

Instructions: Document your progress by checking off the skills and/or techniques covered during classes. Record the dates of your lessons to refer back to the lesson plans online (www.kravmaga.com/curriculum). Write down any notes or comments from class to help refresh your memory in subsequent training.

SKILLS/TECHNIQUES	NOTES/COMMENTS
Stances <input type="checkbox"/> Fighting Stance <input type="checkbox"/> Passive Stances (Neutral / Natural / Tactical)	
Movement <input type="checkbox"/> Movement (forward, back, side, pivot & step pivot)	
Punches <input type="checkbox"/> Straight Punch <input type="checkbox"/> Straight Punch w/ Advance <input type="checkbox"/> Straight Punch with Retreat <input type="checkbox"/> Low Straight Punch <input type="checkbox"/> Palm Heel Strike <input type="checkbox"/> Chops (inside /outside) <input type="checkbox"/> Eye Strike / Gouges (not tested) <input type="checkbox"/> Hammerfist - Forward <input type="checkbox"/> Hammerfist - Downward <input type="checkbox"/> Hammerfist - Side <input type="checkbox"/> Elbow Strikes (1-7)	
Kicks <input type="checkbox"/> Front Kick – To the Groin <input type="checkbox"/> Front Kick – To a Vertical Target <input type="checkbox"/> Round Kick	
Knees <input type="checkbox"/> Knee Strikes - Forward (with and without grab) <input type="checkbox"/> Knee Strikes - Round (with and without grab)	
Kick / Punch Combinations <input type="checkbox"/> Rear Leg Front Kick (land back) + Rear Hand Hammerfist Down <input type="checkbox"/> Rear Leg Front Kick (land back) + Rear Hand Straight Punch	
Punch Defenses <input type="checkbox"/> Inside Defenses v. Straight Punch <input type="checkbox"/> Inside Defenses v. Low Straight Punch <input type="checkbox"/> 360° Defense v. Outside Attack <input type="checkbox"/> Inside and 360° Defenses v. Punches	

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SKILLS/TECHNIQUES	NOTES/COMMENTS
<u>Choke Defenses</u> <input type="checkbox"/> Defense vs. Choke from the Front (2 Hand Pluck) <input type="checkbox"/> Defense vs. Choke from the Front (1 Hand Pluck) <input type="checkbox"/> Defense vs. Choke from the Side <input type="checkbox"/> Defense vs. Choke from Behind <input type="checkbox"/> Defense vs. Choke from the Front w/ Push <input type="checkbox"/> Defense vs. Choke from Behind w/ Push	
<u>Headlock Defenses</u> <input type="checkbox"/> Defense vs. Headlock from the Side <input type="checkbox"/> Defense vs. Headlock from Behind (Bar Arm / Carotid)	
<u>Pull Defenses</u> <input type="checkbox"/> Defense vs. Pull from the Front or Side <input type="checkbox"/> Defense vs. Pull from Behind	
<u>Wrist Releases</u> <input type="checkbox"/> Single Hand Grabs <input type="checkbox"/> 2 Hands on 1 <input type="checkbox"/> 2 Hands Held Low <input type="checkbox"/> 2 Hands Held High <input type="checkbox"/> 2 Hands Held Behind	
<u>Groundwork</u> <input type="checkbox"/> Back Position <ul style="list-style-type: none"> <input type="checkbox"/> Movement <input type="checkbox"/> Front Kick <input type="checkbox"/> Round Kick <input type="checkbox"/> Axe Kick <input type="checkbox"/> Side Position <ul style="list-style-type: none"> <input type="checkbox"/> Movement <input type="checkbox"/> Side Kick <input type="checkbox"/> Round Kick <input type="checkbox"/> Transition Kick <input type="checkbox"/> Getting up from the Ground	

When you are proficient in the techniques listed above and have completed the minimum class hours for this belt level, please request an [Eligibility to Test Form](#) from the Front Desk Staff.