

KRAV MAGA

Curriculum in Levels





WHY A CURRICULUM?

- Train towards a goal and improve your Self Defense and Fighting skills.
- Develop good Self Defense techniques, basic fighting skills and mindset
- Learn to perform under stress
- Use controlled aggression
- Train to become stronger, more self confident and safe.
- Possibility to participate in exams to get rewarded for your achievements.

HOW IT WORKS.

Join our Krav Maga program from beginner to black belt !

- Program contains 6 levels.
- Development of techniques, aggression, mindset and fighting skills
- Discuss and identify your current level with your trainer and set improvement targets for your next MidTerm.
- Set the next goal and work towards your 3 monthly MidTerm and level test.



WHAT IT IS.





ADVANCEMENT

LEVEL 1 Yellow Belt	6 months 48 classes
LEVEL 2 Orange Belt	6 months 48 classes
LEVEL 3 Green Belt	12 months 100 classes
LEVEL 4 Blue Belt	12 months 100 classes
LEVEL 5 Brown Belt	12 months 100 classes
LEVEL 6 Black Belt	Ongoing

This schedule is approximate and varies according to each student's ability.
The number of classes are based on a 2 times a week Krav Maga training.



TESTING PROCEDURE

For every level, the students go through several MidTerms and a final Test.

- **MidTerm: every 3 months.**

To demonstrate basic skills from the last 3 months of training
Can be done in the regular Krav Maga lesson class.

- **Level Tests**

Testing days are on Saturday - plannend in advanced, bi-yearly.
Level 1 - 2 - 3 is 45 euro per level test.
Level 4 - 5 is 55 euro per level test.
Level 6 is 75 euro.

- **Test Duration**

Level 1 test appr. 1.5 hrs, Level 2 app. 2 hrs, level 3 appr. 3 hrs.
Higher levels tests are long (and therefore much more rewarding ;-)

TESTING PROCEDURE

MidTerm

Students will be asked to demonstrate basic proficiency in the techniques covered during the last three months. They must successfully complete each Midterm for that level to be eligible for the test.

Workshop

On request we can provide a good opportunity to sharpen the techniques during a Krav Maga Level Workshop. Instructors will review the techniques, and the students are free to ask questions if they are not sure how the technique should be performed.

Tests

Designed to push students to their limits. Tests are intense experiences that help them prove their ability to perform under stress. Students leave the test with a deeper understanding of themselves.

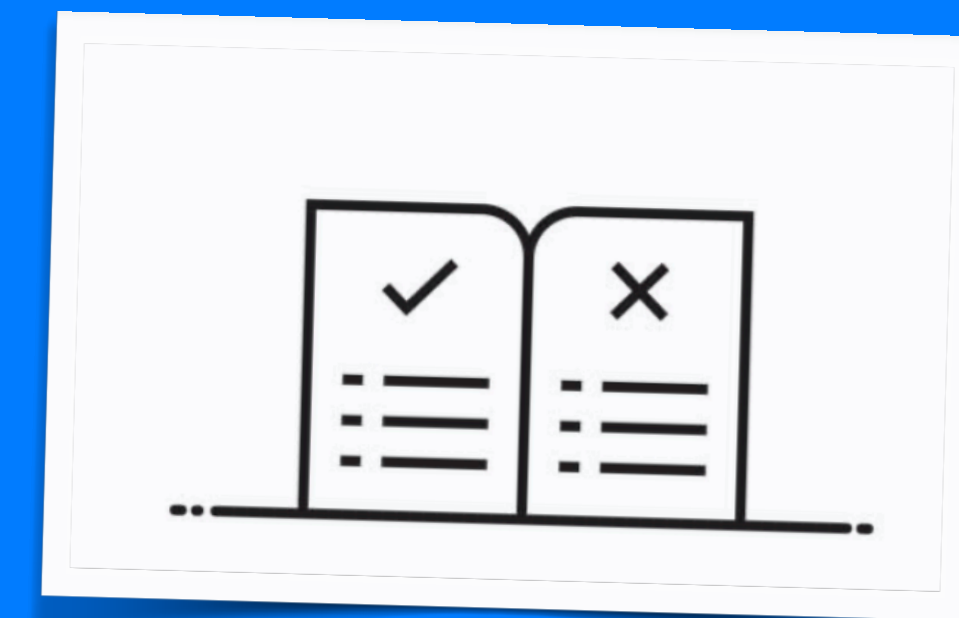
DRESS CODE

REFLEX Club t-shirt and any appropriate training pants or shorts.

- Level 1: Groin protection and month piece.
- Level 2 and above: boxing gloves, shinguards and headgear.



