

BLACK BELT 1. DAN

Black Belt candidates are invited to participate, one can't apply or come to be tested without this invitation.

1. SUMMARY

The Finnish Krav Maga Belt is a self-defense professional. He/She can defend and adjust the use of force according to the situation. Defending oneself appears to be "effortless", use of body-power and moving expressionless and easy-looking.

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

2.1. All previous requirements from both left-sided and right-sided stances

3. PUNCHING

3.1. All punching techniques from different starting positions and stances

3.2. Combining different punches and targets as needed

3.3. Using batons to strike effectively

3.4. Using edged and blade-weapons effectively

4. KICKING

4.1. All kicking techniques from different starting positions and stances

4.2. Combining different kicks and targets as needed

5. HAND DEFENSES /DEFENSIVE STRIKING

5.1. Mastering all previous requirements from both right-sided and left-sided stances

5.2. Defensive striking with stick-type equipment

5.3. Defensive striking with knife-type equipment

6. RELEASES FROM HOLDS AND CHOKES

6.1. Mastering all previous techniques

7. GROUND DEFENSES AND FALL BREAKING

7.1. Mastering all previous techniques and adapting them to varying attacks

8. ARREST AND RESTRAINT TECHNIQUES

8.1. Mastering all previous techniques and adapting them to varying situations

9. THROWS, SWEEPS AND TAKEDOWNS

9.1. Mastering all previous techniques and adapting them to varying situations

9.2. Takedowns while one is on the ground him/herself

10. WEAPONS THREATS

10.1. long firearm threats, front

10.1.1. Head level

- 10.1.2. Body level
- 10.1.3. out of hand's reach

10.2. Long firearm threat, side

- 10.2.1. Head level
- 10.2.2. Body level
- 10.2.3. out of hand's reach

10.3. Long firearm threat, behind

- 10.3.1. head level
- 10.3.2. body level
- 10.3.3. out of hand's reach

11. FIGHTING SKILLS

- 11.1. Picks correct technical and tactical approach according to the size of the attacker and one's own physical capabilities
- 11.2. Masters the standing up fighting techniques
- 11.3. Masters the ground fighting techniques
- 11.4. Masters the use of the surrounding structural environment in fighting
- 11.5. Masters the use of opponents' clothing in fighting
- 11.6. Masters the use of stick -type IWs against the opponent using stick /knife
- 11.7. Masters the use of knife-type IWs against the opponent using stick /knife

12. TACTICS AND IMPROVISED WEAPONS

- 12.1. Masters the stick-type IWs
- 12.2. Masters the knife-type IWs
- 12.3. Masters the shield-type IWs
- 12.4. Masters the liquid/spray -type IWs
- 12.5. Masters all previous tactics

13. SELF DEFENSE THEORY AND KRAV MAGA SYSTEM SKILLS**13.1. Technical knowledge**

- ☞ Understands the feasibility and adaptability of krav maga techniques for individual needs
- ☞ Masters the Kravmagafinland curriculum
- ☞ Knows how to use Kravmagafinland resources and kravmagacoach.com platform to help trainees to excel in their training

13.2. Theoretical Knowledge

- Has obtained detailed knowledge of the basis of the techniques from yellow to black belt level and shows understanding of reasoning behind each movement.
- ☞ Comprehends the analysis of self-defense and how to utilize it in his/her daily training or instructor work.
 - ☞ Comprehends the pedagogic methods in krav maga teaching and masters the required techniques.

- 🌀 Mastering the programming of needed curriculums and contents to different user groups within the given time resources

13.3. Activeness

- 🌀 Participates actively in the Finnish Krav Maga Federation events, camps, instructor training or completed the expert -team 4 program.
- 🌀 Assists in developing and promoting the Finnish Krav Maga Training