



KINETIC ZEN

Krav Maga Yellow belt

The aim for this belt:

Demonstrate confident use of stances with movement, footwork and tactical awareness. Be aware of options and threats at different ranges. Be capable of choosing and executing strikes with a good variety of techniques in all directions and applicable ranges. Show ability to attack, fall safely, stand up under pressure and renew the attack. Awarded if the examiner believes they could put up a fight.

Basics (for all grades)

Breakfalls
Rolls
Stand up
Mount escape
Three heads in a row

Stance and movement:

Understand and demonstrate all three stances and why and when to use them
Controlling space using semi passive stance
Striking preemptively from semi passive
Continuing attack from any stance
Reacting to aggression with counter attack

Grappling

Falling and adopting defensive position
Seeking to create space and use frames and basic ground movements to escape
Escaping from mount
Standing up under pressure

Striking

Good body dynamics and use of hips and balance

Choosing the right attack for the distance and changing attacks when distance changes
Using a good selection and combination of attacks
Believable aggression and conviction in execution of strikes

Techniques to include:

Hammers/chops (all directions)

Punches:

- Round punches (hooks and uppercuts)
- Straight punches (must include one two combo as a minimum)

Striking using the elbow (all directions):

Striking with the knees:

- Mixture of close and long attacks

Striking with the shins and feet:

- Side kick
- Round kick
- Push kick

Tactical

Three heads in a line

Awareness of environmental factors

Renewing the attack after being knocked down

Fighting up off the ground

Striking after falling/rolling