

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](http://www.kravmaga.com/curriculum)). Write down any notes or comments from class to help refresh your memory in subsequent training.

SKILLS/TECHNIQUES	NOTES/COMMENTS
<b><u>Movement</u></b> <input type="checkbox"/> Bobbing vs. Hook Punches <input type="checkbox"/> Weaving vs. Straight Punches <input type="checkbox"/> Shadow Boxing (punches, elbows, kicks, knees)	
<b><u>Punches</u></b> <input type="checkbox"/> Hook Punch <input type="checkbox"/> Uppercut Punch <input type="checkbox"/> Overhand Punch	
<b><u>Focus Mitt Combinations</u></b> <input type="checkbox"/> Left straight / right straight / left hook / right uppercut <input type="checkbox"/> Right uppercut / left hook / right straight <input type="checkbox"/> Right uppercut / left hook / right elbow <input type="checkbox"/> Left straight / right elbow #1 <input type="checkbox"/> Left straight / right straight / bob / right straight <input type="checkbox"/> Left straight / right straight / bob / right elbow #1	
<b><u>Control Positions for Knee Strikes when opponent is Low</u></b> <input type="checkbox"/> Controlling bent over attacker <input type="checkbox"/> Redirecting bent over attacker <input type="checkbox"/> Basic Sprawl	
<b><u>Kicks</u></b> <input type="checkbox"/> Defensive Front Kick <input type="checkbox"/> Side Kick <input type="checkbox"/> Side Kick with Advance <input type="checkbox"/> Back Kick <input type="checkbox"/> Back Kick with Advance <input type="checkbox"/> Side Kick or Back Kick + Hammerfist Combination <input type="checkbox"/> Uppercut Back Kick <input type="checkbox"/> Front Kick to the Groin with Advance (Fighting Stance & Neutral Stance) <input type="checkbox"/> Round Kick with Forward Leg (in place, switch kick)	
<b><u>Punch Defenses</u></b> <input type="checkbox"/> Defense vs. Hook Punch – Extended <input type="checkbox"/> Defense vs. Hook Punch – Covering <input type="checkbox"/> Defense vs. Uppercut Punch <input type="checkbox"/> Defense vs. Overhand Punch <input type="checkbox"/> Inside Defense + Counterattack vs. Left Punch <input type="checkbox"/> Inside Defense + Counterattack vs. Right Punch (2 counters) <input type="checkbox"/> Inside Defense + Counterattack vs. Right Punch (1 counter) <input type="checkbox"/> Inside Defense + Counterattack vs. Left Punch using Left Hand <input type="checkbox"/> 360° Defense + Counterattack	
<b><u>Kick Defenses</u></b> <input type="checkbox"/> Reflexive Defense vs. Front Kick <input type="checkbox"/> Outside Stabbing Defense vs. Front Kick <input type="checkbox"/> Plucking Defense vs. Low to Medium Front Kick <input type="checkbox"/> Inside Defense vs. Medium to High Front Kick <input type="checkbox"/> Defense vs. Front Kick (Stop Kick) <input type="checkbox"/> Defense vs. Front Kick to Groin (Redirecting with shin) <input type="checkbox"/> Defense vs. Low Round Kick (Stopping with Shin) <input type="checkbox"/> Defense vs. Low Round Kick (Absorbing with Thigh)	

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SKILLS/TECHNIQUES	NOTES/COMMENTS
<b>Fall Breaks</b> <input type="checkbox"/> Back Fall Break <input type="checkbox"/> Side Fall Break	
<b>Choke Defenses</b> <input type="checkbox"/> Defense vs. Choke from the Front against a Wall <input type="checkbox"/> Defense vs. Choke from Behind against a Wall <input type="checkbox"/> Defense vs. Choke from Behind with a Pull	
<b>Bearhug Defense</b> <input type="checkbox"/> Defense vs. Bearhug from the Front with Arms Free <input type="checkbox"/> Defense vs. Bearhug from the Front with Arms Free (leverage on neck) <input type="checkbox"/> Defense vs. Bearhug from the Front with Arms Caught (with space) <input type="checkbox"/> Defense vs. Bearhug from the Front with Arms Caught (without space) <input type="checkbox"/> Defense vs. Bearhug from Behind with Arms Free <input type="checkbox"/> Defense vs. Bearhug from Behind with Arms Caught (with space) <input type="checkbox"/> Defense vs. Bearhug from Behind with Arms Caught (without space) <input type="checkbox"/> Defense vs. Knee Grab	
<b>Groundwork</b> <b>The Mount – Bottom Position</b> <input type="checkbox"/> Defense vs. Punches while Mounted (bucking hips) <input type="checkbox"/> Buck, Trap, and Roll vs. Full Mount <input type="checkbox"/> Defense vs. Choke while Mounted <input type="checkbox"/> Defense vs. Headlock while Mounted <input type="checkbox"/> Defense vs. Choke from Behind While Mounted <input type="checkbox"/> Elbow Escape vs. Full Mount  <b>The Mount – Top Position</b> <input type="checkbox"/> Maintaining the Mount <input type="checkbox"/> Striking from the Mount <input type="checkbox"/> Exiting Full Mount  <b>The Guard – Bottom Position</b> <input type="checkbox"/> Kick off from Guard  <b>The Guard – Top Position</b> <input type="checkbox"/> Escaping the Guard  <b>Defense vs. Foot Grab while on Ground</b> <input type="checkbox"/> Defense vs. Foot Grab - Stripping with Axe Kick <input type="checkbox"/> Defense vs. Foot Grab – Spinning Out with Round Kick <input type="checkbox"/> Defense vs. Foot Grab – Spinning In with Heel Kick	
<b>Wrist Releases</b> <input type="checkbox"/> Wrist Release vs. 2 Attackers <input type="checkbox"/> Wrist Release vs. 3 Attackers	

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.