

Member Handbook and Curriculum



FIT AND FEARLESS

KRAV MAGA - CROSSFIT



www.FitandFearless.com

Student Log

Name: _____

Date I Commenced Training: ___/___/___

Date I Passed Yellow Belt: ___/___/___

Date I Passed Orange Belt: ___/___/___

Date I Passed Green Belt: ___/___/___

Date I Passed Blue Belt: ___/___/___

ADVANCEMENT TIMELINE

The following timelines are only approximate and are based upon students training an average of two times per week. Again, please be mindful that students often progress through the system at different paces.

LEVEL ONE (Yellow)..... 4 Months

LEVEL TWO (Orange).....6 Months

LEVEL THREE (Green).....9 Months

LEVEL FOUR (Blue).....12 Months

LEVEL Five (Brown).....12 Months

Content

Introduction	Page 4
Getting the Most out of Your Training	Page 5
Rules and Regulations	Page 6
Yellow Belt Curriculum	Page 8
Orange Belt Curriculum	Page 10
Green Belt Curriculum	Page 13
Blue Belt Curriculum	Page 15
Brown Belt Curriculum	Page 17

THE AIM OF KRAV MAGA

To educate and build people mentally, spiritually, and physically so that in a time of need, one will be able to defend and attack with maximum speed and efficiency.

To establish in one a sense of self-worth.

To work toward the bringing together of hearts and ending violence around the world, between all peoples, irrespective of color, race or religion.

IMI LICHTENFELD
Grand Master
May 1910-January 1998

INTRODUCTION

The Official Krav Maga Training Centers of Austin are pleased to present you with this student handbook of Krav Maga self defense exercises and fighting techniques. As you may well be aware, Krav Maga is the official system of self defense employed by the Israeli Defense Forces, Israeli Anti-terrorist Units and various branches of the Israeli Security Forces. More recently, the system has been taught to, and praised by, the men and women of American law enforcement.

Krav Maga emerged in an environment where extreme violence was common. It has had ample opportunity to be tested and improved under real life conditions, proving itself to be an ideal and realistic means of defending oneself in the face of life threatening danger. **NO DEFENSIVE TACTICS PROGRAM IN THE WORLD IS MORE BATTLE TESTED THAN KRAV MAGA.**

Although the curriculum is logically organized by way of a progressive BELT TESTING SYSTEM, the promulgation and distribution of belts is certainly not the goal of the system. The Krav Maga belt testing system has not only been carefully conceived, but has been designed to motivate student participants, and foster and encourage a positive learning atmosphere. Most importantly, the belt system aids in the overall organization of subject matter and curriculum within the existing class levels.

Our most important goal is to help you develop the ability to quickly and efficiently defend against any conceivable threat to you, a friend, or a family member. When reviewing the enclosed material, be mindful that students usually advance through the system at different paces. The most important thing is to attain the actual ability to perform realistic defenses against a variety of attacks, whether the assailant is armed or unarmed. While achieving an advanced belt level is important, it should be secondary to your pursuit of knowledge... "so one may walk in peace".

Getting the most from your training

In order to get the most out of training, it is important that you average 2 classes per week, or better. Our observations have shown that twice a week is enough to develop the physical and mental conditioning required to perform best. In addition, it allows for enough repletion and instruction to help make many of the techniques “instinctive”. Of course, the more often you attend, the faster and more developed your skills will become.

A combination of sports conditioning and training methods are used to build our students. Each method is intended to develop one or more of the following:

- Aggression
- Cardiovascular Strength
- Endurance
- Muscular Strength
- Power/Explosiveness
- Proper Form
- Reaction
- Recognition
- Speed

We strongly believe that mental preparation is as important as physical training and we do our best to incorporate reality in a safe and controlled environment.

Fitness classes offer a perfect compliment to the Self Defense program, allowing for additional conditioning while enforcing many of the Self Defense and fighting skills.

Mastering Level 1 skills will form the foundation of everything else you will learn in Krav Maga. Your continued development can only equal your proficiency with Level One Techniques, so we encourage all students, regardless of rank, to occasionally attend Level One classes to maintain those skills.

