

Fighting Spirit Krav Maga

Intent to Test Form – Level 5

I	have reviewed the curriculum and I recognize all the
techniques listed below.	
(Initial) I have been training	g in Krav Maga at level 5 for 12-18 months.
(initial) I feel very comfortable performing these techniques on Test day, even at a high level and under stress, and I would like to register for my Brown Belt Test.	
Signature:	Date:
Focus Mitt Work - 5 rounds	
Kick Drills (Front, Round, Knees)	
Reaction Drills w/ Hammerfists, S	Side Kicks, Back Kicks, and Follow ups
Combatives - Hand Strikes and K Left Jab / Overhand Right comb Front Kick / Round Kick w/a swi Two Front Kicks w/ switch Outside Slap Kick and Front Kic Two Straight Knees w/a switch Two Back Kicks w/a switch Takedowns and Throws "Machine Gun" takedown One-Arm Shoulder Throw Hip Throw Face -to -Face Flip ("Sacrifice"	oination tch ck w/ a switch
Self-Defense 1. Headlock Defenses Headlock from Behind (attacker) Headlock from the Side (spun in Headlock from the Side (neck b) 2. Full Nelson Defenses Forward Throw Sweep Finger Strip	nward)



3. Knife Defenses
Against Downward Stab (Ice Pick Stab)
Against Upward Stab
Against Straight Stab
Against Straight Stab (live side)
Against Forward Slash
Against Backhand Slash
4. Hand Gun Defenses
From Behind at a Distance
"Cupping" Defense (Two hands)
5. Long Gun Defenses
Long Gun From the Front (Live Side)
Long Gun From the Front - Dead Side
Long Gun Behind the Arm
Long Gun from Behind (touching)
Defense Against Rifle / Bayonet Stab (live side)
Defense Against Rifle / Bayonet Stab (dead side)
Sparring
Individual 2 minute rounds
Multiple combatants
Sparring to the Ground - 4 rounds
Sparring w/ weapon attacks - 2 rounds

Please make sure the below items are complete before test day:

- 1 Read and sign your intent to test form.
- 2 Arrive to test day in FSKM shirt



- 3 Bring plenty of water, extra shirt, and a small snack just in case you need it throughou test.
- 4 Arrive 10-15 minutes early so you can stretch and warm up in the way you need before the test.
- 5 Train Hard and Have Fun!

Grading System:

We score on a 10-point system Pluses (+) or Minuses (-) may also be given to specific techniques.

- A checkmark may mean the technique performed is consistent and with expectations.
- Scoring is based in large part on spirit, stamina, the accuracy of technique, aggressiveness, and intensity.
- 1-3 Developing: demonstrates that objective is met, but more work and practice with this skill is needed
- 4-6 Sufficient: shows a beginning level of the skill. Some work is needed with either form or control.
- 7-9 Proficient: demonstrates the skill with a high level of mastery and performance.
- 10 Perfect: performs skill with no mistakes (proper form, technique, intensity, control)

Scores in the 9's are not so easy to get. The average score among students is somewhere between 6 and 8.

For Beginner Level students a score of 6 or better is passing.

For Intermediate and Advanced Levels, a 7 or better is passing.