

## YELLOW BELT CURRICULUM

1. Stance
  - a. Neutral stance
  - b. Fighting Stance
2. Movement
  - a. Forward, Back, Left, Right
  - b. Shadow Boxing
  - c. Movement while on the ground
  - d. Basic Takedown Defense (sprawl)
3. Punches
  - a. Straight Punch
  - b. Straight Punch – left/right combination
  - c. Palm Heel Strike
  - d. Eye Strike/Throat Strike
  - e. Straight Punch with Advance
  - f. Straight Punch with Retreat
  - g. Straight Punch Low
  - h. Hammer-fist Strikes (all directions)
  - i. Elbows (1-7)
4. Kicks
  - a. Front Kick
  - b. Front Kick – Ball of the foot
  - c. Round Kick
5. Knees
  - a. Straight forward knee
  - b. Round knee
6. Punch/Kick Combinations
  - a. Front kick to groin and hammer-fist down
  - b. Front kick to groin and straight punch
7. Punch Defenses
  - a. 360° outside Defenses
  - b. Inside defenses against straight punches
  - c. Inside defenses against low straight punches
  - d. Inside and 360° defenses against punches
8. Choke Defenses
  - a. Choke from the Front (1-Hand pluck)
  - b. Choke from the Front (2-Hand pluck)
  - c. Choke from Behind
  - d. Choke from the Side
  - e. Choke from the Front with a Push
  - f. Choke from Behind with a Push
9. Headlock Defenses
  - a. Headlock from the Side
  - b. Headlock From Behind – bar arm
  - c. Headlock From Behind – carotid
10. Soft Techniques – General Comments
  - a. Wrist Release – Same Side Hand (elbow to elbow)
  - b. Wrist Release – Opposite Hand (hitchhike out)
  - c. Wrist Release – 2 Hands Held High
  - d. Wrist Release – 2 Hands Held Down
  - e. Wrist Release — Being held with 2 hands
11. Groundwork
  - a. Position and Movement (back and side)
  - b. Kicks on the Ground
    - i. Front Kick
    - ii. Side Kick
    - iii. Round Kick
  - c. Getting Up from the ground

## Orange Belt Curriculum

1. Movement
  - a. Bobbing & Weaving
  - b. Slipping Punches
2. Punches
  - a. Hook Punch
  - b. Uppercut Punch
  - c. Focus Mitt Combinations (punches and elbows)
3. Kicks
  - a. Front Kick – Defensive w & w/o advance
  - b. Regular Front Kick with Advance (fighting and neutral stance)
  - c. Side Kick w & w/o advance
  - d. Back Kick w & w/o advance
  - e. Uppercut Back Kick (short)
4. Punch/Kick Combinations
  - a. Side Kick or Back Kick/Hammer-fist
5. Punch Defenses
  - a. Inside Defense and Counter v. Left Punch
  - b. Inside Defense and Counter v. Left Punch Using Left Hand
  - c. Inside Defense with Counter v. Right Punch (2 Counters)
  - d. Inside Defense with Counter v. Right Punch (1 Counter)
  - e. Defenses v. Hook Punch (extended & covering)
  - f. Defense v. Uppercut Punch
  - g. 360° Outside Defenses with counterattacks
6. Kick Defenses
  - a. Outside Stabbing Defense v. Front Kick
  - b. Plucking Defense v. Low/Medium Front Kick
  - c. Reflexive Defense v. Front Kick to groin
  - d. Defense v. High Front Kick
  - e. Defense v. Low Round Kick (using shin and thigh absorb)
  - f. Defense v. Low Front Kick (redirect)
  - g. Defense v. Low Front kick (stop kick)
7. Fall Breaks
  - a. Fall Break – back, side, & front
8. Choke Defenses
  - a. Choke From the Front Against the Wall
  - b. Choke From Behind Against the Wall
  - c. Choke From Behind with a Pull
9. Bear-hugs
  - a. Bear-hug From the Front with Arms Free (space)
  - b. Bear-hug From the Front with Arms Free (no space leverage on neck)
  - c. Bear-hug From the Front with Arms Caught (space)
  - d. Bear-hug From the Front with Arms Caught (no space)
  - e. Bear-hug From Behind with Arms Free
  - f. Bear-hug From Behind with Arms Caught (space)
  - g. Bear-hug From Behind with Arms Caught (no space)
10. Groundwork
  - a. Mounted, Defense v. Punches (buck hips)
  - b. Mounted, Trap and Roll
  - c. Choke While Mounted
  - d. Headlock while Mounted
  - e. Mount: Top Position (mount) and disengage from mount
  - f. Guard: Kick Off From Guard
  - g. Stripping and Clearing foot grab
  - h. Foot grab defense spinning inward and outward
11. Wrist Releases
  - a. 2 attackers – each pulling defender's arms to side
  - b. 3 attackers – 2 pulling defender's arms to side and 1 approaching