Private Lessons are available to work on specific techniques or concerns. They are very valuable if you want to quickly refine certain skills.

Rules and Regulations

Dress Code & Required Equipment: Krav Maga Classes; Members must wear Krav Maga tee shirt & any type of exercise pants (e.g., sweat pants, GI pants, etc.) – no shorts allowed. Shoes must be white soled or non-skid. Wrist wraps or gloves with wrist support must be worn during heavy bag workouts. Fighting Classes 14-16 oz. Boxing gloves, headgear, shin guards, mouthpiece & groin cups (for men) are required for sparring. Fitness Classes: Appropriate aerobic wear & white soled or non-skid shoes are required.

Demeanor: While on Center premises, everyone shall refrain from using loud, foul, or slanderous language, or harassing, molesting, badgering, or soliciting other individuals. In no event shall Member's behavior, demeanor, hygiene, or attitude be in any way offensive, threatening, intimidating, unsanitary or in any manner contrary to the best interest of the membership as a whole.

Posting of petitions, notices, etc.: The circulating or posting of a petition, notice, circular or statement of any kind is prohibited in or near the Center's facilities, unless such a document is first submitted & approved by the Management of the Center.

Admission: Upon entering the Center, you must show your Keycard at the Front Desk. No one will be admitted without a card – NO EXCEPTIONS. There is a \$10 charge for replacement of any lost or stolen Keycard.

Guest privileges: All guests must be over 18 years of age or accompanied by parent. Guest fee is \$10 per visit. These Rules & Regulations shall apply.

Lost or Stolen Property: It is understood & agreed that the Center, it's agents & employees are not responsible for lost or stolen articles or any other possessions of personal property. We strongly suggest that you keep your possessions locked in a locker & leave valuables at home. The Center maintains a lost - & - found area; items left over 30 days are given to charity.

Lockers: Lockers are provided for your usage when visiting the Center but are not furnished on a permanent basis. To protect possessions, a lock is highly recommended. Locks left overnight will be removed. Contents will be donated to charity. The Center is not responsible for lost or stolen items.

Health Representations & Agreements: Member represents & warrants to the Center that Member is in good physical condition & has no medical reason or impairment that could prevent Member from his or her intended use of the facilities. Member acknowledges that the Center has not given Member any medical advice before Member joined the Center & cannot give Member any such advice after Member joins the Center, whether related to Member's physical condition & ability to use the facilities & services of the Center or otherwise. Member acknowledges & agrees that Member will discuss any health or medical concerns with Member's physician or other health professional before using the Center's facilities.

WARNING: USE OF STERIODS TO INCREASE STRENGTH OR GROWTH CAN CAUSE SERIOUS HEALTH PROBLEMS. STEROIDS CAN KEEP TEENAGERS FROM GROWING TO THEIR FULL HEIGHT; THEY CAN ALSO CAUSE HEART DISEASE, STROKE, & DAMAGED LIVER FUNCTION. MEN & WOMEN USING STERIODS MAY DEVELOP FERTILITY PROBLEMS, PERSONALITY CHANGES, & ACNE. MEN CAN ALSO EXPERIENCE PREMATURE BALDING & DEVELOPMENT OF BREAST TISSUE. THESE HEALTH HAZARDS ARE IN ADDITION TO THE CIVIL & CRIMINAL PENALTIES FOR UNAUTHORIZED SALE, OR EXCHANGE OF ANABOLIC STERIODS.

Rules are subject to change without notice.

