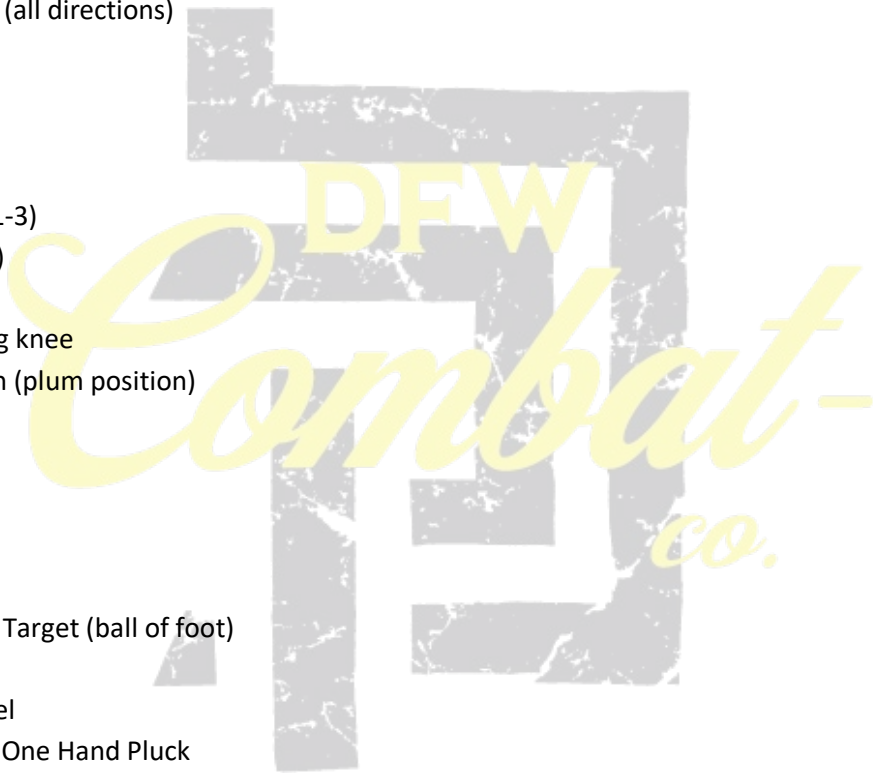
Headlock from behind (bar arm and carotid)

Inside Defense vs. Straight Punches

Inside Defense vs. Low Straight Punches

Slipping Straight Punches

360 Defenses



## **Ground**

Front & Back Soft Falls

Side Falls

Front & Back Rolls

Getting Up Safely

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

## **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:

- 40 hours KM Core Concepts
- 15 hours BJJ
- 15 hours Muay Thai Fundamentals or Core Concepts
- Attend a Midterm Review within 6 months
- Instructor approval

Target time: approximately 6-8 months from Yellow Belt test

### Stand-up

Hook Punch

Uppercut Punch

Overhand Punch

Straight Punches with Advance and Retreat

Advancing Front Kick

Defensive Front Kick

Round Kick Ball of Foot

Side Kick (with and without an advance)

Back Kick (with and without an advance)

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

## **Ground**

Low Hard Front and Back Fall Breaks

Forward Roll/Back Fall Combination

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)

## Krav Maga Green Belt Curriculum

Prerequisites for advancement:

- 50 hours KM Core Concepts
- 20 hours BJJ
- 20 hours Muay Thai Core Concepts or Sparring
- Attend a Midterm Review within 6 months
- Instructor approval

Target time: approximately 8-10 months from Orange Belt test

### Stand-up

Headbutts (all directions)

Heel Kick

Inside Slap Kick

Jumping Front Kick

Jumping Round Kick

Jumping Switch Round Kick

Jumping Switch Front Kick

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

Bear Hug With Lift

- From Front
- From Behind

Bear Hug from Behind / Leverage on Finger

Reverse Standing Headlock (guillotine)

### Ground

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

Simple Takedown

Double Leg Takedown

Toe Pick Takedown

Sprawl against Takedown

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





## **Krav Maga Blue Belt Curriculum**

Prerequisites for advancement:

- 50 hours KM Advanced
- 30 hours BJJ
- 30 hours Muay Thai Core Concepts or Sparring
- Attend a Midterm Review within 6 months
- Instructor approval

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

### **Stand-up**

Axe Kick

Back Kick with Spin

Heel Kick with Spin

Outside Slap Kick with Spin

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

### **Ground**

Sweep with Heel Kick

Sweep with Front Kick

Sweeps from Clinch

Defense vs. Full Mount (wrists pinned)