## COLORADO KRAV MAGA GREEN BELT (LEVEL 3) CURRICULUM

1. Head-butt
  - a. Head-butt Forward
  - b. Head-butt, Upward
  - c. Head-butt, Side (bear-hug context)
  - d. Head-butt, Back (bear-hug context)
2. Kicks
  - a. Defensive Back Kick with a Spin
  - b. Offensive Back Kick
  - c. Offensive Back Kick with a Spin
  - d. Heel Kick
  - e. Inside Slap Kick
  - f. Outside Slap Kick
3. Knees
  - a. Inward angle knee
4. Punch Defenses
  - a. Inside Defense v. Left/Right (2 defenses)
  - b. Inside Defense v. Left/Right (Lean Back and Trap)
  - c. Inside Defense v. Left/Right (using forward hand)
  - d. Outside Defenses v. straight punches 1-5
  - e. Outside Defense and Counter v. Right (Punching Def.)
5. Kick Defenses
  - a. Kick Defense v. Front Kick (Switch Kick)
  - b. Kick Defense v. High Round Kick (Reflexive)
  - c. Kick Defense v. High Round Kick (Fighting Stance – 2 Contact Points)
  - d. Kick Defense v. High Round Kick (Fighting Stance – 3 Contact Points)
6. Fall Breaks
  - a. High Fall Break (Back, Side)
  - b. Roll, Forward (Regular, High, Diving)
  - c. Forward Roll/Back Fall Break
  - d. Forward Roll/Backward Roll
  - e. Side Roll/Fall Break
7. Headlocks
  - a. Reverse Headlock (Standing)
8. Hair-grabs
  - a. Hair-grab, Front
  - b. Hair-grab, Side (Impending Knee)
  - c. Hair-grab, Side (No Knee)
  - d. Hair-grab, Behind or Opposite Side
9. Bear-hugs
  - a. Bear-hug from Behind (Leverage on Finger)
  - b. Bear-hug, Lifting – from Behind
  - c. Bear-hug, Lifting – from the Front
10. Groundwork
  - a. Choke from the Side
  - b. Headlock from the Side (Weight Forward, Leg Wrap)
  - c. Headlock from the Side (Weight Back: Shoulder Pull)
  - d. Headlock from Behind
  - e. Arm Bar attack
  - f. Guard Escape (striking to break guard)
  - g. Guard Escape (elbow assist)
  - h. Guard Escape Stacking
  - i. Side Control-Top: Position & Strikes
  - j. Side Control- Top: Arm lock attack
  - k. Side Control- Top: Transition to Mount and Knee to Belly disengage
  - l. Side Control- Bottom: Elbow escape to half & full guard
  - m. Side Control- Bottom: Check attackers base, buck and reverse with back roll