YELLOW BELT CURRICULUM

- I. Stance
 - a. Neutral Stance
 - b. Fighting Stance

- II. Movement
 - a. Forward, Back, Left, Right
 - b. Shadow Boxing
 - c. Movement while on the ground

- III. Punches
 - a. Straight Punches
 - b. Straight Punch - left/right combination
 - c. Palm Heel Strike
 - d. Eye Strike/Throat Strike
 - e. Straight Punch with Advance
 - f. Straight Punch with Retreat
 - g. Straight Punch Low
 - h. Hammer-fist Strikes (all directions)
 - i. Elbows (1-7)

- IV. Kicks
 - a. Front Kick
 - b. Front Kick - Vertical Target
 - c. Round Kick (vertical, diagonal, horizontal)

- V. Knees
 - a. Straight forward knee
 - b. Diagonal round knee
 - c. Round angle knee

- VI. Punch/Kick Combinations
 - a. Front kick to groin and hammer-fist down
 - b. Front kick to groin and straight punch

- VII. Punch Defenses
 - a. 360° outside defenses – positions
 - b. 360° outside defenses - moving attacks
 - c. Inside defenses against straight punches
 - d. Inside defenses against low straight punches
 - e. Inside and 360° defenses against punches

VIII. Choke Defenses

- a. Choke from the front (1-hand pluck)
- b. Choke from the Front (2-hand pluck)
- c. Choke from behind
- d. Choke from the Side
- e. Choke from the Front with a Push
- f. Choke from Behind with a Push

IX. Headlock Defenses

- a. Headlock from the Side

X. Soft Techniques - General Comments

- a. Wrist Release - Same Side Hand (elbow to elbow)
- b. Wrist Release - Opposite Hand (hitchhike out)
- c. Wrist Release - 2 Hands Held High
- d. Wrist Release - 2 Hands Held Down
- e. Wrist Release - Being held with 2 hands

XI. Groundwork

- a. Position:
 - i. Back
 - ii. Side
- b. Movement
- c. Kicks on the Ground
 - i. Front
 - ii. Round
 - iii. Side
- d. Getting Up

ORANGE BELT CURRICULUM

- I. Movement
 - a. Bobbing and Weaving
 - b. Slipping Punches
 - c. Shadow Boxing (punches, elbows, kicks, knees)

- II. Punches
 - a. Hook Punch
 - b. Uppercut Punch
 - c. Focus Mitt Combinations (punches and elbows)
 - I. 1-4
 - II. L/R/Bob R
 - III. L/R elbow
 - IV. L/R/L hook/R elbow
 - V. R uppercut/L hook/R cross

- III. Kicks
 - a. Front Kick - Defensive
 - b. Side Kick
 - c. Side Kick with Advance
 - d. Back Kick
 - e. Kick Combination (front, round , side and back)
 - f. Uppercut Back Kick (short)
 - g. Front Kick with Advance (fighting and neutral stance)

- IV. Punch/Kick Combinations
 - a. Side Kick or Back Kick/Hammer-fist

- V. Punch Defenses
 - a. Inside Defense and Counter v. Left Punch
 - b. Inside Defense and Counter v. Left Punch Using Left Hand
 - c. Inside Defense with Counter v. Right Punch (2 Counters)
 - d. Inside Defense with Counter v. Right Punch (1 counter)
 - e. Defense v. Hook Punch (extended)
 - f. Defense v. Hook Punch (covering)
 - g. Defense v. Uppercut Punch
 - h. 360° Outside Defenses with counterattacks

VI. Kick Defenses

- a. Outside Stabbing Defense v. Front Kick
- b. Plucking Defense v. Low/Medium Front Kick
- c. Reflexive Defense v. Front Kick to groin
- d. Inside Defense v. High Front Kick
- e. Defense v. Low Round Kick (using shin)
- f. Defense v. Low Round Kick (absorbing)
- g. Defense v. Front Kick (redirect)
- h. Stop kick defense v. Front kick

VII. Fall Breaks

- a. Fall Break - back
- b. Fall Break - side

VIII. Choke Defenses

- a. Choke From the Front Against the Wall
- b. Choke From Behind Against the Wall
- c. Choke From Behind with a Pull
- d. Headlock From Behind - bar arm
- e. Headlock From Behind - carotid

IX. Bear-hugs

- a. Bear-hug From the Front with Arms Free (space)
- b. Bear-hug From the Front with Arms Free (no space)
(Leverage on the neck)
- c. Bear-hug From the Front with Arms Caught (space)
- d. Bear-hug From the Front with Arms Caught (no space)
- e. Bear-hug From Behind with Arms Free
- f. Bear-hug From Behind with Arms Caught (space)
- g. Bear-hug From Behind with Arms Caught (no space)

