



This student manual includes the Krav Maga Worldwide™ Curriculum for Levels 1 through 5

Please note the following suggestions to maximize the benefits of your training:

- Bring your curriculum with you to each training session. Make notes.
- After each training session check off the techniques you have learned.
- Monitor your progress. If there is a specific technique that you have not learned yet for your level or wish to review again please contact your instructor after class or by email requesting the technique be covered in a future training session.
- Once you have learned every technique for your level AND feel confident & competent performing the material please contact your instructor for feedback on how you are progressing. You will be informed on what you need to work on to be ready for your next belt testing and/or to start learning the next level of Krav Maga.
- The books Krav Maga for Beginners and Complete Krav Maga are an excellent source of reference. Krav Maga for Beginners contains the Yellow and Orange Belt (Levels 1 and 2) curriculum, as well as a lot of additional information for beginners. Complete Krav Maga includes the Yellow through Brown Belt (Levels 1—5) curriculum.



## Level 1—Yellow Belt Curriculum

### Combatives

#### *Stances*

- Passive Neutral Stance
- Passive Natural Stance
- Fighting Stance
- Moving in Fighting Stance

#### *Straight Strikes*

- Straight Punch—Lead Hand (Jab)
- Straight Punch—Rear Hand (Cross)
- Straight Punch with Advance
- Straight Punch with Retreat
- Straight Punch Low
- Palm Heel Striking
- Eye Strike

#### *Punch Defenses*

- 360 Degree Defenses (Outside Defenses)
- Inside Defense against Straight Punch
- Inside Defense against Straight Punch Low
- Inside Defense and 360 Degree Defenses against Punches

#### *Chop Strikes*

- Inside Chop Strike
- Outside Chop Strike

#### *Hammerfists*

- Hammerfist to the Side
- Hammerfist to the Back
- Forward Hammerfist
- Downward Hammerfist



### ***Elbow Strikes***

- Horizontal High Elbow Strike (Elbow #1)
- Sideways Elbow Strike (Elbow #2)
- Horizontal Elbow Strike Backward (Elbow #3)
- Vertical Elbow Strike Backward Low (Elbow #4)
- Vertical Elbow Strike Backward (Elbow #5)
- Vertical Elbow Strike Forward and Upward (Elbow #6)
- Vertical Elbow Strike Forward and Down (Elbow #7)

### ***Knees and Kicks***

- Front Kick to the Groin
- Front Kick with the Ball of the Foot
- Round Kick
- Knee Strike
- Round Knee Strike

### ***Kick/Hand Strike Combinations***

- Front Kick/Hammerfist Combination
- Front Kick/Straight Punch Combination

### ***Self-Defense***

#### ***Choke Defenses (Plucking Defenses)***

- Choke from the Front (Two-Handed Pluck)
- Choke from the Front (One-Handed Pluck)
- Choke from Behind
- Choke from the Side

#### ***Choke with a Push Defenses (Rotational Defenses)***

- Choke from the Front with a Push
- Choke from Behind with a Push

#### ***Headlock Defenses***

- Headlock from the Side
- Headlock from Behind (Bar Arm)
- Headlock from Behind (Carotid Choke)



### ***Takedown Defenses***

Basic Tackle Defense (Double Neck Tie Clinch)

Basic Tackle Defense (Knee Clinch on the Side)

### ***Wrist Grab Releases***

Wrist Release: Same Side Hand - (Elbow to Elbow)

Wrist Release: Opposite Hand (Hitchhike Out)

Wrist Release: Two Hands Held Down from the Front (Circle Up)

Wrist Release: Two Hands Held High from the Front (Circle Down)

Wrist Release: One Wrist Held by Two Hands - Low (2 Variations)

Wrist Release: One Wrist Held by Two Hands - High

Wrist Releases: One Wrist Held from the Side (4 Variations)

### ***Arm Pull Defenses***

Arm Pull from the Front

Arm Pull from the Side

Arm Pull from Behind

### ***Groundfighting***

#### ***Positions and Movement***

Back Position

Back Position: Movement on the Ground

Side Position: Movement on the Ground

#### ***Kicks from the Ground***

Front Kick from the Ground

Round Kick from the *Ground*

Side Kick from the Ground

#### ***Getting Up***

Getting Up with Two Hands (For Beginners)

