



## Grade exams for the 3<sup>rd</sup> Darga of Krav-Maga

### Details of the program

#### Course 1 - Strikes from the guard stance.

---

With a partner, from the guard stance.

a) Sequence of 2 punches/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by a hook from the front arm, an elbow strike from the back arm and a circular kick from the front leg.

b) Sequence of 2 punches/ palms/ straight outstretched fingers (from the front arm and then the back arm), followed by an elbow strike from the front arm, a hook from the back arm and a circular kick from the back leg.

#### Course 2 - Codified shadow for 3 minutes

---

Shadow boxing : moves, varied sequences of kicks-punches and dodges.

Required techniques in the following order :

- The applicant must move forward, backward, on the right and on the left while giving simultaneously a straight left punch.

- Left kicks, moving forward in slide steps (pas chassé) : straight, circular, sideways, back circular, back straight.

After moving forward in slide steps (pas chassé) and giving the side-kick, the applicant must keep his balance in the kick's position.

- Minimum 10 kicks from the front leg without putting back the leg on the ground.

- Sequence of straight punches while moving forward on very short distance.

-Jump kicks :

- Straight kick with the back leg, make a turn over and give a slap inside jump kick.

The 2 kicks are given with the same leg (right for a right-handed).

- Same techniques but start with a circular kick (back leg).

- Same techniques (start with a circular kick) and finish with a circular kick.

- Jump twisted kick. The strike is given with the edge of the back feet, toes up.

- Jump twisted kick. The strike is given with the heel.

- Front kicks, moving forward in shuffle steps (pas glissé) : straight, circular, sideways, back circular.

- Sequence of straight punching while going backward on very short moves.

In shadow, all required techniques should be executed at least once and in the required order. The strikes should be given with hands correctly positioned : outstretched fingers, closed palms and fists in constant changeover. Between each of these required techniques, shadow is improvised. Movements will be executed in all directions. In addition to the required kicks, the applicant should give a minimum of 20 varied kicks.



### Course 3 - Defences from the guard stance against kick and punch attacks.

---

Attacks should be coming from the applicant's left or right sides. Defences are logical replies, counter-attacks, grips and takedowns, which use as less power as possible.

Defences against attacks known beforehand :

- 1) Defense against straight punch on the face with fist/ palm/ outstretched fingers, from left and right arms.
- 2) Against left and right straight punch on the body.
- 3) Against left and right straight kick on the body.
- 4) Against left and right circular middle kick.
- 5) Against left and right side-kick, on the middle level.

### Course 4 - Defences against grips

---

a) Eyes closed. Freeing from all frontwards, backward and sideways chokeholds and grips, not known beforehand. Sequence of at least 2 strikes.

b) Exercises about controls. The applicant must know all controls from all angles.

- Wristlocks, fingerlocks.
- Back rough control.
- Front control with turning over the partner.
- Armlocks (elbow and shoulder) with ground and pound.
- Lock on the elbow with leading the partner backwards or forward by the side.

### Course 5 - Defense against knife and stick attacks

---

a) Stick : Crosswise stick attacks from up to down. The attacker is right-handed and comes to the candidate's right crosswise, and vice versa.

b) Chains : Defence exercises against an attacker armed with a chain.

c) Third party defence : exercises of defence against an assailant who attacks a third party with a knife. The defender can stay behind, on the side or in front of the person who is under attack, or behind the attacker.

d) Exercise of light barehanded fighting against a partner who is armed with a knife or a stick.

### Course 6 - Defences against firearms threats

---

a) Rifle : defences against rifle threats from all angles, motionless or in movement.

b) Rifle and pistol : defences against threats from all angles when you are seated or against a wall.

c) Pistol : the attacker grips with one hand and threatens with the other one : arm, shirt or neck grip.

01.10.2013



d) Pistol : Attack's prevention. The attacker is going to draw his pistol.

## Course 7 - Fighting

---

Fight without weapon two times for 2 minutes, with a 30 seconds break between the rounds.  
The strikes are fully given.

Maximum 5 minutes later, light fighting for 2 minutes against 2 partners.