X. Groundwork

- a. Mounted, Defense v. Punches (buck hips)
- b. Mounted, Trap and Roll
- c. Maintaining mount
- d. Choke while Mounted
- e. Trapping arms, pop up and out from mount
- f. Headlock or Close Choke while Mounted
- g. Ground-fighting: Escape From Guard (Elbows-shrimping)
- h. Ground-fighting: Kick Off From Guard
- i. Foot grab/stripping
- j. Foot grab, spinning outward round kick
- k. Foot grab, spinning inward heel kick

XI. Wrist Releases

- a. 2 attackers - each pulling defender's arms to side
- b. 3 attackers - 2 pulling defender's arms to side and 2 approaching

GREEN BELT CURRICULUM

- I. Head-butt
 - a. Head-butt Forward
 - b. Head-butt Upward
 - c. Head-butt, Side (bear-hug context)
 - d. Head-butt, Back (bear-hug context)

- II. Kicks
 - a. Defensive Back Kick with a Spin
 - b. Offensive Back Kick
 - c. Offensive Back Kick with a Spin
 - d. Heel Kick
 - e. Inside Slap Kick
 - f. Outside Slap Kick
 - g. Inward angle knee

- III. Punch Defenses
 - a. Inside Defense v. Left/Right
 - b. Inside Defense v. Left/Right (Lean Back and Trap)
 - c. Inside Defense v. Left/Right (using forward hand)
 - d. Outside Defenses 1-5
 - e. Outside defense and Counter v. Right (Punching Def.)

- IV. Kick Defenses
 - a. Kick Defense v. Front Kick (Side Step & Counter)
 - b. Kick Defense v. Front Kick (Switch Kick)
 - c. Kick Defense v. High Round Kick (Reflexive)
 - d. Kick Defense v. High Round Kick (Fighting Stance - 2 contact points)
 - e. Kick Defense v. High Round Kick (Fighting Stance - 3 contact points)
 - f. Kick Defense v. High Round Kick (covering defense to head and ribs)

- V. Fall Breaks
 - a. High Fall Break (Back, Side)
 - b. Roll, Forward (Regular, High, Diving)
 - c. Forward Roll/Back Fall Break
 - d. Forward Roll/Backward Roll

- VI. Sweeps
 - a. Sweep, Forward Kick
 - b. Sweep, Heel Kick

VII. Headlocks

- a. Reverse Headlock (Standing)

VIII. Hair-grabs

- a. Hair-grab, Front
- b. Hair-grab, Side (Impending Knee)
- c. Hair-grab, Side (No Knee)
- d. Hair-grab, Behind or Opposite Side

IX. Bear-hugs

- a. Bear-hug from Behind (Leverage on Finger)
- b. Bear-hug, Lifting - from Behind
- c. Bear-hug, Lifting - from the Front

X. Groundwork

- a. Arm bar from the ground
- b. Guard reversal – sit up and sweep
- c. Choke from the Side
- d. Headlock from the Side (Basic Position)
- e. Headlock from the Side (Weight Forward, Leg Wrap)
- f. Headlock from the Side (Weight Forward, with Space)
- g. Headlock from the Side (Weight Back: Shoulder Pull or Leg Sweep)
- h. Arm Bar Guard Escape (ankle lock)
- i. Guard Escape (stacking)
- j. Side mount, basic position
- k. Side mount strikes
- l. Side mount transition to full mount
- m. Side mount disengage, knee to belly
- n. Arm (key) lock

BLUE BELT CURRICULUM

- I. Punches
 - a. Chops, Inside and Outside
 - b. Ridge Hand/Mouth of Hand Punches
 - c. Swing-out Hammer fist - Element of Surprise

- II. Kicks
 - a. Axe Kick
 - b. Outside Slap Kick with a Spin
 - c. Heel Kick with a Spin
 - d. Sweep with forward kick
 - e. Sweep with heel kick

- III. Kick Defenses
 - a. General Defense v. Medium to High Attacks (round kick, heel kick, etc.)
 - b. Sliding Defense v. High Round Kick
 - c. Plucking Defense v. High Side Kick
 - d. Plucking Defense v. Low Side Kick
 - e. Defense v. Low to Medium Side Kick (Plucking)
 - f. Defense v. Side Kick (sideways to attacker)
 - g. Sliding Defense v. Spinning Heel Kick
 - h. Kick Defense v. Spinning Heel Kick

- IV. Stick Defenses
 - a. Stick, Overhead Swing
 - b. Stick, Overhead Swing - off angle/dead side (1 step)
 - c. Stick, Overhead Swing - off angle/dead side (2 steps)
 - d. Stick Defense, Baseball Bat Swing

- V. Knife Defenses
 - a. Kick Defense v. Downward Stab
 - b. Kick Defense v. Straight Stab
 - c. Kick Defense v. Straight Stab (attacker sideways)
 - d. Kick Defense v. Straight Stab (bail out)
 - e. Kick Defense v. Upward Stab

VI. Handgun Defenses

- a. Gun from the Front
- b. Gun from the Side of the Head
- c. Gun from the Side, in Front of the Arm (touching)
- d. Gun from the Front, Pushing into Stomach
- e. Gun from the Side, Behind the Arm
- f. Gun from Behind (touching)

VII. Cavaliers

- a. Cavalier # 1
- b. Cavalier # 2
- c. Cavalier # 3
- d. Cavalier # 4

VIII. Ground-fighting

- a. Attacker Straddling, Pinning Wrists
 - i. Snow angel
 - ii. Wrist lock
- b. Choke with attacker in guard
- c. Triangle Choke
- d. Guard, bottom position, apply guillotine
- e. Guard, bottom position, defense v. guillotine
- f. Headlock from Behind
- g. Simple double leg take down, end in guard
- h. Simple double leg take down, end in side mount
- i. Toe pick take down

Brown Belt Curriculum

- I. Punches
 - a. Left Jab, Overhand Right combination
- II. Kicks
 - a. Front Kick/Round Kick with a Switch
 - b. Two Front Kicks with a Switch
 - c. Outside Slap Kick and Front Kick w/ Switch
 - d. Two Straight Knees with Switch
 - e. Two Back Kicks with Switch
- III. Kick Defenses
 - a. Defenses vs. Back Kicks
 - i. Redirecting with shin
 - ii. Redirecting with Forearm vs. High Front Kick
 - iii. Outside Stabbing Defense
 - iv. Plucking/Rowing vs. Side Kick
- IV. Throws and Holds
 - a. Machine Gun Takedown
 - b. One Arm Shoulder Throw
 - c. Hip Roll
 - d. Face to Face Flip/Sacrifice Throw
 - e. Headlock from behind, shoulder throw
 - f. Defense vs. headlock from the side: being spun inward
 - g. Headlock from the side: Neck break
 - h. Defense V. Full Nelson: Leverage on the fingers
 - i. Defense V. Full Nelson: Forward Throw
 - j. Defense V. Full Nelson: Sweep
- V. Edged Weapons Defenses
 - a. Downward (Ice Pick) Stab
 - b. Upward Stab
 - c. Straight Stab
 - d. Straight Stab: Live side
 - e. Slash
 - f. Backhand Slash
- VI. Long Gun Defenses
 - a. Shotgun/Assault rifle: Live side
 - b. Shotgun/Assault rifle: Dead Side
 - c. Shotgun/Assault rifle: From Side, behind arm
 - d. Shotgun/Assault rifle: From Behind, touching
 - e. Bayonet Stab: Live Side
 - f. Bayonet Stab: Dead Side
 - g. Handgun from Behind: at a distance
 - h. Handgun from the front: Cupping Technique

Black Belt Curriculum

Black Belt Testing is by invitation only.

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**As of 1/1/09 there are approximately
160 Krav Maga Black Belts in the US.**

KRAV MAGA™
AUTHENTIC GEAR



KRAV MAGA™
AUTHENTIC WEAR