



URBAN TACTICS KRAV MAGA

White Belt Student workbook 2019 v.1

Your guide towards your yellow belt

Student Name: _____

Date Started as white belt: _____



TURNING LAMBS INTO LIONS SINCE 2013

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HOW TO USE THIS WORKBOOK

Welcome to Urban Tactics Krav Maga!

This work book is here to help you on your journey from Lamb to Lion, more specifically your journey from white to yellow belt. UTKM's ranking, testing and curriculum is its own and draws from multiple Krav Maga organizations and the Israeli Defense Force.

At white belt you will learn all the basics skills of moving, kicking, punching, blocking and more importantly thinking for self-defense. This is the base of your Krav Maga skills and knowledge and is what you should spend the most time mastering.

This workbook is here to help you and your instructors track your progress through the basics. It is your responsibility to track your regular curriculum progress and it is your instructor's responsibility to sign off upon completion of each curriculum block as well as other requirements. Without a signed off copy of this work book you cannot partake in pre-testing seminars and without that you cannot take your test. So keep this workbook somewhere safe. You don't have to bring it to every class but make sure you bring it when an instructor needs to sign off on something. Remember, your progress is your own and although we track your attendance it's the honour system when it comes to whether you have learned something or not.

We look forward to instructing you.

A handwritten signature in black ink, appearing to read 'Jonathan Fader', with the date '7/12/17' written below it.

Jonathan Fader
UTKM Lead Instructor

KRAV MAGA AND SELF DEFENSE CONCEPTS

Krav Maga is not just a set of techniques; it is a set of principles, concepts and a way of life. Although full descriptions of these concepts can be found on the blog at

<https://utkmblog.com/krav-maga-self-defense-principles/>

We find for many people it is best to write the concepts in their own words. Use this space at your pleasure to expand your knowledge. This space is for your use only but this knowledge will come up during all testing levels.

General Self Defense Principles	Krav Maga Specific principles
Critical Thinking:	Situational Awareness:
Use of Force:	Keep your hands up:
Action vs reaction:	Simultaneous defend and attack:

Fight, Flight, Freeze:	Cause pain, Off balance, Disrupt:
The Stages of Self Defense:	Retzef:
Mental Awareness Colour Code:	The Safety of Assumption:
Base, Posture, Structure:	Avoid the ground:
Create Space:	Keep it simple:

The Body: Weapons and Ranges:	Gross motor vs Fine motor movement:
The Body: Vulnerable points:	Hard on soft, Soft on hard:
The Body: Circulatory System:	Avoid Injury:
Training and Muscle Memory:	Attack Types:
Notes:	Attack Patterns:

WHITE BELT TECHNIQUES

In the section is listed all the white belt techniques you need to know and may be tested on. Track your progress by initialing and putting the date each time you learn a technique so you know and we know how fresh the knowledge is. You only need to record it every time the technique comes up in a teaching cycle which is approximately every 6 months, or if you learn it again in a seminar or private lesson.

*you must cover each technique at least once in class, but more is advised. Every student is case by case.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Block 1 – Movement and Combatives					
Stance and Movement					
Semi Passive Stance					
Fighting Stance					
Footwork					
Beginner Combatives: Your body's weapons					
Push Kick					
Flick groin kick (groin jab)					
Stomp kick					
Oblique kick					
Low roundhouse kick					
Modified roundhouse kick					
Side Kick					
Jab and Cross (1 and 2)					
Palm Strikes					
Eye Flick					
Throat jab					
Ear smash					
Hammer fist sides					
Hammer fist down					
Hammer fist forward					
Hammer fist back					

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Block 1 - Movement and Combatives					
Beginner Combatives: Your body's weapons					
Regular groin kick					
Hooks (3 and 4)					
Uppercuts (5 and 6)					
Headbutt					
Elbow left and right					
Elbow uppercut					
Elbow downward					
Elbow backward					
Elbow to the side					
Eye Gouge - Single and double thumb					
Nir Combo					

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Block 2 – Beginner Defensive and Reactive Self Defense Techniques					
Educational block					
Straight line defense - parry					
Straight line defense - Vertical sweep traditional					
Straight line defense - Vertical sweep committed attack					
Straight line defense - Slide defense					
Circular defense - 360 blocks					
Circular defense - 360 High and disengage					
Circular defense - 360 High control and disengage					
Circular defense - 360 low control and disengage					
Circular defense - 360 control and disengage					
Telegraphed knife threat (2 options)					
Circular defense - Round house kick defense “CAPTAIN MORGAN”					

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
Block 3 – Beginner Choke Defense					
Chokes from front					
Choke from rear traditional					
Choke from rear pulling					
Choke from side					
Standing headlock escape					
Standing rear naked choke escape					
Block 4 – Beginner Ground Techniques: Falling and getting up					
Back Break fall					
Front Break falls - hard and soft					
Side Break falls - Left & Right					
Getting up from the ground 1 - Aggressive forward					
Getting up from the ground 2 - Technical standup					
Getting up from the ground 3 - running away					

SPARRING REQUIRMENTS

Reminder:

Sparring is 100% essential to Urban Tactics Krav Maga training. Sparring does not have to be difficult or scary, and with the proper protective gear, sparring can be fun, enjoyable, and most importantly, SAFE. In sparring, students will practice aggression, power, judging distance, as well as learn how to handle themselves under stress. Students can also put their techniques and fighting skills to the test to see what works for them and what does not.

