

Krav Maga Danmark - Student Curriculum



August 2022

Practitioner 1

1. Krav Maga History
2. Nødværgeloven
3. Passive Stance
4. Semi-Passive Stance
5. Fighting Stance
6. Footwork Basic
7. Pivot
8. Straight Punch
9. Hook Punch
10. Uppercut
11. Combinations hands

For Practitioner 1 (P1) the student should show knowledge about basic stances and movement. The student should know how to generate power in their punches, and what part(s) of the hand to hit with. Straight punches, hooks and uppercuts should be put together in different combinations.

Knowledge about different vulnerable points on the body should be demonstrated. It is also important the the student knows how to hold pads for their training partners.

Notes:

Practitioner 2

1. Clinch Basic
2. Ground Basic
3. Elbows Vertical/Horizontal
4. Hammer Vertical/Horizontal
5. Regular Kick
6. Straight Knee
7. Combinations with all strikes
8. Head- and body defense (punches)

For Practitioner 2 (P2) the student gets introduced to clinch and groundwork. In clinch they shall know why, how and where to grab efficiently. On the ground they shall know how to move when defending against a standing attacker. Lastly they shall demonstrate knowledge about when and how to get back up to standing.

The student shall perform basic combinations with both hands and feet together with basic head and body defense against punches.

Notes:

Practitioner 3

1. Shuffle
2. Full Step
3. Clinch Advanced
4. Ground Advanced
5. Head- and body defense (all)
6. Stopkicks
7. Roundhouse Kicks/Knees
8. Headbutts
9. Shoulder Strikes

In Practitioner 3 (P3) all strikes involving the whole body shall be demonstrated. Advanced combinations and body movement is required. Injuries and other factors will be taken into account. Meaning, the student shall perform after their best abilities and knowing what kind of strikes works specifically well for them.

In clinch it is important that they have good balance, posture and position. They should know how to break away from clinch and what the difference between sport and Krav Maga is.

On the ground positions shall be demonstrated from the top and bottom.

The student should know how to strike in clinch and on the ground. Shirt, hair- and handgrabs, and “dirty techniques” are part of the clinch and groundwork.

Notes:

Practitioner 4

1. Blocking punches
 - a. 360
 - b. Inside defense with the palm
 - c. Inside defense with the forearm
 - d. Outside defense (elbow down)
 - e. Outside defense (elbow up)
 - f. Scooping (chopping) defense
2. Cover
3. Defending combinations
4. Light standing sparring, hands only

Practitioner 4 (P4) includes all defenses against all strikes with the upper body, standing to lying down. The student shall demonstrate all defenses but by now they should start building their own game. Meaning that it's perfectly fine if they favor one technique over another, as long as they know and can demonstrate all of them.

Student should show a profound understanding for distances and being able to move between them. Now they should start building a game plan that suits their body type, fitness level and taking any injuries, lifestyle and gender into account. They should show restraint, and being able to tune the intensity and power up and down, depending on the different training partners.

Using different tactics like fakes, setups, combinations and flanking, should be clearly demonstrated.

Notes:

Practitioner 5

1. Leg defenses against kicks and knees
 - g. Block circular attacks
 - h. Deflect straight attacks
2. Hand defense against kicks and knees
 - a. Inside defense with the palm
 - b. Inside defense with the forearm (fleshy part)
 - c. Outside defense with the forearm (fleshy part)
 - d. Scooping defense
3. Defending combinations
4. Defending kicks while on the ground
5. Light standing sparring, all strikes

Practitioner 5 (P5) includes all defenses against all strikes with upper and lower body, standing to lying down. The student shall demonstrate all defenses but by now they shall have their own game plan.

The student shall know the difference between fighting and a surprise attack.

Notes:

Graduate 1

Bearhugs

1. Prevention
2. Over arms
 - a. Front
 - b. Side
 - c. Back
3. Under arms
 - a. Front
 - b. Side
 - c. Back
4. With lift
 - a. Front
 - b. Side
 - c. Back
5. Tackle
 - a. Front
 - b. Back

Graduate 1 (G1) includes all defenses against bearhugs. All defenses shall be demonstrated static and dynamic.

Notes:

Graduate 2

Chokes and headlocks

1. Standing
 - a. Front (Guillotine)
 - b. Side
 - c. Back
2. Ground
 - a. Front (Guillotine)
 - b. Side
 - c. Back
3. Nelson

Graduate 2 (G2) includes all defenses against all chokes and headlocks. All defenses shall be demonstrated static and dynamic. The student shall know the difference between a blood choke and an air choke. They shall also know the difference between a headlock and a neck crank.

It is also important that the student knows how to train all of these safely.

Notes:

Graduate 3

Knife

1. Prevention
2. Circular attacks
 - a. Long distance
 - b. Close range
 - c. Ground
3. Slashes
 - a. Forehand
 - b. Backhand
4. Straight attacks
 - a. Inside defense with palm
 - b. Inside defense with forearm
 - c. Outside defense with forearm (bony part)
 - d. Scooping (chopping) defense
5. Threats
 - a. Long distance
 - b. Short distance

Graduate 3 (G3) involves all defenses against knife attacks and threats. The student should be know the difference between these two.

Knowing different ways of holding the knife and how that effects how the knife is used shall be demonstrated. It is very important that the student understand the possible outcome if a defense fails.

Notes:

Graduate 4

Sticks

1. 1 hand above (Caveman)
2. 2 hands above
3. Horizontal (1 hand, 2 hands)
4. Push
5. Stabbing
6. Odd angles

Graduate 4 (G4) includes all defenses against strikes with a stick-like weapon. Long, short, flexible, blunt and sharp.

The student shall demonstrate a profound understanding for distance when defending an attack with a stick-like weapon.

Notes:

Graduate 5

Pistols and revolvers

1. Front
2. Side
3. Back
4. Hostage
 - a. Back of head
 - b. Temple
 - c. Forward

Long gun

1. Front
2. Side
3. Back

All gun defenses are included in Graduate 5 (G5). The student shall demonstrate techniques for dealing with a threat including a firearm. The student shall know the difference between different types of firearms. Long, short, revolver, semi- and fully automatic etc.

Notes: