

KRAV MAGA™

OFFICIAL TRAINING CENTER

A Licensee of Krav Maga Worldwide Enterprises, LLC

LEVEL IIA TEST INFORMATION SHEET

- January 22, 2011
- 12:00 P.M.—5:00 P.M.
- 197 Main St, North Reading MA
- Required Equipment: Hand Wraps or Bag Gloves, Shin Guards
- Cost \$150 (Late Registration \$175)
- Registration Deadline—January 18, 2011

PHYSICAL REQUIREMENTS

Self Defense Requirements

- Choke Front Against Wall
- Choke Behind Against Wall
- Choke Behind W/Pull
- Headlock From Behind (Bar Arm)
- Headlock From Behind (Cartoid)
- Bearhug Front W/Arm Free (Space)
- Bearhug Front W/Arm Free (No Space)
- Bearhug Front W/Arm Caught (Space)
- Bearhug Front W/Arm Caught (No Space)
- Bearhug Behind W/Arm Free (Space)
- Bearhug Behind W/Arm Caught (Space)
- Bearhug Behind W/Arm Caught (No Space)

Soft Techniques

- Wrist Release Two Attackers
- Wrist Release Three Attackers

Ground Work

- Fall Break (Back)
- Fall Break (Side)
- Mount-Bottom: Defense Against Punch (Buck Hips)
- Mount-Bottom:: Trap and Roll
- Mount-Bottom:: Choke While Mounted
- Mount-Bottom:: Headlock or Choke While Mounted
- Mount-Top: Maintaining the Mount
- Mount-Top: Striking
- Mount-Top: Pop-Up and Out (Pinning Arms)
- Guard-Top: Striking
- Guard-Top: Stand to Escape
- Guard-Top: Escape from Guard (Stacking)
- Guard-Top: Escape from Guard (Elbows)
- Guard-Top: Escape from Guard (Ankle Lock)
- Guard-Bottom: Kick off From Guard

Combatives

- Front Kick (Defensive) In Place & Moving
- Advancing Front Kick (Neutral & Fighting Stance)
- Back Kick
- Back Kick W/Advance
- Uppercut Back Kick (Short)
- Side Kick
- Side Kick W/Advance
- Side Kick or Back Kick / Hammerfist Combo

Fighting

- Bobbing and Weaving
- Slipping Punches
- Shadow Box (punching, elbows, kicks, knees)
- Defense V/High Front Kick
- Defense V/ Low Round Kick (Shin)
- Defense V/ Low Round Kick (Absorb)
- Defense V/ Front Kick (Redirect)
- Defense V/ Front Kick (Stop Kick)
- Hook Punch
- Uppercut Punch
- Focus Mitt Combinations
- Inside Defense and Counter V/ L-punch
- Inside Defense and Counter V/ L-punch using L-Hand
- Inside Defense and Counter V/ R-punch (2 Counters)
- Inside Defense and Counter V/ R-punch (1 Counter)
- Defense V/Hook (Extended) & (Covering)
- Defense V/Uppercut
- 360 W/Counter Attacks
- Outside Stabbing Defense V/Front Kick
- Plucking Defense V/ Low/Med Front Kick
- Reflexive Defense V Front Kick

TEST REGISTRATION FORM

FEE \$150

NAME: _____

AGE: _____

PHONE NUMBER: _____

Please Rate Yourself (Optional)

Current Physical Condition: BEST IN MY LIFE Good Fair

Knowledge of Material: Excellent Good Fair Poor

Overall Readiness to test: Excellent Good Fair Poor