## **COLORADO KRAV MAGA BLUE BELT (LEVEL 4) CURRICULUM**

1. Punches
  - a. Chops, Inside and Outside
  - b. Ridge Hand/Mouth of Hand Punches
  - c. Swingout Hammerfist –Element of Surprise
2. Kicks
  - a. Axe Kick
  - b. Outside Slap Kick with a Spin
  - c. Heel Kick with a Spin
  - d. Sweep – Leg Sweep with Round Kick
3. Kick Defenses
  - a. General Defense v. Medium to High Attacks (round kick, heel kick, etc.)
  - b. Sliding Defense v. High Round Kick
  - c. Defense v. High Side Kick
  - d. Defense v. Low Side Kick
  - e. Defense v. Low to Medium Side Kick (Plucking)
  - f. Sliding Defense v. Spinning Heel Kick
  - g. Kick Defense v. Spinning Heel Kick
4. Stick Defenses
  - a. Stick, Overhead Swing
  - b. Stick, Overhead Swing – off angle/dead side (1 step)
  - c. Stick, Overhead Swing – off angle/dead side (2 steps)
  - d. Stick Defense, Baseball Bat Swing
5. Knife Defenses
  - a. General Kick Defense vs. knife
  - b. Kick Defense v. Straight Stab (bail out round kick)
  - c. Kick Defense v. Upward Stab (face kick)
  - d. Hand Defenses (general 360° and Inside Defenses)
6. Handgun Defenses
  - a. Gun from the Front
  - b. Gun from the Side of the Head
  - c. Gun from the Side, in Front of the Arm (touching)
  - d. Gun from the Front, Pushing into Stomach
  - e. Gun from the Side, Behind the Arm
  - f. Gun from Behind (touching)
7. Cavaliers
  - a. Cavalier #1
  - b. Cavalier #2
  - c. Cavalier #3
  - d. Cavalier #4
8. Ground-fighting
  - a. Attacker Straddling, Pinning Wrists: Arm sweep and wrist catch versions
  - b. Arm Triangle vs. punches
  - c. Leg Triangle Choke
  - d. Guillotine attack
  - e. Guillotine Defense
  - f. Rear Naked attack
  - g. Rear Naked Defense
  - h. Straight shot takedown (driving)
  - i. Double Leg takedown (sideways throw)
  - j. Toe-pick takedown

## **COLORADO KRAV MAGA BROWN BELT (LEVEL 5) CURRICULUM**

1. Punches
  - a. Left Jab—Overhead right punch in combination
2. Kicks
  - a. Front Kick /Round Kick with switching move
  - b. Two front kicks with a switch
  - a. Outside slap kick and front kick with a switch
  - b. Two straight knees with a switch
  - c. Two back kicks with a switch
3. Kick Defenses
  - a. Defense against back kicks
4. Throws/ Holds
  - a. “Machine-Gun Take-Down”
  - b. One arm shoulder throw
  - c. Hip roll
  - d. Face to face with partner– Sacrifice throw
5. Headlock Defenses
  - a. Throwing defenses against headlock from behind (attacker jumping on defender)
  - b. Defense against headlock while being spun inwards.
  - c. Defense against side headlock with pressure lifting chin and weight being put down on neck
6. Full Nelson Defenses
  - a. Release using 2 elbows downward
  - b. Release using leverage on fingers
  - c. Release using throw/ flip forward
  - d. Release using sweep
7. Defending Against An Assailant Armed With An Edged Weapon
  - a. Hand defense against straight stab– dead side
  - b. Hand defense against straight stab– live side
  - c. Hand defense against upward stab– dead side
  - d. Hand defense against upward stab– live side
  - e. Hand defense against overhead stab- live and dead side
  - f. Hand defenses against slashing- live side
  - g. Hand defenses against backhand slash
8. Defending Against An Assailant Armed With a Long Gun/Shotgun
  - a. From the front, defending Live and Dead side
  - b. From behind touching, Live and Dead side
  - c. From behind at a distance, Live and Dead side
  - d. Threat from the front–defending to the dead side “Machine Gun Take-Down”
  - e. Defending long stick or bayonet in stabbing attack– Live side
  - f. Defending long stick or bayonet in stabbing attack– Dead side
  - g. Defending long stick or bayonet in stabbing attack– Dead side Clothesline variation.
9. Defending Against An Assailant Armed With a Handgun
  - a. Defending against threat from the rear at a distance, Live and dead side
  - b. Live side “Cupping” defense
  - c. Basic defenses—front, side, rear—when gun is held off-center and/or with two hands