

## GREEN BELT

**Instructional videos can be found from the Kravmagacoach – portal at [www.kravmagacoach.com](http://www.kravmagacoach.com)**

### 1. SUMMARY

- 1.1. Attacking and stopping of the attacks (Defending) is effective, straight-forward and combinations, the +1-attack principle, is fluent. The bluffing of the opponent is natural part of the defenses.
- 1.2. The basics, techniques and tactics of the yellow and Puolustautumistekniikoissa keltaisen ja oranssin vyön tekniikat/puolustautumistilanteet ovat hyvin hallinnassa ja kaikki tekniikat ovat liikeradoiltaan selkeitä ja teholtaan voimakkaita.

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

- 2.1. mastering yellow and orange belt techniques
- 2.2. Ability to move to a good fighting stance from any position
- 2.3. U-form slip

### 3. PUNCHING

- 3.1. Mastering yellow and orange belt techniques
- 3.2. Overhand hook
- 3.3. Hammer punch backwards and sideways, vertical
- 3.4. Elbow punch backwards, vertical from down to up
- 3.5. Combinations

### 4. KICKING

- 4.1. mastering yellow and orange belt techniques
- 4.2. Step and front kick
- 4.3. Sliding front kick
- 4.4. Sidekick with advancing step
- 4.5. Sliding side kick
- 4.6. Sweep kick, ankle height
- 4.7. Backwards round-house-kick
- 4.8. Spinning back-kick

### 5. HAND DEFENSES /DEFENSIVE PUNCHING

- 5.1. Mastering yellow and orange belt techniques
- 5.2. Inside defense with palm/forearm against e.g., kick to groin
- 5.3. Outside hooking defense against e.g., kick to groin
- 5.4. Stabbing defense against e.g., kick to groin
- 5.5. Shoulder defense against e.g., swinging baseball bat or roundhouse kick
- 5.6. Stabbing defense against e.g., stick-type/bottle-type etc. attack from above
- 5.7. Defense against a high round-house kick

**6. RELEASES FROM HOLDS AND CHOKES**

- 6.1. Mastering yellow and orange belt techniques
- 6.2. Guillotine choke from the front, attacker pressing down
- 6.3. Guillotine choke from the front, attacker lifting up
- 6.4. Bear-hug from the front under arms, attacker's head high
  - 6.4.1. BH from the front under arms, attacker's head down
- 6.5. Bear-hug from the front over arms, attacker's head high
  - 6.5.1. BH From the front over arms, attacker's head low
- 6.6. BH from behind, attacker pulling backwards
  - 6.6.1. BH from behind, attacker pushing forward
- 6.7. Bear-hug from behind over hands, attacker pulling
  - 6.7.1. BH from behind, attacker pushing forward
- 6.8. Bear-hug from the side over hands, attacker pulling
- 6.8.1. BH from the side over hands, attacker pushing

**7. GROUND DEFENSES AND FALL BREAKING**

- 7.1. Mastering yellow and orange belt techniques
- 7.2. rolling sideways
- 7.3. Rolling forward and stopping on the ground
- 7.4. Defending a roundhouse kick to head, body defense, hand defense and stomping kicks
- 7.5. Defending a roundhouse kick to head, two handed defense and countering kick, moving out and stomping kicks.
- 7.6. Defending against a stomping kick to head

**8. ARREST AND RESTRAINT TECHNIQUES**

- 8.1. Wrist lock
- 8.2. Forearm lock
- 8.3. arm bar lock
- 8.4. Shoulder lock
- 8.5. Take down using wrist/forearm lock
- 8.6. Take down using arm bar lock
- 8.7. Take down using shoulder lock

**9. WEAPONS' THREATS**

- 9.1. Edged weapon threat, two handed defense overhand grip
- 9.2. Edged weapon threat, underhand grip, using hand locks as part of defense
- 9.3. Edged weapon threat, turning outside and controlling with arrest and restraint techniques

**10. FIGHTING SKILLS**

- 10.1. Fighting skills standing up as in orange belt
- 10.2. ground fighting skills as in orange belt
- 10.3. 1 vs several attackers, contact drills

**11. TACTICS AND IMPROVISED WEAPONS**

- 11.1. shield-type, stone-type, stick-type, liquid-type

- 11.2. Use of bluffs, verbal commands and taking advantage of the threat-posers'/Attackers' startle-flinch reaction
- 11.3. Use of non-violent postures in threat situations
- 11.4. Corner-cut technique and lining-up the attackers

**12. SELF DEFENSE THEORY AND KRAV MAGA SYSTEM SKILLS**

- 12.1. Must have at least 5 intensive training days from the previous belt or completed the Expert-team 1 training program