



# URBAN TACTICS KRAV MAGA

## Student Guide & White Belt Workbook

2023 V3.0

Your guide towards your yellow belt

Student Name: \_\_\_\_\_

Date Started as white belt: \_\_\_\_\_



**URBAN TACTICS KRAV MAGA**  
TURNING LAMBS INTO LIONS SINCE 2013

INFO@URBANTACTICSCANADA.COM | 778.919.2795 | URBANTACTICSKM.COM

# TABLE OF CONTENTS

STUDENT GUIDE TO UTKM _____	4
To Our Students _____	5
UTKM MOBILE APP - Zen Planner _____	6
Signing into class _____	7
What Is Krav Maga? _____	8
A Brief History of Modern Krav Maga _____	9
UTKM CORE PRINCIPLES _____	12
UTKM KRAV MAGA PROGRAMS _____	13
UTKM Krav Maga Program _____	13
Instinct IIC Krav Maga _____	13
UTKM KRAV MAGA PROGRAM BELT PROGRESSION _____	14
The Belts _____	15
<b>White Belt</b> (Beginner) _____	15
<b>Yellow Belt</b> (Novice) _____	15
<b>Orange Belt</b> (Novice) _____	15
<b>Green Belt</b> (Advanced) _____	15
<b>Blue, Brown</b> (Advanced) _____	16
<b>Black Belt</b> (Expert) _____	16
UTKM Krav Maga Belt Testing _____	17
Belt Assessment and Testing Requirements _____	17
UTKM KRAV MAGA CLASS TYPES _____	20
Beginner classes: _____	20
<b>Defense Class:</b> _____	20
<b>Warrior Class:</b> _____	21
Novice classes: _____	21
Advanced classes: _____	22
INSTINCT IIC PROGRESSION AND RANKING _____	23
SPARRING _____	24

Rules and Requirements _____	25
<b>Krav Maga Sparring - Light Contact</b> _____	25
<b>Krav Maga Sparring - No Headshots (Under age 16)</b> _____	25
<b>Krav Maga Sparring - Slow Flow Sparring</b> _____	25
SCHOOL EXPECTATIONS _____	26
Student Expectations _____	26
Instructor Expectations _____	27
Krav Maga and Grappling (BJJ) _____	28
IMPORTANT RESOURCES _____	29
A Final Word _____	29
WHITE BELT STUDENT WORKBOOK _____	30
How to use this Workbook _____	30
Basic Krav Maga Concepts _____	31
Krav Maga and Self Defense Concepts _____	32
WHITE BELT TECHNIQUES _____	36
BLOCK 1: _____	36
Movement and Combatives _____	36
BLOCK 1: _____	37
BLOCK 2: _____	38
Beginner Defensive & Reactive Self Defense _____	38
BLOCK 3: _____	39
Beginner Choke Defense _____	39
BLOCK 4: _____	40
<b>Beginner Ground Techniques: Falling and getting up</b> _____	40
Sparring Requirements _____	41
Rules and Requirements _____	42
<b>Krav Maga Sparring - Light Contact</b> _____	42
<b>Krav Maga Sparring - No Headshots (Under age 16)</b> _____	42
<b>Krav Maga Sparring - Slow Flow Sparring</b> _____	42
Warrior Class Instructor Approval _____	43
Sparring Progress Records _____	43

# STUDENT GUIDE TO UTKM

A guide for students to understand UTKM

Please have a printed version of this guide and keep a copy in good condition with you when you are in class. These guides are subject to change from time to time,

Local Website:

[www.urbantacticskm.com](http://www.urbantacticskm.com)

Blog, Podcast and more:

[www.utkmblog.com](http://www.utkmblog.com)

Online Training Videos:

[www.utkmu.com](http://www.utkmu.com)

UTKM Online Shop:

[www.utkmshop.com](http://www.utkmshop.com)

## To Our Students

Welcome to Urban Tactics Krav Maga!

Congratulations are in order, as you have just taken the hardest step in your journey from Lamb to Lion. Starting. It is our goal to guide you through your Krav Maga journey so that you may learn to protect yourself both physical and mentally.

As you begin your training there may be times in which you will question your own abilities and wonder why you are learning Krav Maga, but I promise you that if you stick with it, you will soon notice your fitness level improving, your strength increasing, and a growing confidence in your ability to protect yourself.

We have trained thousands of students from all walks of life; each bringing different experiences and backgrounds to our classes, so we look forward to working with you and helping you achieve your goals as well. Through your journey with us you will learn a variety of different skills like basic self-defense concepts and techniques, Boxing, Kickboxing, Wrestling, and basic grappling. As you advanced you will learn the more exciting aspects of Krav Maga, from safe firearms use to arrest techniques. But to walk this path you must start with an open mind, a humble attitude, and a consistent work ethic.

This Student Handbook was created to give you some insight as to what to expect, and to answer some common questions. However, if you have further questions that aren't addressed herein, don't hesitate to ask.

Once again, welcome to our school and I'll see you in class.

A handwritten signature in black ink, appearing to read 'Jonathan Fader' with some illegible text below it.

Jonathan Fader

UTKM Lead Instructor

## UTKM MOBILE APP – Zen Planner

At UTKM we try to make things as easy as possible for both students and instructors. As such we have chosen as our student management software [Zen Planner](#). With both the Student App and Web Portal you are able to manage your profile information, sign in for classes, access class schedules, check your progress, and much more. **You must also use this system to sign waivers and contracts. If you see a red alert sign then there is usually an unsigned document.**

Go to the APP store on your phone and download [Zen Planner](#). Log in using the same email you used when you signed up for Urban Tactics, set an account, and you are good to go. If you are not sure how to set up your password or have difficulties just let us know and we can send you an account reset email.