Getting Up with One Hand (For More Advanced Students)

Getting Up: Transition Kick



## Level 2—Orange Belt Curriculum

### Combatives

#### *Punches and Hand Strikes*

- Hook Punch
- Uppercut Punch
- Overhand Punch
- Palm/Heel Strikes—Angles

#### *Punch Combinations*

- Left/Right/Left Hook combination
- Left/Right/Left Hook/Right Uppercut combination
- Left/Right/Bob/Right combination
- Left Punch/Right Elbow combination
- Left/Right/Left Hook/Right Elbow combination
- Right Uppercut/Left Hook/Right Cross combination

#### *Punch Defenses*

- Inside Punch Defense with Counterattack against Left Punch
- Inside Punch Defense with Counterattack against Left Punch Using Left Hand
- Inside Defense with Counterattack against Right Punch (Two Counters)
- Inside Defense with Counterattack against Right Punch (One Counter)
- Slipping
- Defense against Uppercut Punch
- Bobbing and Weaving
- Defense against Hook Punch (Extended)
- Defense against Hook Punch (Covering)
- 360 Degree Defense with Counterattack
- Overhand Punch Defense (Cover, Stabbing, 360 Defense)

#### *Kicks*

- Front Kick with Advance (from a Fighting Stance)
- Front Kick with Advance (from a Neutral Stance)
- Defensive Front Kick



- Forward Leg Front Kick (in place)
- Forward Leg Front Kick (with switch)
- Forward Leg Round Kick (in place)
- Forward Leg Round Kick (with switch)
- Round Kick with Ball of Foot
- Side Kick
- Side Kick with Advance
- Back Kick
- Back Kick with Advance
- Uppercut Back Kick (Short)
- Kick Combinations (Front, Round, Side, Back)
- Side Kick/Hammerfist Combination
- Back Kick/Hammerfist Combination
- Downward Stomping Kick

### ***Kick Defenses***

- Defense against Front Kick (Redirecting with Shin)
- Stop Kick Defense against Front Kick
- Reflexive Defense against Front Kick
- Outside Stabbing Defense against Front Kick
- Inside Defense against Front Kick to the Body
- Inside Defense against High Front Kick
- Defense against Low Round Kick (Using the Shin)
- Defense against Low Round Kick (Absorbing with Thigh)

### **Self-Defense**

#### ***Choke Defenses***

- Choke from the Front against a Wall
- Choke from the Behind against a Wall
- Choke from Behind with a Pull



### ***Bearhug Defenses***

- Bearhug from the Front with Arms Caught (with Space)
- Bearhug from the Front with Arms Caught (No Space)
- Bearhug from the Front with Arms Free
- Bearhug from the Front with Arms Free (Leverage on the Neck - 2 Variations)
- Bearhug from Behind with Arms Free
- Bearhug from Behind with Arms Caught
- Bearhug from Behind with Arms Caught Over Wrists

### ***Hostage Defenses***

- Hostage Position from Behind

### ***Dealing with Multiple Attackers***

- Lining Up Your Attackers

### ***Wrist Grab Releases***

- Both Wrists Grabbed, Held Behind the Back
- 2 Attackers - Each Pulling Defender's Arms to Side
- 3 Attackers - 2 Pulling Defender's Arms to Side and 1 Approaching

### ***Takedown Defenses***

- Basic Sprawl
- Defense Against Knee Grab or Single Leg

### ***Falls***

- Back Fall Break
- Side Fall Break
- Front Fall Break

### ***Groundfighting***

#### ***Guard***

- Operating When You Have Someone In Your Guard (Closed and Open Guard)
- Guard - Bottom Position: Striking from the Guard
- Guard - Bottom Position: Kick Off from the Guard - Knee to Chest (with space)
- Guard - Bottom Position: Kick Off from the Guard - Heel to Hip (arm control)
- Operating While in Someone's Guard (Basic and Sitting-Up Position)



Striking While in the Guard

Escape from the Guard (Sit Back and Strike the Groin)

Escape from the Guard (Stacking)

