



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 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, Side Kicks, Back Kicks, and Follow ups

Combatives - Hand Strikes and Kicks

- ___ Left Jab / Overhand Right combination
- ___ Front Kick / Round Kick w/a switch
- ___ Two Front Kicks w/ switch
- ___ Outside Slap Kick and Front Kick w/ a switch
- ___ 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" Throw)

Self-Defense

1. Headlock Defenses

- ___ Headlock from Behind (attacker jumps on defender)
- ___ Headlock from the Side (spun inward)
- ___ Headlock from the Side (neck break)

2. Full Nelson Defenses

- ___ Forward Throw
- ___ Sweep
- ___ Finger Strip



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 throughout the 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.