STUDENT GUIDELINES



- **Attend class at least twice a week.**
This will keep you on track.
- **Listen to our instructions.**
This is for your safety and the safety of those around you.
- **Drink enough water.**
Get it when you need it.
- **Wear a Krav Maga Club t-shirt**
We give you one for free at each level.
- **Treat equipment properly.**
Don't throw anything and keep the training room cleaned up
- **Ask questions, have fun and train hard.**

LEVELS & COLOURS



LEVEL 1 | YELLOW BELT

6 months
48 classes

Combatives

- Stance
- Movement - all directions
- Straight punches
- Left / right combination
- Straight punch with advance
- Straight punch with retreat
- Straight punch low
- Palm heel strike
- Eye strike
- Hammerfists - side, forward, downward
- Elbow strikes
- Front kick (groin)
- Front kick to a vertical target
- Round kick
- Knees

Self Defense

- 360 outside defenses
- Inside defense v. straight punches
- Inside defense v. straight punches low
- Choke from the Front - 2 handed pluck
- Choke from the Front - 1 handed pluck
- Choke from the Side
- Choke from Behind
- Choke from the Front with a push
- Choke from Behind with a push
- Headlock from Behind
- Wrist releases 1-5

Ground

- Ground position - Back
- Ground position - Side
- Ground - Front Kick
- Ground - Round Kick
- Ground - Side Kick
- Getting up from the ground

LEVEL 1 | MIDTERMS

MIDTERM A

3 months
24 classes

- Stance
- Movement - all directions
- Straight punches
- Left / right combination
- Hammerfists - side
- Elbow strikes 1-3
- Front kick (groin)
- Front kick to a vertical target
- Knees (regular and round)
- Basics takedown defense
- 360 defense
- Choke from the Front - 2 handed pluck
- Choke from Behind
- Wrist releases 1-5
- Ground position - Back
- Ground - Front Kick
- Ground - Round Kick
- Getting up from the ground

MIDTERM B

3 months
24 classes

- Straight punch with advance
- Straight punch with retreat
- Straight punch low
- Palm heel strike
- Eye strike
- Hammerfists - forward
- Hammerfists - downward
- Elbows 4-7
- Round kick
- Inside defense v. straight punches
- Inside defense v. straight punches low
- Choke from the Front - 1 handed pluck
- Choke from the Side
- Choke from the Front with a push
- Choke from Behind with a push
- Headlock from Behind
- Ground - side position
- Ground - side kick

LEVEL 2 | ORANGE BELT

6 months
48 classes

Combatives

- Bobbing and weaving
- Slipping punches
- Hook punch
- Uppercut punch
- Punch combinations
- Defensive front kick
- Side kick
- Side kick with advance
- Back kick
- Short upper back kick
- Front kick with advance
- Inside defenses with counterattacks
 - v. left straight punch
 - v. right straight punch (2 counters)
 - v. right straight punch (1 counter)
- Defense v. hook punch
 - Extended
 - Covering
- Defense v. uppercut punch
- 360 defense with counterattack
- Reflexive defense v. Front kick
- Outside stabbing defense v. Front kick
- Defense v. low round kick (shin block)
- Defense v. low round kick (absorbing)
- Defense v. front kick (stop kick)
- Defense v. front kick (redirecting)

Self Defense

- Choke from the Front against a wall
- Choke from Behind against a wall
- Choke from Behind with a pull
- Headlock from the side
- Bearhug from the front
 - Arms free
 - Arms free - leverage on the neck
 - Arms caught
- Bearhug from behind
 - Arms free
 - Arms caught

Ground

- Fall break - Backward
- Fall break - Side
- Punch defense mounted (bucking hips)
- Trap & Roll v. Full Mount
- Defense v. mount (elbow escape)
- Defense v. Choke (full mount)
- Headlock (full mount)
- Top position
- Disengage from full mount
- Kick off the guard
- Foot grabs
 - Stripping
 - Spin outward
 - Spin inward

LEVEL 2 | MIDTERMS

MIDTERM A

3 months
24 classes

- Hook punch
- Uppercut punch
- Defensive front kick
- Front kick w/adv. (fighting & neutral)
- Defense v. low round kick (shin block)
- Defense v. low round kick (absorbing)
- Defense v. front kick (stop kick)
- Defense v. front kick (redirecting)
- Headlock from the side
- Bearhug from the front
 - Arms free (base n space)
 - Arms free - leverage on the neck
 - Arms caught
- Bearhug from behind
 - Arms free
 - Arms caught
- Bearhug front/behind (remove arms)
- Ground: Kick off the guard
- Ground: Foot grabs
 - Stripping
 - Spin outward
 - Spin inward