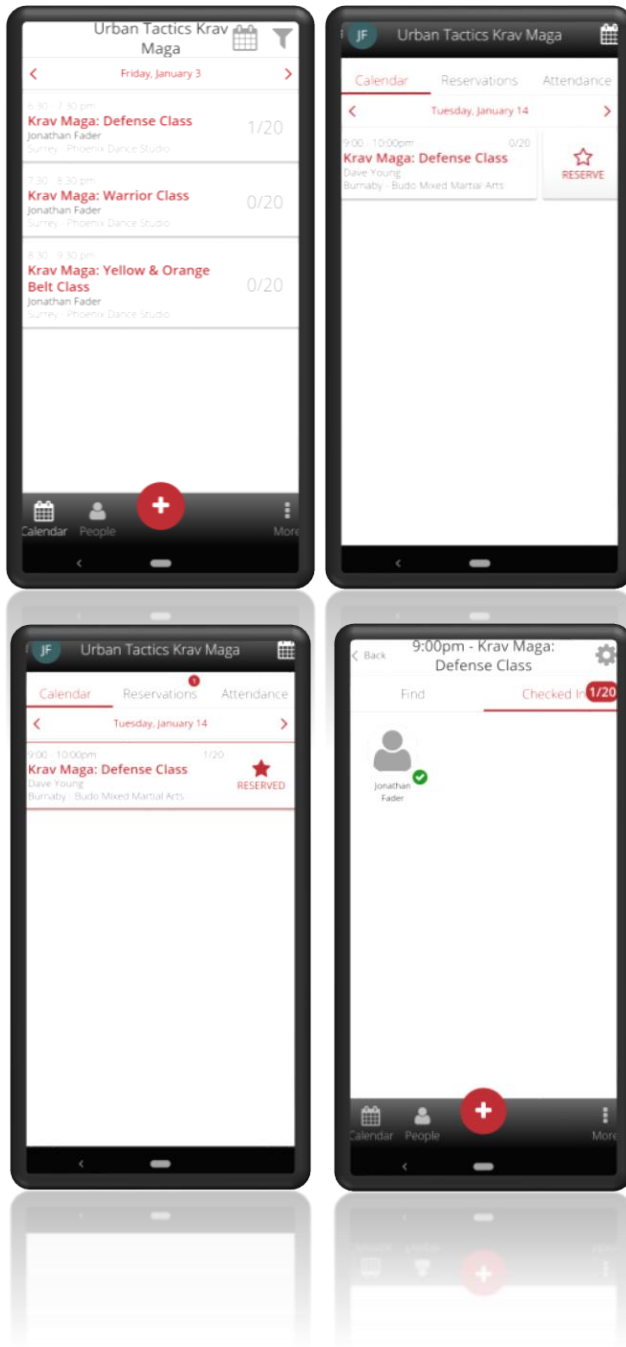
Optimize your time and maximize the convenience of tracking classes from your device. Use the app every time before you come to reserve your spot in class, and then to sign in when you arrive. Before class starts make sure you see your name in the app with a green checkmark. If you do not properly sign in *every time*, then the system will not record your attendance properly. If for whatever reason you are unable to sign in on your phone you can do so on the school tablet prior to class start; it is your responsibility to make sure you are signed in.

It is also important that you ensure your Email and Credit Card information are up to date, this can also be done in app or via the web portal.

Zen planner Link for the APP:

<https://info.zenplanner.com/for-members>

## Signing into class



1. After you login to your account via the app, search the calendar for the date or dates you would like to reserve a spot for. There will be a star that has no fill. Click on that to reserve your spot.

2. Once the star is filled in you have reserved your spot. You must either sign in via your app, or via the school tablet provided, to ensure that you are signed in. A green check mark means your attendance has been recorded.

## What Is Krav Maga?



Krav Maga is a practical and effective system which teaches an individual how to prevent and overcome all manner of violence and attacks in the real world where there are no mats, no rings, and *no rules*. Starting with Critical Thinking and Situational awareness it builds from the simplest, most effective techniques that work for the most people most of the time. It re-trains your nervous system to have the fastest, most effective response when you are under the stress of a violent physical confrontation. While also teaching you to be calm, applying controlled aggression and strategy. It not only develops your ability to handle unarmed self-defense scenarios. it also builds proficiency in armed ones.

Krav Maga is a system with a unique and logical approach. It is easy to learn and retain, with easily performed natural and intuitive movements. It is very practical to use under stressful conditions as the moves are built off the normal, untrained reactions that people generally have. The techniques employ the quickest, simplest movements, and often use aggression and surprise to simultaneously defend and attack.

Krav Maga prepares Individuals to function in all circumstances and scenarios, in all combat and fighting environments, according to their needs and risks they may face on the job or in life. Krav Maga helps individuals develop tactical, physical, and mental awareness, and encourages constant growth and improvement.

Krav Maga is NOT a martial art; it is a mentality and a SELF-DEFENSE system. There are no competitions. It is meant for real life and teaches you how to survive so that you can go home to your family.



It is the simplest, most effective form of self-defense in the world!



## A Brief History of Modern Krav Maga

Imrich ("Imi") Sde-Or is credited with opening the first public school for Krav Maga and is the main reason that Krav Maga is what it is today. While a slightly different style, called "KAPAP," was being created in the then "Mandate for Palestine," by the earlier Jewish re-settlers and resistance groups, we consider Imi the Founder of Modern Krav Maga. He was born in 1910 in Budapest, Hungary which, at the time, was one of the centers of the Austro-Hungarian Empire. He grew up in Bratislava, the capital of Slovakia, in a home where sports, law, and Central European education were equally respected. Samuel Lichtenfeld, Imi's father, was undoubtedly quite a unique figure; at age 13 he joined a traveling circus, and for the next 20 years engaged in wrestling, weightlifting, and various demonstrations of strength. For Samuel the circus was also a school where he met people involved in a wide variety of sports, including some quite unusual ones. These people taught Samuel what they knew - including a variety of martial arts.

With his father's encouragement, Imi became active in a wide range of sports. He first excelled in swimming, and subsequently in gymnastics, wrestling, and boxing. In 1928, Imi won the Slovakian Youth Wrestling Championship and in 1929 the adult championship (in the light and middle weight division). That year he also won the national boxing championship and an international gymnastics championship. During the ensuing decade, Imi's athletic activities focused mainly on wrestling, both as a contestant and as a trainer.



In the mid thirties, conditions began to change in Bratislava. Fascist and anti-Semitic groups appeared, determined to upset the public order and harm the city's Jewish community. Imi became the defacto leader of a group of likeminded young Jews willing to stand up and defend their community; most of whom had a background in boxing, wrestling, and weightlifting. This group attempted to block the anti-Semitic bands from entering the Jewish quarter and wreaking havoc therein. Thus, between 1936 and 1940 Imi took part in countless violent encounters in order to protect himself, and others.

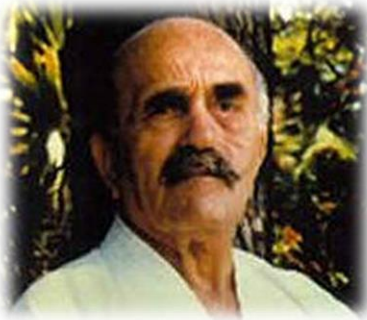
A story has been told that one time Nazi hooligans came into the university hitting and punching Jews. Suddenly a young man showed up, confronted them by hitting and biting them, and then disappeared as quickly as he had appeared. The story spread and one name stood out above the crowd... "Imi". In 1940, having become a thorn in the side of the anti-Semitic local authorities as a result of his activities, Imi left his home, family, and friends, and boarded the last immigrant ship that succeeded in escaping the Nazis' clutches. The vessel was an old riverboat named Pentcho, which had been converted to carry hundreds of refugees from Central Europe to the land of Israel (then called Palestine). The gripping story of the Pentcho and its passengers is told in detail in the book *Odyssey* by John Birman (published by Simon & Shuster, New York, 1984). Imi's private, two year odyssey, aboard that ship and afterwards, was filled with thrilling episodes. At one point on his journey, the ship hit a rock. Imi went with a small boat looking for help and eventually was found and taken by the British to Egypt. There he underwent several surgeries due to an infection on his face that caused paralysis.

