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1. SUMMARY

- 1.1. One can use his/her hands and legs to strike and kick effectively
- 1.2. Power and trajectory of the strikes are developing to their best form

2. STANCES, USE OF BODY STRENGTH AND MOVING OUT OF THE LINE OF FIRE

- 2.1. Knows how utilize startle-flinch to transfer from normal stance to fighting stance
- 2.2. Understands how to utilize core body strength in striking, moving, and dodging

Knows how to put attacking and moving together in one motion (see hand defenses)

- 2.3. Dodging in 45-degree angle by turning face towards the attacker and punching with front hand simultaneously
- 2.4. Dodging in 45-degree angle passing the attacker and punching simultaneously with the back hand (groin, liver, chin)

3. PUNCHING

- 3.1. Two handed punch /distancing technique
- 3.2. Front hand straight punch (open hand/fist)
- 3.3. Back hand straight punch (open hand/fist)
- 3.4. Hammer punch forward
- 3.5. Underhook and uppercut punches

4. KICKING

- 4.1. Knee kick forward
- 4.2. Front kick, attacking
- 4.3. Back Kick

5. HAND DEFENSES /DEFENSIVE PUNCHING

- 5.1. Two-handed defense against a circular punch towards head from the front
- 5.2. Dodging in 45-degree angle by turning face towards the attacker and punching with front hand simultaneously
- 5.3. Inside hand defense with 1.5 attack rhythm
- 5.4. Inside defense with simultaneous counter (Dodging in 45-degree angle passing the attacker and punching simultaneously with the back hand (groin, liver, chin))
- 5.5. 360 and simultaneous counter head level
- 5.6. 360 and simultaneous counter body level

6. RELEASES FROM HOLDS AND CHOKES

- 6.1. Front choke, straight handed
- 6.2. Side choke, straight handed with a push
- 6.3. Back choke
- 6.4. Hand release from front

6.5. Arm release from the side

7. GROUND DEFENSES AND FALL BREAKING

7.1. Break fall backwards

7.1.1. against a wall or such

7.1.2. to the ground

7.2. Break fall forward

7.2.1. against a wall

7.2.2. to the ground

7.3. Ground fighting stance, moving on the ground and attacking with kicks

7.4. Shrimping motion on the ground

7.5. Getting up from the ground by turning sideways

7.6. Release from the Choke from the side on the ground

7.7. Release from the Choke on the ground, attacker on top of the defender

7.8. Release from the choke, attacker in between defender's legs

8. WEAPON THREATS

8.1. Edged weapon in front, neck / body level

8.2. Edged weapon behind, body level

9. FIGHTING SKILLS

9.1. Striking with hands and legs to punching bags or focus mitts including dodging

9.2. Striking to moving targets

10. TACTICS AND IMPROVISED WEAPONS

10.1. Shield type IWs: Fire extinguishers and chairs

10.2. Use of bluffs and taking advantage of the threat-posers'/Attackers' startle-flinch reaction

10.3. Use of non-violent postures in threat situations

10.4. Corner-cut technique and lining-up the attackers