

ORANGE BELT

Instructional videos can be found from the Kravmagacoach – portal at www.kravmagacoach.com

1. SUMMARY

In the orange belt test the simple attack-combinations are clear and concise.
There is visible controlled aggression, determination and persistence in all working.

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

- 2.1. Use of fighting stances to steer the threat-posers' actions
- 2.2. Slip and front kick
- 2.3. Slip and round house kick to groin
- 2.4. Slip and side kick

3. PUNCHING

- 3.1. Elbow strike forward, horizontal
- 3.2. Elbow strike to side and backwards, horizontal
- 3.3. Elbow strike uppercut motion
- 3.4. Hammer punch to side and back horizontal
- 3.5. Side hook to body and head level

4. KICKING

- 4.1. Front kick, defensive
- 4.2. Side kick
- 4.3. Stomping kick forward
- 4.4. Low roundhouse kick
- 4.5. All kicks with slipping out of the line of fire

5. HAND DEFENSES /DEFENSIVE PUNCHING

- 5.1. Defense against a sucker punch to body level
- 5.2. Inside defense and hammer punch response to a head level attack
- 5.3. Forearm defense head level (e.g. against a kick)
- 5.4. Forearm defense body level (e.g. against a stab)
- 5.5. Shin defense inside
- 5.6. Shin defense outside

6. RELEASES FROM HOLDS AND CHOKES

- 6.1. Choke from the side, attacker pulling towards him/herself
- 6.2. Choke/cloth grab from the front, release with using arm
- 6.3. Choke/cloth grab from behind, release with using arm
- 6.4. Rear naked choke turning towards the attacker's pull
 - 6.4.1. Note! The first action: use the flinch and cover neck, control the hand, hit with elbow/hammer backwards
- 6.5. Headlock from the side

- 6.6. Take down prevention
- 6.7. Release from the hand grab behind

7. GROUND DEFENSES AND FALL BREAKING

- 7.1. Fall breaking to side
- 7.2. Roll forwards
- 7.3. Roll backwards
- 7.4. Headlock from the side, use of alligator turn
- 7.5. Headlock from the side, use of locking the attacker's head with legs
- 7.6. Headlock from the side, use of shoulder lock

8. WEAPON THREATS

- 8.1. Edged weapon against neck from the front, underhand grip
- 8.2. Edged weapon against neck from the front, overhand grip
- 8.3. Edged weapon body level behind, turning inside, control and attack

9. FIGHTING SKILLS

- 9.1. Fight drills standing up, attacking and stopping the attacks, several 5-20s rounds with changing tasks
- 9.2. Ground fighting skills, starting from the ground, attackers try to keep the defender on the ground

10. TACTICS AND IMPROVISED WEAPONS

- 10.1. Use of stick-type of IWs
- 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