He was asked by Yitzchak Sade to help train the "Netotim" in the Hagana (one of the para-military groups, that operated in Israel prior to the founding of the state and creation of the IDF) and teach them self-defense. In 1944 Imi arrived in Palestine and began training fighters in his areas of expertise: physical fitness, swimming, wrestling, use of the knife, and defenses against knife attacks. During this period, Imi trained several elite units of the Hagana and Palmach (strike force of the Hagana and forerunner of the special units of the IDF), including the Pal-Yam and groups of police officers. In 1948, when the State of Israel was founded and the IDF was formed, Imi became Chief Instructor for Physical Fitness and Krav Maga at the IDF School of Combat Fitness. He served in the IDF for about 20 years, during which time he developed and refined his unique method of self-defense and hand-to-hand combat. Imi personally trained the top soldiers.



During his service he married a woman named Ilana and adopted her child, as he did not have children of his own. He always told his students: "I do not need children, you are my sons".

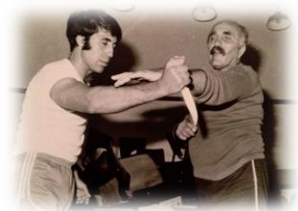
After he finished his active duty, Imi began adapting and modifying Krav Maga for civilian needs. The method was formulated to suit everyone - men and women, boys or girls, who might need it to save their lives or survive an attack while sustaining minimal harm. To disseminate his method, Imi established two training centers, one in Tel Aviv and the other in Netanya. Among his students was Yitzchak Rabin. (Former PM of Israel, assassinated by a Jewish fanatic in 1994)



*“People respect power, and it comes in many forms, Krav Maga is power, and people will respect you for knowing it”*

Even during his last years, Imi continued to personally supervise the training of those who had attained high ranks in Krav Maga, and to spend time with the instructors in Israel and abroad. Imi monitored the trainees' progress and achievements, captivating them with his unique charisma and imparting them with his lifelong accumulation of knowledge in Krav Maga and self-defense.

Imi, a teacher, a warrior, and a great human being, passed away in the early morning hours of January 9, 1998. Thus, the legend was dead, but not his legacy.



“So one may walk in peace.”

## UTKM CORE PRINCIPLES

At UTKM we have 3 Core Principles:

**“We train People,  
Not Belts or  
certificates”**

To build the person, through time, commitment, and hard work. Belts and certificates are just milestones. Developing the person mentally and physically, to be a better version of themselves day by day, is the real goal.



**“We Turn  
Lambs into  
Lions”**

To turn everyday citizens into everyday warriors. Whether you are naturally physical or not, through consistent training, if you start and stay with it, then you too will find your inner lion and be the warrior you always wanted to be.

**“We never stop  
learning and  
growing”**

To always keep an open mind and keep learning; Krav Maga is meant to adapt and change, so too must you. If you think you know everything and stop training you have closed your mind and closed the path to growth.

## UTKM KRAV MAGA PROGRAMS

Keeping in line with our 3 core values (“train people not belts”, “turn lambs into lions”, and “never stop learning/growing”), we want to provide the best possible Krav Maga experience so that you are able to be the best version of you, while maximizing your ability to properly defend yourself. To foster well-rounded training we offer two different Krav Maga programs at UTKM. Both systems have completely separate ranking systems, expectations, and standards, but there is a lot of crossover in the techniques and mindset. If you take both programs you will be able to progress more rapidly in both.

### UTKM Krav Maga Program

Our Primary program, and the one you should spend the most time training in, is our own hybrid system that blends the best parts of Krav Maga with a more traditional martial arts progression. This means we understand that mastery takes time, and the number of skills needed to defend yourself in the widest variety of situations takes dedication and commitment. The Primary program will not only develop your Krav Maga self-defence skills but also your overall Combatives ability, as we include Boxing, Kickboxing, wrestling, and Grappling in the hybrid. Additionally, we recognize that not everyone has a police or military background, thus to truly turn you from a Lamb into a Lion we have included aspects of these applications in our regular program (more so in the Advanced training). The UTKM Program is broken up into three levels of classes, Beginner, Novice, and Advanced.



“Turning Lambs  
Into Lions”

### Instinct IIC Krav Maga

We understand that not everyone is going to spend the next decade or more dedicated to learning Krav Maga and other martial arts to attain your black belt. In an effort to expand our training system we have partnered with “INSTINCT Integrated Israeli Combatives,” under former Israeli Special Forces operator and Krav Maga instructor Kfir Itzhaki. The Instinct IIC program is a supplementary addition to our UTKM Program and is a more traditional Israeli approach to Krav Maga, meaning it focuses primarily on the basics of self-defence. Within their streamlined curriculum rank progression and mastery of this system take half the time of UTKM, about 5 years. All levels of the Instinct program are taught in the same class and there is no division of skills or techniques by level.



“Follow Your Instinct”

## UTKM KRAV MAGA PROGRAM BELT PROGRESSION

Why are UTKM belts so hard to earn?

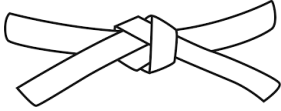
If you haven't yet noticed, our belt progressions may seem out of whack with what you'd usually see with other, more traditional martial arts. For example, why do we see 10-year kids on YouTube with their black belts in Tae Kwon Do, but not in another sport like Judo? Or, why do we only give out stripes in the kids' class and not coloured belts like "everywhere else"?

There are three main reasons for these disparities:

1. Grading in the martial arts world is very subjective: The technical and skill proficiency in one discipline is not comparable to that in another; even within the same discipline there are differences. The reality is that most modern martial arts schools are businesses, so they push their students through the various belt levels to give them a sense of progress in order to avoid "losing customers"; giving rise to the term "belt factories". In other disciplines, such as judo, it is not permissible to grade a student to a black belt until they are at least 16 years old.
2. It's good for business: As noted in point 1, many places will charge a fee each time a student is graded, which is why there is also "stripe grading," additional testing sessions between each of the traditional belt colours. The more often the school grades their students, the more money they make.
3. Krav Maga is not a traditional martial art: Krav Maga promotes itself as a self-defence system and not a martial art. It is linear and efficient; it does not require one to practice a kick 10,000 times in order to become proficient. In the UTKM world, we introduced belts as a way to mark knowledge and competency progression, and even then, our system cannot be compared with another school that teaches Krav Maga, as they will have arranged their curriculum differently. Within the UTKM community, for example, achieving a Yellow Belt is a significant milestone.