Leg Triangle Choke

Defense vs. Leg Triangle

Guillotine Choke

Defense vs. Guillotine Choke

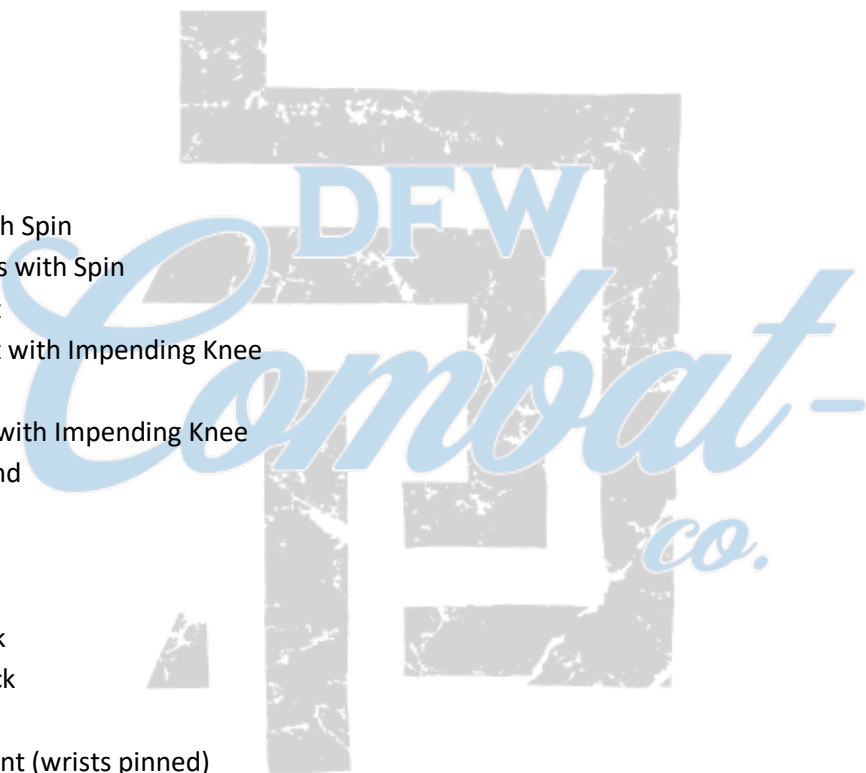
Headlock from Behind

Defense vs. Headlock from Behind

Kimura with Attacker in Guard

### **Weapons**

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)

Gun from Side in Front of Arm

Gun from Front with Hard Push to Body

Kick Defense vs. Overhead Knife Attack

Kick Defense vs. Straight Knife Stab

Stick vs. Empty Hand / Downward Swing / Live Side

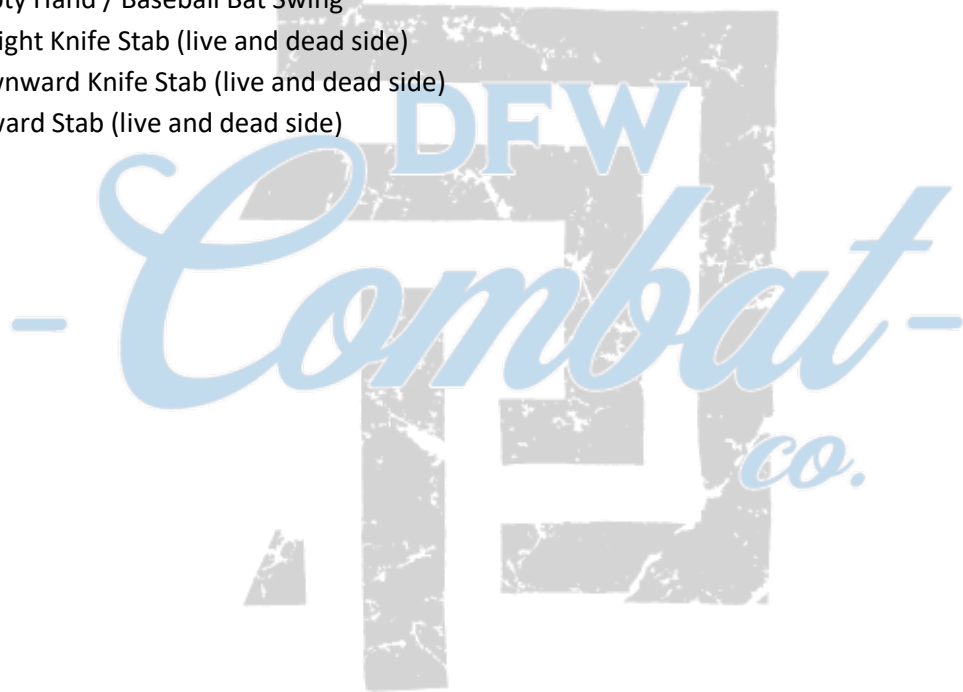
Stick vs. Empty Hand / Downward Swing / Dead Side