### ***Mount***

Trap and Roll: Choke with Attacker in Mount

Trap and Roll: Close Choke or Headlock while Mounted

Trap and Roll: Defense against Punches, Mounted (Bucking Hips)

Top Position - Mount: Trap Opponent's Arms to Chest to Pop Up and Out

Back Mount: Choke from Behind while Mounted

### ***Foot Grab Releases***

Foot Grab: Clearing/Stripping Foot (Axe Kick)

Foot Grab: Spinning Outward (Round Kick)

Foot Grab: Spinning Inward (Heel Kick)





### Level 3—Green Belt Curriculum

#### Combatives

##### *Headbutts*

- Forward Headbutt
- Upward Headbutt
- Headbutt to the Side
- Headbutt to the Back

##### *Punch Defenses*

- Inside Defense against Left-Right Combination (Two Inside Defenses)
- Inside Defense against Left-Right Combination (Lean Back and Trap)
- Inside Defense against Left-Right Combination (Using One Hand)
- Outside Defense #1
- Outside Defense #2
- Outside Defense #3
- Outside Defense #4

##### *Knees and Kicks*

- Defensive Back Kick with a Spin
- Offensive Back Kick
- Heel Kick
- Inside Slap Kick
- Outside Slap Kick
- Inward Angle Knee

##### *Knee and Kick Defenses*

- Hand Defense Against Knee Strike
- Defense against High Round Kick (Reflexive Defense)
- Defense against High Round Kick (Fighting Stance - Two Contact Points)
- Defense against High Round Kick (Fighting Stance - Three Contact Points)
- Defense against High Round Kick (Covering Defense to Head or Ribs)
- Plucking Defense against Low to Medium Front Kick

#### Self-Defense



### ***Front Headlock Defense***

Standing Reverse Headlock (Guillotine)

### ***Hair Grab Defenses***

Hair Grab from the Front (Static)

Hair Grab from the Front with Pull (Impending Knee Strike)

Hair Grab from the Side with Pull (Impending Knee Strike)

Hair Grab from the Back with Pull (Impending Knee Strike)

### ***Bearhug Defenses***

Bearhug from Behind (Leverage on the Finger)

Bearhug from Behind (with Lift)

Bearhug from the Front (with Lift)

### ***Full Nelson Defenses***

Defense against Full Nelson: Leverage on the Fingers

### ***Tie-Ups***

• Grips

Neck

Underhook

Overhook

2 on 1

• Pummelling

High Tie-Up

Low Tie-Up

Arm Drag

Snap Downs

Neck Clinch Defenses

Two Arms, Less Space, Pluck and Palm



### ***Takedowns and Takedown Defenses***

- Advanced Sprawl
- Double Leg Takedown (w/a Drop Step)
- Single Leg (Head on the Outside)
- Single Leg (Head on the Inside)
- Knee Taps (Forward & Backward)
- Single Leg Hyper-Extension

### ***Falls and Rolls***

- Back Fall Break (High)
- Forward Roll
- Forward Roll/Back Fall Break (High Speed)
- Backward Roll

### **Groundfighting**

#### ***Guard***

- Arm Bar from the Guard
- Guard Reversal (Sit Up and Sweep)

#### ***Choke from the Side Defenses***

- Choke from the Side Defense - Takedown
- Choke from the Side Defense - Kick to Face

#### ***Headlock from the Side Defenses***

- Headlock from the Side Defense (Basic Positioning)
- Headlock from the Side Defense (Attacker's Weight Forward; Leg Wrap)
- Headlock from the Side Defense (Attacker's Weight Forward; with Space)
- Headlock from the Side Defense (Attacker's Weight Back)

#### ***Mount***

- Elbow Escape (Shrimping): Mount—Bottom Position



### ***Side Mount***

Side Mount (Basic Position)

Side Mount (Escape from the Bottom reversal and elbow escape)

Side Mount (Arm Lock)

Side Mount (Transition to Full Mount)

Side Mount Disengage (Knee to Belly)