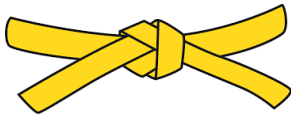
As we are preparing you for real world violence, we do not believe in handing out something for nothing and giving you a false sense of confidence. While UTKM sticks to the traditional Krav Maga Belt System, instead of the "Patch" system used by other organizations our curriculum and testing requirements are our own.

## The Belts



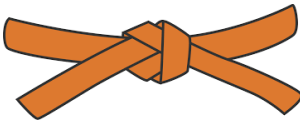
### White Belt (Beginner)

It's all new to you. You may be timid, and we get that, so we'll help you step out of your comfort zone. You'll learn how to properly punch and kick, and be introduced to a few techniques. Don't go picking any fights though. A white belt level is all about learning your capabilities but, more importantly, learning how to critically think for self-defense purposes.



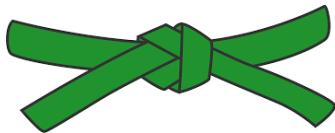
### Yellow Belt (Novice)

You have at least 70 hours under your belt and you've been sparring for a while. You should start to feel more comfortable if you were to be confronted on the street, however, you need to build muscle memory into your techniques, plus learn some new ones. By this stage you'll be able to reasonably defend yourself in the average self-defense scenario, and dole out some hurting of your own, more than the average person on the street.



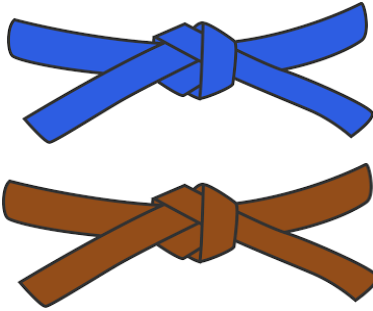
### Orange Belt (Novice)

You now have 140 hours or more, plus a lot of sparring, so the techniques will be fairly ingrained in you, and you will have developed a high sense of situational awareness. Additionally, you are now more prepared for when, just as in life, the self-defense techniques don't always go as planned. You can now expect the unexpected and still come out on top. You will feel confident and comfortable that if someone starts being overly aggressive with you, then you feel sorry for them and they better back off. You're now someone to watch out for and are not to be underestimated.



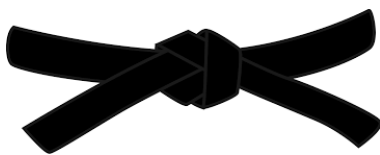
### Green Belt (Advanced)

You've trained for at least 280 hours, and the rinse-repeat repetition of the techniques is fairly second-nature to you. You've passed one of our most grueling belt tests so you're well aware of what you're capable of when push comes to shove. You've achieved a level that only a handful of others have. This is a pinnacle stage in the UTKM world as you have now completed the fundamental hand-to-hand components of our self-defense system. Everything at or above the green belt level steps away from simple self-defense and begins to bridge the gap between civilian applications and job-specific applications (policing, security, or the military). Achieving a green belt is a significant milestone and separates the standard street survival skills and techniques from the higher, more sophisticated firearms and weapons training. You feel comfortable and confident.



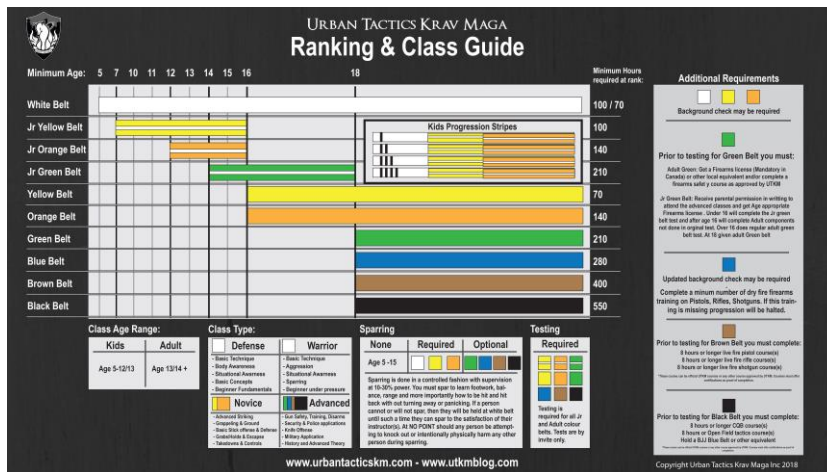
**Blue, Brown (Advanced)**

Krav Maga is more than knowing how to defend yourself on the street; it is a mentality and a lifestyle. Anyone who continues to train at this level has a deep appreciation and desire to go above and beyond being able to defend themselves in the local bar. At these belt levels, you will develop the skills required for industries requiring an advanced skill set such as Security, Law Enforcement, and the Military. Remember, Krav Maga was originally developed for military and police applications.



**Black Belt (Expert)**

At this point in your training you have committed a fair amount of your life to Krav Maga with UTKM. You have also completed the entirety of the UTKM curriculum. You are now on your journey to mastery, which in its self takes years. You must also continue to regularly train at all class levels to continue your growth. If you have not already been certified as a UTKM Assistant instructor or Full Instructor you may also be awarded an Instructor certificate, as at this level it is expect that, with your advanced understanding of the system, you are not only able to apply Krav Maga but teach it as well.



At UTKM we pride ourselves on Turning Lambs into Lions, and not getting distracted by the standards that other martial arts schools have adopted which have no relevance to how our students are graded. We will not promote you just to make you feel good about yourself, or so

you can compare yourself with your friend who's in another martial art; we will promote you when we feel you meet the standards of UTKM and you can survive on the streets.

That's it in a nutshell. So the next time your buddy or BFF says "You've only got a yellow belt? That's nothing!", you can reply "You don't know what you don't know.", and leave it at that.



## UTKM Krav Maga Belt Testing

UTKM has its own belt testing standards designed to truly prepare you for any and all real self-defense situations you may encounter. We will not let you test unless we feel you are ready, both physically and mentally. As such there will be progress Assessments in between each test to ensure that you are where we think you are, and so that you know what you need to improve prior to your next test.



You may be invited for assessments any time after you are halfway through your minimum hour requirements for each level and given feedback. Assessments will test your knowledge of the curriculum for your level, your attitude, and your current physical levels. Assessments are usually held with groups of individuals who are at the same level. If you have completed an assessment but wish to do it again you may do so at any time, appropriate to your level, for a discounted fee. After you have completed an assessment, and have achieved the minimum requirements of each level as well as met the UTKM standards, you will be invited to test.

