

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
Punches <input type="checkbox"/> Ridge Hand / Mouth of Hand Punches <input type="checkbox"/> Thai Pad Combinations <input type="checkbox"/> Focus Mitt Combinations	
Punch Defenses <input type="checkbox"/> Inside Defense vs. Left + Right Combination (using one hand) <input type="checkbox"/> Outside Defenses (1-4) <ul style="list-style-type: none"> <input type="checkbox"/> Palm in <input type="checkbox"/> Palm out <input type="checkbox"/> Roll up <input type="checkbox"/> Stab arm 	
Kicks and Knee Strikes <input type="checkbox"/> Spinning Defensive Back Kick <input type="checkbox"/> Offensive Back Kick <input type="checkbox"/> Inside Slap Kick (not tested) <input type="checkbox"/> Outside Slap Kick (not tested) <input type="checkbox"/> Heel Kick	
Kick Defenses <input type="checkbox"/> Reflexive Defense vs. High Round Kick <input type="checkbox"/> Defense vs. High Round Kick (2 Points of Contact) <input type="checkbox"/> Defense vs. High Round Kick (3 Points of Contact)	
Fall Breaks / Rolls <input type="checkbox"/> High Fall Break – Back and Side <input type="checkbox"/> Forward Soft Fall Break <input type="checkbox"/> Forward Hard Fall Break <input type="checkbox"/> Forward Roll <input type="checkbox"/> Backward Roll <input type="checkbox"/> Forward Roll + Backward Roll <input type="checkbox"/> Forward Roll + Backward Fall Break	
Hair Grab Defenses <input type="checkbox"/> Defense vs. Hair Grab from the Front <input type="checkbox"/> Defense vs. Hair Grab from the Side <input type="checkbox"/> Defense vs. Hair Grab from Behind <input type="checkbox"/> Defense vs. Hair Grab with Impending Knee	
Headbutts <input type="checkbox"/> Forward Headbutt <input type="checkbox"/> Upward Headbutt <input type="checkbox"/> Side Headbutt <input type="checkbox"/> Backward Headbutt	
Bearhug / Full Nelson Defenses <input type="checkbox"/> Defense vs. Bearhug from Behind - Leverage on Finger <input type="checkbox"/> Defense vs. Bearhug from Behind – Lifting <input type="checkbox"/> Defense vs. Bearhug from the Front – Lifting <input type="checkbox"/> Defense vs. Full Nelson - Leverage on Finger	

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SKILLS/TECHNIQUES	NOTES/COMMENTS
Headlock / Clinch Defenses <input type="checkbox"/> Defense vs. Reverse Headlock <input type="checkbox"/> Defense vs. 2 Hand Head Control – Repummel <input type="checkbox"/> Defense vs. 2 Hand Head Control – Pluck and Palm Strike <input type="checkbox"/> Defense vs. 2 Hand Head Control – Eye Gouge	
Sprawl <input type="checkbox"/> Advanced Sprawl	
Takedowns <input type="checkbox"/> Double Leg Takedown <input type="checkbox"/> Single Leg Takedown – Head Inside / Head Outside <input type="checkbox"/> Single Leg Hyperextension <input type="checkbox"/> Knee Taps – Forward and Backward <input type="checkbox"/> Snap Down	
Control Positions <input type="checkbox"/> Pummeling <input type="checkbox"/> Arm Drag <input type="checkbox"/> 2 Hand Head Control	
Groundwork <input type="checkbox"/> Arm Bar from Guard <input type="checkbox"/> Stacking Escape from Guard <input type="checkbox"/> Defense vs. Choke from Side on Ground – Kick <input type="checkbox"/> Defense vs. Choke from Side on Ground – Arm Bar	
Headlock on Ground Defenses <input type="checkbox"/> Headlock from Side on Ground (basic position) <input type="checkbox"/> Defense vs. Headlock from Side on Ground – Forward <input type="checkbox"/> Defense vs. Headlock from Side on Ground – Backward	
Side Mount – Top Position <input type="checkbox"/> Side Mount – Top Position <input type="checkbox"/> Side Mount – Strikes from Top Position <input type="checkbox"/> Side Mount – Transition to Full Mount <input type="checkbox"/> Side Mount – Disengage from Top Position	
Side Mount – Bottom Position <input type="checkbox"/> Side Mount – Bottom Position <input type="checkbox"/> Defense vs. Side Mount – Elbow Escape <input type="checkbox"/> Defense vs. Side Mount – Reversal	
Fighting <input type="checkbox"/> Stand up <input type="checkbox"/> 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. The green belt test is comprehensive. Students are also expected to know and perform all yellow and orange belt material with proficiency.