### ***Sit Outs***

Sit Out (Variation #1) Taking the Back

Sit Out (Variation #2) Pulling Guard to Kick Off



## Level 4—Blue Belt Curriculum

### Combatives

#### *Hand Strikes and Kicks*

Ridge Hand/Mouth of Hand

Axe Kick

Spinning Outside Slap Kick

Spinning Heel Kick

#### *Kicking Defenses*

General Defense against Medium to High Kicks

Sliding Defense against High Round Kick

Plucking Defense against Low to Medium Side Kick

Sliding Defense against Spinning Heel Kick

Defense against Spinning Heel Kick

#### *Sweeps*

Sweep with Forward Kick

Sweep with Heel Kick

Sweep with Round Kick

#### *Self-Defense*

#### *Stick Defenses*

Stick Defense against Overhead Swing

Stick Defense against Overhead Swing Off Angle/Dead-Side (One Step)

Stick Defense against Baseball Bat Swing (Horizontal Swing)

#### *Knife Defenses*

Kick Defense against Knife Attack from a Distance

Kick against Straight Stab (Bailing Out)

Hand Defenses against Knife Attack (360 Degree and Inside Defenses)



### ***Gun Defenses***

- Gun from the Front
- Gun from the Side of the Head
- Gun from the Side, Behind the Arm
- Gun from the Side, in Front of the Arm (Touching)
- Gun from the Front, Pushing into the Stomach
- Gun from Behind (Touching)

### ***Cavaliers***

- Cavalier #1
- Cavalier #2
- Cavalier #3
- Cavalier #4

### ***Groundfighting***

#### ***Mount***

- Straddled, with Wrists Pinned (Slide Hands on Ground)
- Straddled, with Wrists Pinned (Wrist Lock)

#### ***Guard***

- Arm Triangle Choke while Attacker Is in Guard
- Triangle Choke
- Guard - Bottom Position: Guillotine
- Guard - Bottom Position: Defense against Guillotine

#### ***Back Control***

- Headlock from Behind on the Ground
- Defense against Headlock from Behind



## Level 5—Brown Belt Curriculum

### ***Combatives***

- Left Jab/Overhand Right Combination
- Front Kick/Round Kick with a Switch
- Two Front Kicks with a Switch
- Outside Slap Kick and Front Kick with a Switch
- Two Straight Knees with a Switch
- Two Back Kicks with a Switch

### **Self-Defense**

#### ***Headlock Defenses***

- Headlock *from* Behind (attacker jumps on defender)
- Defense against Headlock from the Side: Being Spun Inward
- Defense against Headlock from the Side: Neck Break

#### ***Full Nelson Defenses***

- Defense against Full Nelson: Leverage on the Fingers
- Defense against Full Nelson: Forward Throw
- Defense against Full Nelson: Sweep

#### ***Knife Defenses***

- Knife Defense against Downward Stab (Ice Pick Stab)
- Knife Defense against Upward Stab
- Knife Defense against Straight Stab
- Knife Defense against Straight Stab (Live Side)
- Knife Defense against Forward Slash
- Knife Defense against Backhand Slash

#### ***Long Gun Defenses***

- Long Gun from the Front - Live Side
- Long Gun from the Front - Dead Side (Disarming under Gunman's Arm)
- Long Gun from the Front - Dead Side (Disarming over Gunman's Arm)
- Long Gun from the Side, Behind the Arm
- Long Gun from Behind (Touching)



Defense against Rifle/Bayonet Stab - Live Side

Defense against Rifle/Bayonet Stab - Dead Side

### ***Hand Gun Defenses***

Defense against Threat with Handgun: from Behind at a Distance

Defense against Threat with a Handgun: "Cupping" Technique (Two Hands)

### ***Takedowns and Throws***

"Machine Gun" Takedown

One-Arm Shoulder Throw

Hip Throw

Face-to-Face Flip ("Sacrifice" Throw)

### ***Groundfighting (bonus)***

Closed Guard - Additional Sweeps, Submissions, Combinations and ways to get back to your feet

Open Guard - Preventing the Guard Pass Techniques

Half Guard - Regaining Closed Guard and Sweeps

Side Control Escapes - "Bench Press" Escape System

Mount Escapes - Additional Escapes

Top of Guard - Posture/Uncrossing the Ankles/Counters to Submissions and Sweeps

Guard Passing Techniques

Side Control Pins and Submissions

Mount Submissions

Back Control and Submissions

Back Escapes System

Leg Locks - Basic Locks and Escapes