### *Belt Assessment and Testing Requirements*

- **White Belt Assessment – Fee \$50**
  - Completed a minimum of 40 hours at White belt
  - Participated in a minimum of 10 sparring sessions in the Warrior classes
  - Demonstrated competency in sparring, and can safely spare with contact
- **Yellow Belt Test – Fee \$50**
  - Completed a minimum of 70 hours at White belt, warrior, and defense classes, and be approved by your regular instructor and 6 months total time
  - Demonstrated competency in sparring, and can safely spare with contact
  - Completed at least one White Belt Assessment
  - Have volunteered in or witnessed a previous Yellow belt test
  - Attended classes a minimum of once a week for 6 weeks prior to testing
  - Are physically and mentally ready for the test, as determined by your instructor
- **Yellow Belt Assessment - Fee \$50**
  - Completed a minimum of 30-40 hours at Yellow belt
  - Continued to advance your sparring skills in the Warrior classes
  - Demonstrated competency in sparring, and can safely spare with contact
- **Orange Belt Test – Fee \$100**
  - Completed a minimum of 70 hours at Yellow belt and 8 months training minimum
  - Demonstrated competency in sparring, and can safely spare with contact
  - Completed at least one Yellow Belt Assessment
  - Recorded at least 2/3 of your required hours in the Novice Colour Belt classes
  - Demonstrated competency in the Yellow Belt Curriculum
  - Have volunteered in or witnessed a previous Orange or Green belt test
  - Attended classes a minimum of once a week for 6 weeks prior to testing
  - Are physically and mentally ready for the test, as determined by your instructor
  - Have prepared for the written portion of the test by studying the UTKM Blog and Guides
- **Orange Belt Assessment - Fee \$50**
  - Completed a minimum of 100 hours at Orange belt
  - Continued to advance your sparring skills in the Warrior classes

- Demonstrated competency in sparring, and can safely spar with contact
- Have sparred at least 5 times in the Novice Colour Belt classes
- Recorded at least half your hours at the Novice Colour Belt class level
- **Green Belt Test– Fee \$100**
  - Completed a minimum of 140 hours at Orange belt and at least 12 months training,
  - Demonstrated competency in sparring, and can safely spar with contact
  - Completed at least one Orange Belt Assessment
  - Recorded at least half of your hours in the Novice Colour Belt classes
  - Demonstrated competency in the Yellow and Orange Belt Curriculum
  - Have volunteered in or witnessed a previous Orange or Green belt test
  - Attended classes a minimum of once a week for 6 weeks prior to testing
  - Are physically and mentally ready for the test, as determined by your instructor, including the ability to run a minimum of 2km
  - Have prepared for the written portion of the test by studying the UTKM Blog and Guides
  - **Have Received your Canadian Firearms License (PAL) or local equivalent of a firearms safety course.**
- **Green Belt Assessment - Fee \$100**
  - Completed a minimum of 150 hours at Green belt
  - Continued to advance your fundamentals in Warrior and Defense Classes
  - Continued to advanced your novice skills in the Novice Colour Belt classes
  - Have attended enough Advanced classes to know at least 2/3 of the material
  - Ensure that you know the majority of the Green Belt Theory
  - Demonstrated competency in sparring, and can safely spar with contact
  - Have sparred at least 5 times in the Novice Colour Belt classes
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
- **Blue Belt Test – Fee \$150**
  - Completed a minimum of 210 hours at Green belt and at least 12 months training,
  - Demonstrated competency in sparring, and can safely spar with contact
  - Completed at least one Green Belt Assessment
  - Demonstrated competency in the Yellow, Orange, and Green Belt Curriculum
  - Have volunteered in or witnessed a previous Orange or Green belt test
  - Have attended enough Advanced classes to know all of the material
  - Ensure that you know all of the Green Belt Theory
  - Have sparred at least 5 times in the Novice Colour Belt classes
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
  - Attended classes a minimum of once a week for 6 weeks prior to testing
  - Are physically and mentally ready for the test, as determined by your instructor, including the ability to run a minimum of 5km
  - Have prepared for the written portion of the test by studying the UTKM Blog and Guides and Advanced Class theory notes
  - **Have Volunteered a min of 8 times for testing or assessments**
- **Blue Belt Assessment Fee - \$200**
  - Completed a minimum of 200 hours at Blue belt
  - Continued to advance your fundamentals in Warrior and Defense Classes
  - Continued to advance your novice skills in the Novice Colour Belt classes
  - Have attended enough Advanced classes to know at least 2/3 of the material
  - Demonstrated competency in the Yellow, Orange, and Green Belt Curriculum
  - Ensure that you know the Green Belt material
  - Ensure that you know at least 2/3 of the Blue Belt material
  - Demonstrated competency in sparring, and can safely spar with contact
  - Have sparred at least 5 times in the Novice Colour Belt classes
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
  - Demonstrated competency in safe firearms handling for Pistol, Rifle, and Shotgun
  - Have trained or demonstrated that you have complete enough live fire training
- **Brown Belt Test – Fee \$250**
  - Completed a minimum of 210 hours at Blue belt and 12 months training
  - Continued to advance your fundamentals in Warrior and Defense Classes
  - Continued to advance your novice skills in the Novice Colour Belt classes
  - Have attended enough Advanced classes to know at least 2/3 of the material
  - Demonstrated competency in the Yellow, Orange, and Green Belt Curriculum
  - Ensure that you know the Green and Blue Belt material
  - Demonstrated competency in sparring, and can safely spar with contact
  - Have sparred at least 5 times in the Novice Colour Belt classes
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
  - Demonstrated competency in safe firearms handling for Pistol, Rifle, and Shotgun
  - Have trained or demonstrated that you have complete enough live fire training
  - Demonstrated competency in Live fire training
  - **Have Volunteered a min of 15 times for testing or assessments at all levels**
  - Are physically and mentally ready for the test, as determined by your instructor, including the ability to complete a minimum 2km weighted run
  - Demonstrated competency in Krav Maga application for civilian, security and law enforcement

- Have prepared for the written portion of the test by studying the UTKM Blog and Guides and Advanced Class theory notes
  
