



Sector U.K.

# Krav Maga Self Defence

## 1st Darga Belt Techniques

Module		
<p style="font-size: 2em; font-weight: bold; text-align: center;">1</p>	<p>Strikes without warning (no telegraph)</p>	<p>1. Basic techniques - From the neutral position (no guard)</p> <p>a) <b>Straight punch:</b> Fist / palm heel / fingers. Forwards / diagonally / sideways</p> <p>b) <b>Straight kick:</b> Forwards/ diagonally / sideways</p> <p>c) <b>Combination:</b> <i>Kick</i> forwards/diagonally / sideways followed by a punch - fist/palm/fingers</p> <p>d) Combination: <i>Punch</i> - fist /palm/fingers followed by a kick forwards / diagonally / sideways.</p>
<p style="font-size: 2em; font-weight: bold; text-align: center;">2</p>	<p>Shadow boxing (3 minutes)</p>	<p>Shadow boxing: Movement, a variety punching and kicking combinations, and evasions. Throughout the shadow boxing strikes have to be demonstrated with the correct hand positions – fingers straight, palm heel and fist closed – alternating continually.</p> <p>1. The candidate has to demonstrate a <b>straight jab</b> while <b>simultaneously moving <u>forwards, backwards, to the left</u> and <u>to the right</u>.</b></p> <p>2. <b>Kicking forwards while skipping forwards.</b> Straight kick, roundhouse kick, side kick, hook kick, back kick.</p> <p>3. <b>Kicking forwards while sliding forwards.</b> Straight kick, roundhouse kick, side kick, hook kick.</p> <p><i>Throughout the shadow boxing all the compulsory techniques have to be done at least once and in the correct order. In between each of the thirteen compulsory moves shadow boxing is improvised. Movement will be in all directions. In addition to the skipping and sliding kicks the candidate must demonstration a variety of at least 20 kicks which emphasise kicking and punching combinations using the fist, the palm heel and the fingers.</i></p>

<p style="text-align: center; font-size: 2em; font-weight: bold;">3</p>	<p style="text-align: center;">Defences against kicking and punching attacks, from the guard.</p>	<p>From the guard position, following the defence, a combination of at least two strikes and finishing with a hold which favours safety and able to proceed to a take down.</p> <p><b>1. Defences against attacks that are known in advance</b></p> <p>a) Defences against left / right punches to the face with the fist/ palm heel/ fingers  b) Against a straight left / right punch to the body  c) Against a straight left / right kick to the body  d) Against a medium height left / right roundhouse kick  e) Against a medium height left / right side kick</p> <p><b>2. Defences against all low kicks</b></p> <p><b>3. Defences and counters against a punch or a kick that is not known in advance (X 5)</b>  <u>Several rules are necessary during this exercise</u></p> <ul style="list-style-type: none"> <li>• No going backwards when the partner attacks</li> <li>• Simultaneous defences and counters, as far as possible</li> <li>• Even if the candidate takes a hit, he/she must counter-attack</li> <li>• After the defence and the first counter-attack, no superfluous movements during subsequent combinations</li> </ul>
<p style="text-align: center; font-size: 2em; font-weight: bold;">4</p>	<p style="text-align: center;">Defences against grabs</p>	<p>Releases from all throttles and grabs - from the front, from the back, from the side. Not known in advance.</p> <p>Followed by a combination of at least two strikes.</p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">5</p>	<p style="text-align: center;">Defences against attacks with – knives and sticks</p>	<p>Basic defences against knife and stick strikes</p> <p><b>1. Basic defences against all the stick and knife attacks (the weapon is made of wood or foam).</b>  The attacks are applied with either the left or the right hand.</p> <p>a) <b>Stick</b> - downwards strike / lateral strike – high / middle / low  b) <b>Knife</b> – downwards strike / upwards strike / forwards thrust – at all levels and distances.</p> <p><b>2. Two partners attack the defender simultaneously</b>  One uses a weapon, the other a knife. The defender does not have a weapon. (Duration: 1'30")</p>

<p style="text-align: center; font-size: 2em; font-weight: bold;">6</p>	<p style="text-align: center;">Defences against threats from a firearm</p>	<p><u>Defences against threats from a handgun</u></p> <p>These defences have to be applied against a right-handed or left-handed person. The threat from the side will be made with the left or the right hand on the right side or the left side.</p> <p><b>1. From the front</b> – to the face; to the body</p> <p><b>2. From behind</b> – to the back of the head; shoulder height; base of the spine</p>
<p style="text-align: center; font-size: 2em; font-weight: bold;">7</p>	<p style="text-align: center;">Combat</p>	<p><b>Combat without weapons 2x 2 minutes with 30 seconds rest in between</b></p> <p>All strikes are allowed. Before the fight the examiner must remind the participants of their moral obligations.</p> <p><u>There are certain rules which must be respected for safety reasons</u></p> <ul style="list-style-type: none"> <li>• If a candidate receives a heavy blow, depending on the severity of the blow, strikes that follow must be light, or the fight is to be stopped;</li> <li>• If a candidate has the opportunity to deliver a head-butt, this must be simulated;</li> <li>• If a candidate has the opportunity to deliver a strike to areas that are fragile and unprotected, such as the back of the neck, the strike must be simulated;</li> <li>• If a candidate is struck in the groin box he must break contact and make one or two steps to the side in order to acknowledge the advantage that his partner would have gained.</li> <li>• Candidates are not judged according to the number of points that they gain. They are evaluated according to their general attitude rather than as a winner or loser.</li> <li>• They must not avoid contact and must show proof of courage, determination, clear-headedness, composure, and minimum of technical ability</li> <li>• They must respect their opponents</li> </ul> <p>Protection and boxing gloves (minimum weight 12 ozs) must be worn</p>