Stick vs. Empty Hand / Baseball Bat Swing

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)



## Krav Maga Brown Belt Curriculum

Prerequisites for advancement:

- 50 hours KM Advanced
- 30 hours BJJ
- 30 hours Muay Thai Core Concepts or Sparring
- Attend a Midterm Review within 6 months
- Instructor approval

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

### Stand-up

Front Kick / Switch Round Kick

Front Kick / Switch Front Kick

Back Kick / Switch Back Kick

Outside Slap Kick / Switch Front Kick

Knee / Switch Knee

Defense vs. Full Nelson with Leverage on Fingers

Defense vs. Full Nelson with Shoulder Throw

Defense vs. Full Nelson with Leg Sweep

Headlock from Side Spun Inward

Headlock from Side Neck Break

Defense vs. Headlock from Behind (attacker on back)

Defense vs. Tackle from Front

Defense vs. Tackle from Behind

### Ground

Hip Throw

Shoulder Throw

Sacrifice Throw

Omo-plata with Attacker in Guard

Reverse Arm Bar from Guard

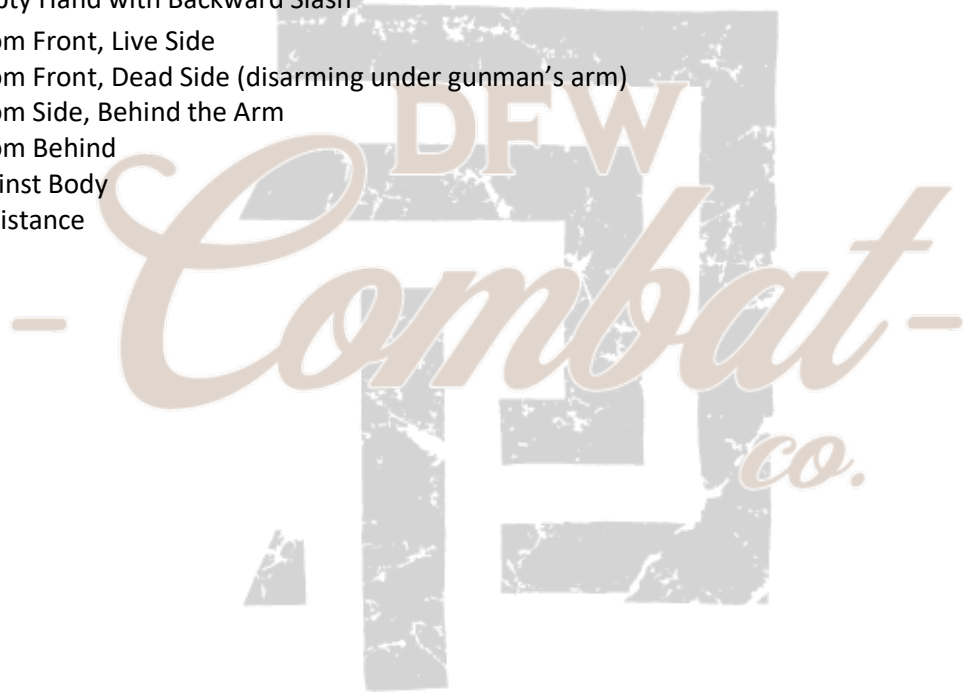
Defenses vs. Standing Attacker

### Weapons

Gun from behind at Distance

Gun from behind (extreme close quarters)

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



## Krav Maga Black Belt Curriculum

Prerequisites for advancement:

- 50 hours KM Advanced
- 50 hours BJJ
- 50 hours Muay Thai Core Concepts or Sparring
- KMA Advanced Prep
- 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

### Ground

High Hard Back Fall / Feet Dynamically Being Pulled Away  
High Hard Front Fall / Feet Dynamically Being Pulled Away

### Weapons

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

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)