



**Sector U.K.**

# British Federation of Krav Maga

## Yellow Belt Techniques

<b>A</b>	Falls & Rolls	<ol style="list-style-type: none"> <li>1. Forward roll, right shoulder</li> <li>2. Backward roll, left shoulder</li> <li>3. Forward break-fall, absorbed softly</li> <li>4. Backwards break-fall</li> <li>5. Sideways break-fall</li> </ol>
<b>B</b>	Guard positions	<ol style="list-style-type: none"> <li>1. General guard position</li> <li>2. Moving in all directions</li> </ol>
<b>C</b>	Straight punches	<p>Punches to be learnt from guard position and from neutral position. Legs parallel, feet hip-width apart</p> <ol style="list-style-type: none"> <li>1. Left punch to chin</li> <li>2. Right punch to chin</li> <li>3. Straight left-right punch moving forwards or backwards</li> <li>4. Low level left or right punch</li> <li>5. Defence striking with left or right punch</li> <li>6. Punch combinations</li> </ol>
<b>D</b>	Elbow strikes	<ol style="list-style-type: none"> <li>1. Circular strike - face</li> <li>2. Circular side strike, with arm furthest from the attacker</li> <li>3. Straight side strike, with arm closest to the attacker</li> <li>4. Uppercut strike -face</li> <li>5. Straight low strike on an attacker leaning forward - to the back/nape</li> <li>6. Straight backwards strike - body/plexus</li> <li>7. Uppercut backwards strike</li> <li>8. Circular backwards strike - face</li> </ol>
<b>E</b>	Various strikes	<ol style="list-style-type: none"> <li>1. Palm heel strike</li> <li>2. Hammer strike</li> <li>3. Stopping an attacker with a light straight strike with the palm and fingers without causing harm</li> </ol>
<b>F</b>	Kicks and knee strikes	<p>From neutral position and guard position</p> <ol style="list-style-type: none"> <li>1. Straight front kick</li> <li>2. Roundhouse kick</li> <li>3. Side kick (guard position, always from front leg)</li> <li>4. Straight back kick</li> <li>5. Front knee strike</li> <li>6. Roundhouse knee strike</li> <li>7. From neutral position, move forward and kick simultaneously</li> </ol>

<h1>G</h1>	<p>Shadow Boxing</p>	<p>Movement while striking</p>
<h1>H</h1>	<p>Inner defences against straight punches &amp; kicks</p>	<p>All basic defences against punches and straight kicks from high to low. For the last two defences, the partner, while maintaining the correct striking distance, will nevertheless not make contact with his target. To achieve this, the knee must remain bent. The partner must wear a groin guard.</p> <p><b>Facing the opponent:</b></p> <p><u>From the neutral position</u></p> <ol style="list-style-type: none"> <li>1. Inner parry with palm</li> <li>2. Same exercise plus counter attack lowering the opponent's arm</li> </ol> <p><u>From the guard position</u></p> <ol style="list-style-type: none"> <li>3. <b>Against straight left punch:</b> inner parry with right palm and simultaneous straight left punch</li> <li>4. <b>Against straight right punch:</b> inner parry with left palm and simultaneous straight right punch</li> <li>5. <b>Against straight left or right punch or kick to the body:</b> inner parry with the forearm (forearm vertical) and counter with a straight punch</li> <li>6. <b>Against straight left kick to the groin:</b> inner parry with left leg and counter with straight left punch or block with left or right foot (front of front foot pointing inwards, front of rear foot pointing outwards)</li> <li>7. <b>Against straight right kick to the groin:</b> inner parry with left leg and countering with left punch or blocking with left or right foot</li> </ol>
<h1>I</h1>	<p>Outer defences</p>	<ol style="list-style-type: none"> <li>1. 360° (without guard)</li> <li>2. 360° defence and simultaneous attack</li> </ol>
<h1>J</h1>	<p>Short combinations</p>	<ol style="list-style-type: none"> <li>1. Two-punch combination</li> <li>2. Punch and kick, kick and punch combination</li> </ol>
<h1>K</h1>	<p>Release from front choke</p>	<ol style="list-style-type: none"> <li>1. Hook the opponent's hands downwards with simultaneous knee strike</li> <li>2. Stop the opponent before choke can be applied</li> <li>3. Release with one hand, counter-attack with other hand (straight punch or elbow strike)</li> </ol>
<h1>L</h1>	<p>Release from choke from behind/side</p>	<ol style="list-style-type: none"> <li>1. <b>Behind:</b> Hook the attacker's hands downwards while moving backwards diagonally, palm heel-strike to the groin followed by an elbow strike to the chin, then 180 degree turn and low kick.</li> <li>2. <b>Side:</b> One hand hook to one of the attacker's hands and palm heel-strike to the groin with the other hand, followed by elbow uppercut to the chin without loading the strike. Various combinations to finish.</li> </ol>

<b>M</b>	Release from side head hold (rugby grab)	Strike to the groin, pressure to sensitive parts of the head pushing backwards, constantly forcing the opponent back towards the ground.
<b>N</b>	Using common objects	As a means to defend, parry and block or to attack.