- **Brown Belt Assessment - \$300**
  - Completed a minimum of 300 hours at Brown belt
  - Continued to advance your fundamentals in Warrior and Defense Classes
  - Continued to advance your novice skills in the Novice Colour Belt classes
  - Have attended enough Advanced classes to know at least 2/3 of the material
  - Demonstrated competency in the White, Yellow, Orange, and Green Belt Curriculum
  - Ensure that you know the Green and Blue material
  - Ensure that you know at least 2/3 of the Brown Belt material
  - Demonstrated competency in sparring, and can safely spare with contact
  - Have sparred at least 5 times in the Novice Colour Belt classes
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
  - Demonstrated competency in safe firearms handling for Pistol, Rifle, and Shotgun
  - Have trained or demonstrated that you have complete enough live fire training
  - Demonstrated competency in the ability to teach all levels of UTKM material (If taking Instructor Path)
  
- **Black Belt Test – Fee \$400**
  - Completed a minimum of 400 hours at Brown Belt and 24 months of training
  - Continued to advance your fundamentals in Warrior and Defense Classes
  - Continued to advance your novice skills in the Novice Colour Belt classes
  - Have attended enough Advanced classes to know and teach all levels of UTKM techniques
  - Ensure than you know all levels of theory
  - Demonstrated competency in sparring, and can safely spare with contact
  - Recorded at least 1/3 of your hours at Advanced and 1/3 at Novice Colour Belt classes
  - Demonstrated competency in safe firearms handling for Pistol, Rifle, and Shotgun
  - Have trained or demonstrated that you have complete enough live fire training
  - Demonstrated competency in Live fire training
  - **Have Volunteered a min of 20 times for testing or assessments at all levels**
  - Demonstrated competency in Krav Maga application for civilian, security and law enforcement
  - Are physically and mentally ready for the test, as determined by your instructor, including the ability to complete a minimum 5km weighted run
  - Have prepared for the written portion of the test by studying the UTKM Blog and Guides and Advanced Class theory notes
  - Are prepared to teach, beginner, novice and advanced students (If taking Instructor path)
  - Have achieved a Blue Belt in BJJ or comparable grappling style

\*Testing fees are subject to change unilaterally by UTKM.

PREPARE FOR YOUR TESTS! The pictures below indicate as to why.



## UTKM KRAV MAGA CLASS TYPES

At UTKM we believe in building you from the bottom up; no matter what your experience level is we want you have a strong foundation in the basics. As we focus on self-defense we do not want to give you a false sense of security when it comes to your own abilities. As you meet milestones and show the required skills you will be invited to advance not only in rank but also in which classes you may attend.

### Beginner classes:

These are the basic classes and are open to all students. In fact, no matter how long you have been at UTKM you should make an effort to attend these classes at a minimum of a 1:1 or 2:1 ratio until Green belt, and then a 4:2:1 Beginner:Novice:Advance ratio above that.

### Defense Class:

This is the first step in your journey from Lamb to Lion. The defense class is the beginner level class for all new students. It is a class focused on the techniques of Krav Maga, as we teach them, and is where you will learn the fundamental concepts, principles, and theories that are Krav Maga. This is a semi-contact class: groin protection is required and a mouth guard is advised. Please wear your school uniform (UTKM t-shirt) if you are a regular student. Our Defense class is open to all levels of skill and experience.



### Warrior Class:

A key part of Krav Maga is developing a person's mental and physical strength. This class will push your limits and boundaries, and is the advanced-beginner class. Leave with sweat on your brow and the satisfaction that you come out a little better than you entered. The Warrior class is designed around the Israeli style of training that made Krav Maga so effective; it involves aggression drills and semi-contact, controlled sparring.



This Class is open to all individuals with 1 month defense class training, with 4-6 classes and instructor approval. Instructor Signature must be obtained in your work book. Our Warrior class is the next step in your self-defense transformation from Lamb to Lion.

This is a CONTACT class. Please bring all of your gear:

- Mouth Guard
- Groin Protection
- MMA Gloves
- Krav Maga Head Gear

### Novice classes:



Novice Colour Belt class is where we begin to start to look at more close quarters self-defense. From grabs and holds to groundwork, and everything in between. We also begin to look at basic weapons techniques and how to control resisting opponents. It is a mix of both our Yellow and Orange belt curriculums.

This class is open to all students with a UTKM Yellow belt or higher. Once you achieve your Yellow belt you should be attending these classes as often as you can. Between 1/3 and 1/2 of all your class time should be in these classes. Our Novice Colour Belt classes run one to two months Yellow belt curriculum to one month Orange belt curriculum.

## Advanced classes:



Advanced Colour Belt classes, or Green belt and up, are where we start to look at job specific applications for Krav Maga, or more specifically, security, police, and military use. We take everything we have already learned and expand on it. This is also where we begin to look at firearms self-defense and basic use. We currently require all persons to hold their Canadian Firearms license (PAL) prior to achieving this level. If

you are unable to obtain a PAL, please talk to the lead instructor as some exceptions may be allowed on a case by case basis.

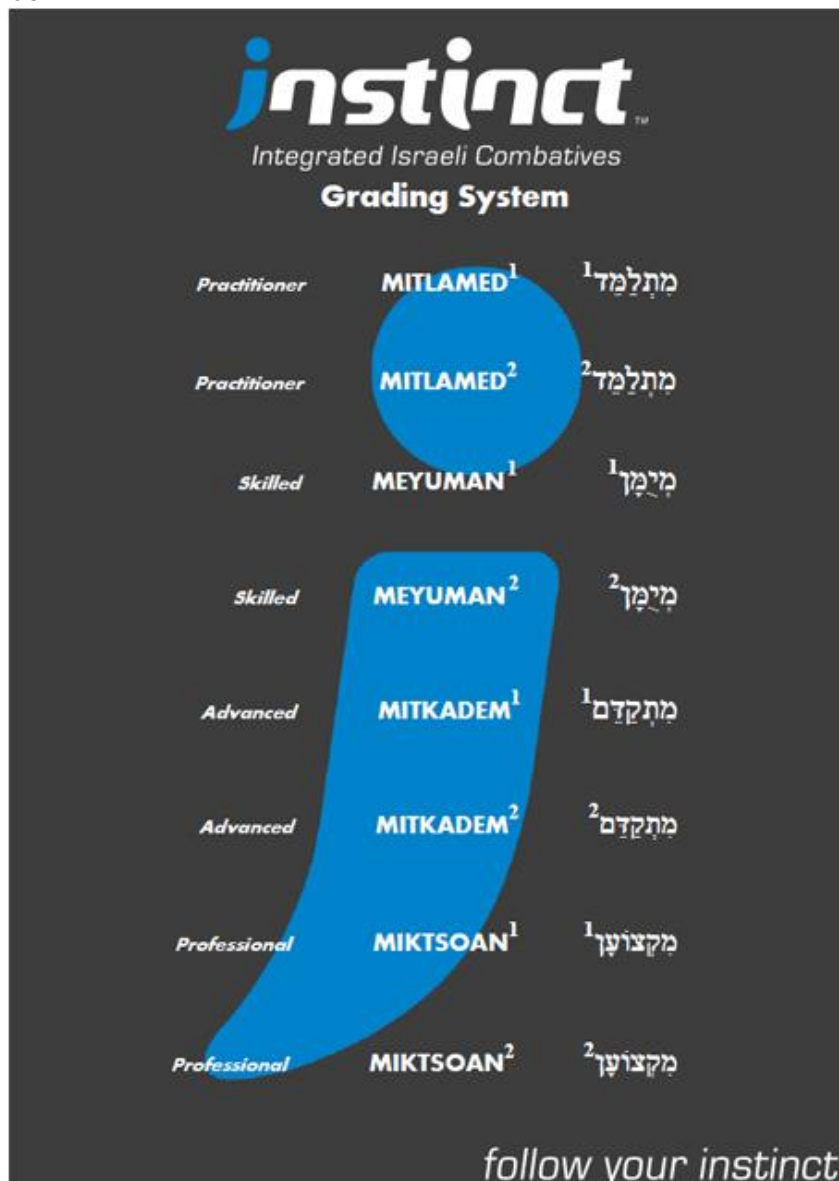
Once you earned your Green belt you must still attend the Novice and Beginner classes to continue to develop your foundational skills. The Advance class curriculum is radically different than that of the Beginner and Novice classes, and while your focus should still be on the advanced material it is expected that you continue to attend the Novice classes and the occasional Beginners class. The advanced classes are 1/2 to 2/3 Green belt material to Blue and Brown belt material.