MIDTERM B

3 months
24 classes

- Bobbing and weaving & Slipping punches
- Basic takedown defense (spin on centerline)
- Side kick (with and w/out advance)
- Back kick & Short upper back kick
- Inside def. with counter v. left
- Inside def. with counter v. left (live side)
- Inside def. with counter v. right (2 counters)
- Inside def. with counter v. right (1 counter)
- Defense v. hook punch (extended)
- Defense v. hook punch (covering)
- Defense v. uppercut punch
- 360 defense with counterattack
- Reflexive defense v. Front kick
- Outside stabbing defense v. Front kick
- Choke from the Front against a wall
- Choke from Behind against a wall
- Choke from Behind with a pull
- Fall break - Backward & Side
- Ground: Strike from Full mount (bucking hips)
- Ground: Trap & Roll v. Full Mount
- Ground: Def. v. mount (elbow escape)
- Ground Def. v. Choke (full mount)
- Ground: Def. v. Headlock (full mount)

LEVEL 3 | GREEN BELT

12 months
100 classes

Combatives

- Headbutt - forward, side, back, upward
- Defensive back kick with a spin
- Heel kick
- Inside slap kick
- Outside slap kick
- Knee - inward angle
- Inside defense v. left / right combo
 - Double inside defense
 - Lean back & trap
 - 1 hand
- Outside defenses 1-5
- Outside defense v. right punch
- Inside defense v. high front kick
- Defense v. high round kick:
 - Reflexive
 - 2 or 3 contact point
 - covering

Self Defense

- Reverse headlock standing (guillotine)
- Hair grabs - front, side, behind
- Bearhug from behind; leverage on finger
- Bearhug from behind; lifting
- Bearhug from front; lifting

Ground

- Fall break backward (high)
- Forward roll
- Forward roll, back fall break (high speed)
- Backward roll
- Arm bar from guard
- Guard reversal (scissor sweep)
- Choke from the side
- Headlock from the side; forward
- Headlock from the side; back
- Escape from the guard (gouge and stack)
- Side mount; position and strikes
- Arm lock from the side mount
- Side mount to full mount
- Side mount disengage (knee to belly)

LEVEL 3 | MIDTERMS

MIDTERM A

3 months
24 classes

- Headbutt forward
- Headbutt side
- Headbutt back
- Headbutt upward
- Hairgrab front
- Hairgrab side, impending knee
- Hairgrab behind

MIDTERM B

3 months
24 classes

- Defensive back kick with a spin
- Heel kick
- Inside slap kick
- Outside slap kick
- Inside defense v. left / right combo
 - Double inside defense
 - Lean back & trap
 - 1 hand
- Outside defenses 1-5
- Outside defense v. right punch
- Reverse headlock standing (guillotine)

MIDTERM C

3 months
24 classes

- Def. v. high round kick: Reflexive
- Def. v. high round kick: 2 or 3 contact point
- Def. v. high round kick: covering
- Fall break backward (high)
- Forward roll
- Forward roll, back fall break (high speed)
- Backward roll
- Bearhug from behind; leverage on finger
- Bearhug from behind; lifting
- Bearhug from front; lifting

MIDTERM D

3 months
24 classes

- Ground - Arm bar from guard
- Ground - Guard reversal (scissor sweep)
- Ground - Choke from the side
- Ground - Headlock; forward
- Ground - Headlock; back
- Ground - Escape from (gouge and stack)
- Ground - Side mount; position and strikes
- Ground - Arm lock from side mount
- Ground - Side mount to full mount
- Ground - Side mount knee to belly

LEVEL 4 | BLUE BELT

12 months
100 classes

Combatives

- Chops (inside and outside)
- Mouth of hand punch
- Axe kick
- Spinning outside slap kick
- Spinning Heel kick
- Sweep with forward kick
- Sweep with heel kick
- General defense v. medium to high kicks
- Sliding defense v. high round kick
- Plucking/rowing defense v. med side kick
- Redirecting defense v. high kick
- Sliding defense v. spinning heel kick
- Stopping defense v. spinning heel

Self Defense

- Stick defense
 - v. overhead swing
 - v. overhead swing (off angle)
 - v. baseball bat (horizontal swing)
- Kick defense v. knife
 - distance
 - v. knife (bail out)
 - v. straight stab
- Gun from the front
- Gun to the side of the head
- Gun from the side, behind the arm
- Gun from the side, in from of the arm
- Gun from the front, pushing into stomach
- Gun from behind (touching)
- Cavaliers 1-4

Ground

- Defense v. full mount
 - Arms pinned (slide hands)
 - Arms pinned (wrist lock)
- Arm triangle from guard
- Leg triangle
- Guillotine
- Defense v. guillotine
- Headlock from behind
- Def. v. headlock from behind
- Takedowns - simple takedown
- Takedowns - double leg
- Takedowns - single leg (toe pick)

