

BROWN BELT

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

1. SUMMARY

- 1.1. Mastering earlier belt level requirements
- 1.2. One can defend oneself against several attackers starting from various situations such as from sitting down on the ground etc.
- 1.3. Dealing with armed assailants is at good level.
- 1.4. Defending is straight-forward, simplified, and effective. Controlled aggression is the basic tool of the Finnish Krav Maga Brown Belt holder. One puts the key rule: "Don't fight by your opponents' rules in practice"

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

- 2.1. Mastering earlier belt-level techniques
- 2.2. Ability to change the direction once attacking-defending and slipping standing up
- 2.3. Ability to change the direction once attacking-defending and slipping on the ground

3. PUNCHING

- 3.1. Mastering earlier belt requirements
- 3.2. Starting attacks from different stances and situations; standing up, sitting down, lying on the ground.

4. KICKING

- 4.1. Changing a front kick to a roundhouse kick and continuing the attack
- 4.2. Changing a roundhouse kick to a front kick and continuing the attack
- 4.3. Changing a front kick to a sidekick and continuing the attack
- 4.4. Changing a stomping kick to a front kick and continuing the attack

5. HAND DEFENSES /DEFENSIVE STRIKING

- 5.1. Defending against chain-type attacks from different angles
- 5.2. Attacker throws or sprays liquid fluid on defender's face
- 5.3. Using blade or baton to stop the attackers' action

6. RELEASES FROM HOLDS AND CHOKES

- 6.1. mastering earlier belt requirements. Assuming the attacker has a sharp objective as weapon.
- 6.2. Releasing from clothes grabs from the front
 - 6.2.1. Releasing from clothes grabs from the behind
- 6.3. Defenses against the nelson-hold
- 6.4. Defending against a hip throw by counter throw/sweep
- 6.5. Defending against a headlock from the side by rolling forward
- 6.6. Defending against a leg takedown by rolling backwards with the attacker

7. GROUND DEFENSES AND FALL BREAKING

- 7.1. Mastering earlier belt requirements
- 7.2. Defending against punching on the ground (taking away the distance)
- 7.3. Defending against kicks to the sides
- 7.4. Defending against stomping kicks to body

8. ARREST AND RESTRAINT TECHNIQUES

- 8.1. Mastering earlier requirements
- 8.2. Arrest and restraint techniques in addition to defensive techniques

9. THROWS, SWEEPS AND TAKEDOWNS

- 9.1. Head control from behind and takedown
- 9.2. Cross-hold from the front and takedown
- 9.3. Cross-hold from behind and takedown
- 9.4. Leg takedown from the back
- 9.5. Leg takedown from the front
- 9.6. Leg takedown from the side
- 9.7. Sweeping hip-throw
- 9.8. Machine-gun Throw

10. WEAPON THREATS

- 10.1. Knife threats from different angles and holds
- 10.2. Double control against a gun threat at head-level (standing up, sitting down, on the ground)
- 10.3. Short firearm threat, front, head-level, attacker covering the weapon (holding it in the backhand)
- 10.4. Short firearm threat, front, body-level, attacker covering the weapon (holding it in the backhand)
- 10.5. Short firearm threat on the side, in front of defender's hand
- 10.6. Short firearm threat on the side, behind the defender's hand (short distance)
- 10.7. Short firearm threat on the side at head level, (hooking)
- 10.8. Short firearm threat on the side at head level, one-handed technique
- 10.9. Third party defenses against firearms from different angles

11. FIGHTING SKILLS

- 11.1. Standing up sparring drills
- 11.2. Groundfighting
- 11.3. Technical scenarios
 - 11.3.1. Starting from standing up and sitting down, 1 vs several, 5 seconds to move to better position before attackers' act
 - 11.3.2. Standing up 1 vs 2, one attacker talking, the other one striking etc.
 - 11.3.3. Defender on the ground, attacker starts with kicks
 - 11.3.4. One attacker grabbing, the other one continuing with kicks and punches
 - 11.3.5. One attacker starts with a push, the other one attacking with a stick or chain

12. TACTICS AND IMPROVISED WEAPONS

- 12.1. Mastering earlier belt requirements
- 12.2. Use of chain-type weapons

13. SELF DEFENSE THEORY AND KRAV MAGA SYSTEM SKILLS

- 13.1. Mastering earlier belt requirement techniques.
- 13.2. Completed assistant instructor (VOK 1) training
- 13.3. Minim of 10 intensivi training days/camps from the previous test