## INSTINCT IIC PROGRESSION AND RANKING

The Instinct ranking is as pictured and follows a ranking system specific to Instinct. No belts or patches are given, but each rank will be awarded via certificate after successfully testing. Instinct Curriculum has been partially integrated into the UTKM curriculum and techniques marked with an (*i*) indicated it is a testable technique in both curriculum though there may be some specific technical differences. If you want to progress in the Instinct program please download the Instinct Specific Student Guide.

To test for Instinct levels you must attend the INSTINCT Classes leading up to any tests for at least 3 months. Tests occur every 6 months and are cumulative for each level. Your instructors will let you know if you are ready. Test fees are set at \$60. When Kfir is in town, Seminars are MANDATORY if you want to do testing directly under Kfir.



## SPARRING

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, rewarding, and, most importantly, SAFE. In sparring, students will practice aggression, power, and judging distance, as well as learning how to handle themselves under violent stress. Students also have the opportunity to put their techniques and fighting skills to the test, to see what works for them and what does not.



*Note that, 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 their opponent. For the larger fighter, having greater mass means they do not have to exert as much energy. Therefore, we usually instruct our students to utilize 10% of their 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, speeds, heights, ages, and abilities.

**\*If you attend multiple Warrior classes a week it is recommended that you do not spar more than once a week.**



## Rules and Requirements

### *Krav Maga Sparring – Light Contact*

- **No Mouth Guard, No Sparring!**
- Full protective gear is required - Groin protection (both men and women), MMA gloves, mouth guard, helmet with facemask. **NO SHOES DURING SPARRING.**
- 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!**

### *Krav Maga Sparring – No Headshots (Under age 16)*

- **No Mouth Guard, No Sparring!**
- For Junior ranks (Under 16) or sparring with Junior ranks
- Sparring can be no contact “flow sparring”
- Sparring can be light contact body shot only (No strikes to the face for under16)

### *Krav Maga Sparring – Slow Flow Sparring*

- Light contact to the body
- No Head or face shots with contact
- Flow sparring either back and forth or in a flow state.
- **Ideal when injured or not feeling 100%**

Above all, **BE RESPECTFUL TOWARDS YOUR TRAINING PARTNER!** If a fellow student or Instructor says you are hitting too hard then **YOU ARE HITTING TOO HARD**, it is not a debate. Also remember, if your partner is hitting too hard there is a chance that **YOU ARE HITTING TOO HARD**, and you should dial it back! It is light contact and nothing more. Failure to maintain control regularly may result in a ban from sparring which will hinder your progress.



## SCHOOL EXPECTATIONS

### Student Expectations

- Show up to class on time.
- Wear the school T-shirt for Krav Maga, or suitable and appropriate attire for UTKM's other offerings as required.
- Exhibit good personal cleanliness and hygiene, e.g. cut nails, clean attire, etc.
- Listen respectfully to the instructor(s).
- Be respectful to the other students and the instructor(s).
- Assist newer students if you see the opportunity to help them.
- Learn the techniques to the best of your ability.
- Be respectful to your partner when sparring, control your power, and understand that it's a learning process for both of you. Understand that it is ok to tell your partner that they are hitting too hard.
- Be comfortable leaving the class feeling exhausted.
- Understand and acknowledge that your progress will take time, so you will be patient.
- Do not ask to be promoted. The instructor will notify you when you are ready for testing.
- Represent UTKM in a respectful and appropriate manner both inside and outside the school. You are the school's ambassador and will reflect its values.
- Speak up in an appropriate manner if there is an issue with another student or instructor.



## Instructor Expectations

- Start the class on time.
- Be respectful to all the students.
- Provide an appropriate and accurate answer to any questions that may arise.
- Teach the technique(s) to the best of their ability.
- Be respectful when providing you with feedback or constructive criticism.
- Train you well, so outside the school you may walk in peace.
- Take pride in your progress.
- Make your training a positive experience and create a supportive learning environment.
- Be objective in regards to determining when a student is ready to be assessed or tested for promotion to the next level.
- Ensure that all safety measures are in place.



## Krav Maga and Grappling (BJJ)

### Krav Maga and BJJ - A Good Pairing

You may have wondered why UTKM encourages students to add Brazilian Jiu-Jitsu (BJJ) to their self-defense arsenal.

As complete a system as Krav Maga is, like any method of self-defense or martial arts it cannot address all threats that come in all forms. Krav Maga strongly advises students that in any altercation, they should strive to not go to the ground. The reasons should be apparent: The ground is hard and nasty, there may be sharp or dangerous objects lying on it, and more importantly, you leave yourself openly vulnerable to getting kicked in the head if your opponent has a friend lying in wait. Or worse, a weapon is drawn and you can no longer quickly evade. In short, it's just not a good place to be.

However, UTKM has a solution to fill this gap; we recommend students also take BJJ.



BJJ is, by far, the best self-defense to learn for ground fighting and grappling. Its sole mission is to teach students how to not only manipulate and overpower your opponent in ground fighting, but also to force them to submit. The sport has worldwide recognition and a student base that is ever growing. Its main drawback, however, is that it is primarily focused on ground tactics, and while it has a few stand-up techniques, it shines in its

grappling skills. This is why Krav Maga and BJJ, like a good meal served with wine, makes for a good pairing.