Note: Due to simple physics, an individual who is heavier and has more mass can exert far more force with relatively less energy. If a person who is 100lbs hits a person twice their size, they will have to hit considerably harder to do significant damage compared to the other person. For the larger opponent, simply by having mass they do not have to exert as much energy. Therefore, we often instruct our students to utilize 10% power as we want them to work on range, speed, technique, movement, etc., rather than trying to kill each other.

Remember, no one is exactly alike and everyone has their own strengths and weaknesses. The only way that you are going to find out what works for you is through sparring with opponents of various sizes, strengths, heights, ages, and abilities.

Rules and Requirements

Krav Maga Sparring

- **No Mouth Guard, No Sparring**
- Full protective gear is required - Groin protection (both men and women), MMA gloves, mouth guard, helmet with facemask.
- Sparring is light contact. 10% of your power most of the time, unless otherwise directed by the instructor.
- Sparring is closely monitored by the instructor, and often safety monitors are appointed.
- **If someone hits too hard, let them know.**

Above all....BE RESPECTFUL TOWARDS YOUR TRAINING PARTNER!

Prior to being allowed to take your pre-test assessment seminar you must have sparred a minimum of 10 times, and your instructor must sign off on each time. After your pre-test assessment you must spar an additional 10 times and your instructor must also sign off on it. Use this section to track your progress. Remember, sparring is only during the warrior classes and you are only eligible for these classes after your first month and when you are cleared by an instructor for the class.

Warrior class instructor approval

Instructor name (Print)	Instructor Signature	Date	Student initials

By signing here the instructor as listed above is giving the student to whom book belongs to clearance to progress from defense to warrior class. Instructors will only sign off on this if you have completed your 4 week trial with a minimum of 4 classes attended and their discretion that you are reasonably fit enough mentally and physically to attend the warrior class. The student who owns this booklet initials and acknowledges the risks and dangers associated with sparring and takes full responsibility for anything that happens as a result of negligence, failure to listen to instructors or dangerous behavior and any and all terms set out in the waiver you signed when you joined UTKM.

Sparring Progress

First 6 months - Pre Assessment

Date	Instructor Initial	Date	Instructor Initial	Date	Instructor Initial	Date	Instructor Initial

Post assessment

Date	Instructor Initial	Date	Instructor Initial	Date	Instructor Initial	Date	Instructor Initial

Instructors are to only initial if they personally witnessed the student sparring.

PRE-TEST ASSESSMENT

A pre-yellow belt test assessment seminar must be completed prior to taking a test. While we ask that all students help out with tests, this requirement may be waived if you perform well enough during your pre-test assessment. If an instructor deems that you need to help out with a test as well then this will be noted. Without completion and record of this section you CANNOT take your test. We advise that you make a digital copy of this section for your records after it has been completed by an instructor.

Date of Pre-test: _____ Instructor name: _____

Instructor number: _____

Physical Assessment

The instructor will start the seminar with a basic physical assessment and note if improvement is needed.

Wind Sprint tests

Instructor set up a wind sprint test, or a beep test. Please note if the student needs to improve their cardio/anaerobic.

Time to complete: _____

Push ups

Students will complete 50 pushups. Ideally in a row, but modified ones are allowed. If a student takes too long of a break make a note.

Amount without break: _____ Time to complete pushups: _____

Sit ups

With a partner holding the legs, students will do 50 full sit ups. Ideally in a row. If student takes too long of a break make a note.

Amount without break: _____ Time to complete sit-ups: _____

Technical Assessment

The instructor will ask students if there is any techniques they want to go over. Additionally the instructor will ask students to practice techniques they feel they need to go over.

Asked sufficient questions and showed sufficient understanding

Showed proficiency in techniques shown

Are there any techniques the student needs to work on?

Sparring Assessment

Students are to complete 3 rounds of 2 minutes of sparring

Did the student show proficiency in sparring and if after they complete an additional 10 sparring sessions in class will they be ready for the test?

Overall Assessment

Areas for improvement:

Areas of strength:

Does the student NEED to help out with a test? Yes/No

Does the instructor feel the student will be ready for the yellow belt test once they have completed the minimum 70 hours? Yes/no

Instructor signature:

Student signature:
