

BLUE BELT

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

1. SUMMARY

Mastering the earlier belt levels. There is a distinct personal style of krav maga being formed and person is putting all krav maga principles in good use. Moving, striking, defending is balanced, slips and attacks are simultaneous and the use of body defenses are at good level.

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

- 2.1. Mastering earlier belt level techniques
- 2.2. Fluent use of body power when turning and moving
- 2.3. Attacking: bluffing and hitting the opponent with natural and personal defenses.
- 2.4. Defending the attacker's side kick attack

3. PUNCHING

- 3.1. Mastering earlier belt requirement techniques
- 3.2. Using different parts of arm to strike
 - 3.2.1. Using forearm to attacker's neck area on the same side as defense
 - 3.2.2. Using forearm to attacker's neck area on the other side of defense
 - 3.2.3. Using the edge of hand to strike e.g., sternum
 - 3.2.4. Using the thumb/other finger-joints in striking soft targets

4. KICKING

- 4.1. Mastering earlier belt requirement techniques
- 4.2. Front kick by turning towards the target
- 4.3. Scissors-kick to front
- 4.4. Spinning backwards round-house kick

5. HAND DEFENSES /DEFENSIVE STRIKING

- 5.1. mastering earlier belt requirement techniques
- 5.2. 360 defense down and front, controlling the attacker arm and turning to 90-degree angle.
- 5.3. 360 defense high, moving front and controlling the arm and turning to 90-degree angle
- 5.4. Stabbing defense ag. attack from the side
- 5.5. Double defense, both hands high ag. e.g., roundhouse kick to head
 - 5.5.1. Double defense, both hands high, changing the fighting stance
- 5.6. Double defense against swinging motion (bat, knife etc.) one hand high, one hand down.

6. RELEASES FROM HOLDS AND CHOKES

- 6.1. Bear-hugs from the front, attacker lifting the defender
- 6.2. Bear-hugs from the side, attacker lifting the defender
- 6.3. Bear-hugs from the side, attacker lifting the defender

7. GROUND DEFENSES AND FALL BREAKING

- 7.1. Break-fall from the hip etc. throw (sideways)
- 7.2. Break-fall from the takedown forward
- 7.3. Roll to side (as in green)
- 7.4. Defending from the sidemount situation
- 7.5. Defending against rear-naked-choke on the ground, attacker on top of defender
- 7.6. Defending against rear-naked-choke on the ground, attacker under the defender
- 7.7. Defending against rear-naked choke on the ground attacker facing the defender
- 7.8. Defending against a guillotine choke on the ground

8. ARREST AND RESTRAINT TECHNIQUES

- 8.1. Mastering earlier belt-requirement techniques
- 8.2. Using arrest and restraint techniques as part of release defenses.
- 8.3. Breaking the attackers restraining techniques (wrist, forearm, arm-bar, shoulder)

9. THROWS, SWEEPS, TAKEDOWNS

- 9.1. Outside sweep
- 9.2. Inside sweep
- 9.3. Body -Drop throw
- 9.4. Hip Throw

10. WEAPON THREATS

- 10.1. Attacker pushes the short firearm against defender's face from the front.
- 10.2. Attacker pushes the short firearm against defender's body from the front
- 10.3. Close range: the short firearm in the threat-poser's closer hand
 - 10.3.1. short firearm head level front
 - 10.3.2. Short firearm body level front
 - 10.3.3. short firearm head level behind
 - 10.3.4. Short firearm body level behind

11. FIGHTING SKILLS

- 11.1. Third party protection
- 11.2. Fighting rounds standing up
- 11.3. Ground fighting
- 11.4. Starting from different positions and 1 vs. several attackers

12. TACTICS AND IMPROVISED WEAPONS

- 12.1. Using blade-type weapons
- 12.2. Operating in narrow and tight environments

13. SELF DEFENSE THEORY AND KRAV MAGA SYSTEM SKILLS

- 13.1. Completed assistant instructor theoretical knowledge course
- 13.2. Minimum of 10 intensive days/seminars from the previous belt test