LEVEL 4 | MIDTERMS

MIDTERM A

3 months
24 classes

- Chops (inside and outside)
- Mouth of hand punch
- General defense v. medium to high kicks
- Sliding defense v. high round kick
- Sliding defense v. spinning heel kick
- Stopping defense v. spinning heel
- Stick defense
 - v. overhead swing
 - v. overhead swing (off angle)
 - v. baseball bat (horizontal swing)

MIDTERM C

3 months
24 classes

- Axe kick
- Spinning outside slap kick
- Spinning Heel kick
- Sweep with forward kick
- Sweep with heel kick
- Plucking/rowing defense v. med side kick
- Redirecting defense v. high kick
- Kick defense v. knife
 - distance
 - v. knife (bail out)
 - v. straight stab

MIDTERM B

3 months
24 classes

- Gun from the front
- Gun to the side of the head
- Gun from the side, behind the arm
- Gun from the side, in front of the arm
- Gun from the front, pushing into stomach

MIDTERM D

3 months
24 classes

- Cavaliers 1-4
- Def. v. full mount; Arms pinned (slide hands)
- Def. v. full mount; Arms pinned (wrist lock)
- Ground: Arm triangle from guard
- Ground: Leg triangle
- Ground: Guillotine & Def. v. guillotine
- Ground: Def. v. headlock from behind
- Takedowns - simple takedown
- Takedowns - double leg
- Takedowns - single leg (toe pick)

LEVEL 5 | BROWN BELT

12 months
100 classes

Combatives

- Overhand right punch (supermen)
- Front kick/round kick with a switch
- Two front kicks with a switch
- Outside slap kick/front kick with a switch
- Two straight knees with a switch
- Two back kicks with a switch
- Machine gun take down
- One arm shoulder throw
- Hip throw
- Face-to-face throw
- Headlock from behind (throw)
- Headlock from the side; being spun inward
- Headlock from the side; neck break
- Full nelson; finger strip
- Full nelson; throw
- Full nelson; sweep

Self Defense

- Knife defenses
 - v. downward stab
 - v. upward stab
 - v. straight stab
 - v. straight stab (live side)
 - v. forward slash
 - v. backward slash
- Gun from behind, distance
- Gun from the front, two-handed technique
- Long gun from the front: live side
- Long gun from the front: dead side
- Long gun from the side, behind the arm
- Long gun from behind, touching
- Defense v. bayonet stab

LEVEL 5 | MIDTERMS

MIDTERM A

3 months
24 classes

- Two front kicks with a switch
- Two back kicks with a switch
- Knife defenses - v. downward stab
- Knife defense - v. upward stab
- Knife defense - v. straight stab
- Knife defense - v. straight stab (live side)
- Knife defense - v. forward slash
- Knife defense - v. backward slash

MIDTERM B

3 months
24 classes

- Hip throw
- Face-to-face throw
- Long gun from behind, touching (both sides)
- Def. v. bayonet stab (live and dead side)
- Def. v. bayonet stab dead side (clothesline)

MIDTERM C

3 months
24 classes

- Two straight knees with a switch
- Machine gun take down
- One arm shoulder throw
- Headlock from behind, attacker jumping (throw)
- Headlock from the side; being spun inward
- Headlock from the side; neck break

MIDTERM D

3 months
24 classes

- Overhand right punch (supermen)
- Full nelson; finger strip
- Full nelson; throw
- Full nelson; sweep
- Gun from behind, distance
- Gun from the front, two-handed technique
- Long gun from the front: live side
- Long gun from the front: dead side

LEVEL 6 | BLACK BELT

Ongoing

Combatives

- Thai Pads 5 Rounds of 2 minutes
- Thai Pads Opposite Stance
- Jumping Front Kick
- 2 Jumping Front Kicks
- Jumping Round Kick
- Jumping Side Kick
- Scissor Front Kick
- Scissor Round Kick
- Jumping Spinning Back Kick

Self Defense

- Gun - Hostage Situation
- Gun - Kneeling Position
- Gun from Behind - Being Walked
- Gun with Attacker Punching, Slapping, Etc.
- Gun - Attacker Pushing Live Side
- Gun Attacker Pushing Dead Side
- Gun Under Chin, various angles
- Gun from Behind, Hugging Technique
- Long Gun from the Side/Behind at Distance
- Long Gun - Strikes with Long Gun
- All Long Gun v. Left-Handed
- All Stick v. Left Handed

Self Defense

- Defense v. Garrote
- Hand Grenade/Suicide Bomber Takedown
- Knife Threats - Front, various angles
- Knife Threat from Behind
- Knife Threat - Hostage Situation
- All Knife v. Left Handed
- Knife with Attacker Grabbing with Off Hand
- Live Knife
- 2 v. 1 Stick and Knife
- Sparring
- Sparring 2 v 1
- Kickboxing match

QUESTIONS?

Reach out to us by email: hello@reflex-utrecht.com

or book your first trial lesson directly online: reflex-utrecht.com