While not initially mandatory, if you wish to eventually get a UTKM Krav Maga Black Belt you must attain a BJJ Blue Belt (or equivalent). A UTKM Black Belt may take 8-15 years to achieve, while a BJJ Blue Belt may be earned in only 2-3 years with consistent training. So, you have plenty of time to do both.

If a student has a background in another sport that has groundwork as part of their training, such as Judo, Wrestling, or SAMBO, then we will take this into account. However, if a student has no background in ground tactics and strategies, then UTKM highly recommends you supplement your Krav Maga training with BJJ.

## IMPORTANT RESOURCES

- This student Guide and Workbook
- UTKM Blog
  - [www.utkmblog.com](http://www.utkmblog.com)
- UTKM website:
  - [www.urbantacticskm.com](http://www.urbantacticskm.com)
- INSTINCT IIC websites:
  - <https://en.kfiritzhaki.com/>
  - <https://www.facebook.com/kfiritzhaki/>
  - [https://www.instagram.com/kfir\\_itzhaki/](https://www.instagram.com/kfir_itzhaki/)
  - [https://www.instagram.com/instinct\\_iic/](https://www.instagram.com/instinct_iic/)
  - <https://www.youtube.com/@INSTINCTKfirtzhaki>

Social media is where you will find important updates on events and what's going on at UTKM. Use #thisisUTKM for all your posts.

- UTKM Facebook
  - <https://www.facebook.com/UrbanTacticsKravMaga/>
- UTKM Instagram
  - <https://www.instagram.com/urbantacticskravmaga/>
- UTKM Twitter
  - @urbantacticskm

## A Final Word

This Student Handbook is provided by UTKM with the intention of giving you the best experience possible while a student of the school. We believe that the more knowledge you have of Krav Maga, how the school operates, and what other offerings are available, the better prepared you will be when you attend our classes.

Do you have what it takes to become a Lion? Because they did!

Now... let's train.

# WHITE BELT STUDENT WORKBOOK

## How to use this Workbook

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 as well as the Israeli Defense Force (IDF).

At White belt you will learn all the basics skills of moving, kicking, punching, blocking, and more importantly, thinking for self-defense. This material is the foundation 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 workbook you cannot partake in pre-testing Assessment 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. Just know that come Assessment time we will find out if you have sufficiently trained specific techniques or understand the required concepts.

We look forward to instructing you.

## Basic Krav Maga Concepts

Krav Maga is not just about techniques but also concepts and theories. Here is a basic list of the non-technique components of Krav Maga that you need to know. The explanation of each principle is available on the blog at:

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

### General Self Defense Principles

- **Critical Thinking**
- **Use of Force**
- **Action Vs Reaction**
- **Fight, Flight, Freeze**
- **The Stages of Self Defense**
- **Mental Awareness Colour Code**
- **Base, Posture, Structure**
- **Create Space**
- **The Body: Weapons and Ranges**
- **The Body: Vulnerable Points**
- **The Body: Circulatory System**
- **Training and Muscle memory**

### Krav Maga Principles

- **Situational Awareness – Assess, Assess, Assess**
- **Keep Your Hands up**
- **Simultaneous defend and attack**
- **Cause pain, off balance, disrupt**
- **Retzef**
- **The Safety of Assumption**
- **Avoid the ground**
- **Keep it simple**
- **Gross motor movement over fine motor movement**
- **Hard on soft, soft on hard**
- **Avoid injury**
- **Attack types**
- **Attack patterns**
- **When in doubt: Head or groin**
- **Learn to walk in peace**

## 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:



<b>The Stages of Self Defense:</b>	<b>Retzef:</b>
<b>Mental Awareness Colour Code:</b>	<b>The Safety of Assumption:</b>
<b>Base, Posture, Structure:</b>	<b>Avoid the ground:</b>
<b>Create Space:</b>	<b>Keep it simple:</b>
<b>The Body: Weapons and Ranges:</b>	<b>Gross motor vs Fine motor movement:</b>

<b>The Body: Vulnerable points:</b>	<b>Hard on soft, Soft on hard:</b>
<b>The Body: Circulatory System:</b>	<b>Avoid Injury:</b>
<b>Training and Muscle Memory:</b>	<b>Attack Types:</b>
<b>Notes:</b>	<b>Attack Patterns:</b>
<b>Notes:</b>	<b>When in Doubt: Head or Groin:</b>



## WHITE BELT TECHNIQUES

In this section is listed all the white belt techniques you need to know and will be tested on. Track your progress by noting the date each time you train a technique in class, so you know and we know how fresh the knowledge is. The White Belt Curriculum cycles every 6 months. So make sure you do not miss an entire Block or you will have to wait until it comes up again.

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
<b>BLOCK 1:</b>					
<b>Movement and Combatives</b>					
<b>Stance and Movement</b>					
Semi Passive Stance ( <i>i</i> )					
Fighting Stance ( <i>i</i> )					
Footwork ( <i>i</i> )					
<b>Beginner Combatives: Your Body's Weapons</b>					
Front Push Kick ( <i>i</i> )					
Front Teep Kick					
Groin Jab (Pre-emptive)					
Groin Stomp(Front whip kick)( <i>i</i> )					
Oblique Kick					
External Low Kick (roundhouse) ( <i>i</i> )					
Modified Roundhouse Kick					
Side Kick: Low & (push ( <i>i</i> ))					
Jab and Cross (1 & 2) ( <i>i</i> )					
Palm Strikes ( <i>i</i> )					
Eye Flick & Throat Jab					
Ear Smash					
Hammer Fist 1 - Horizontal/Back ( <i>i</i> )					
Hammer Fist 2 - down ( <i>i</i> )					
Hammer Fist 3 - forward					

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
<b>BLOCK 1:</b>					
<b>Movement and Combatives</b>					
<b>Beginner Combatives: Your Body's Weapons</b>					
Regular Groin Kick					
Hook 1 - Krav Maga Hooks (Vertical knuckles) (3 & 4) ( <i>i</i> )					
Uppercut 1 - (5 & 6) ( <i>i</i> )					
Head Butt					
Elbow 1 - Horizontal ( <i>i</i> ) (left & right)					
Elbow 2 - Backward ( <i>i</i> )					
Elbow 3 - Uppercut ( <i>i</i> )					
Elbow 4 - Downward					
Elbow 5 - Lateral					
Eye Gouge - Single and Double thumb					
Nir Combo					
Krav Maga Knees ( <i>i</i> )					

**Additional Notes:**

---



---



---



---



---



---



---



---



---



---

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
<b>BLOCK 2:</b> <b>Beginner Defensive &amp; Reactive Self Defense</b>					
Educational Block (pre-emptive)					
<b>Straight Line Defense - parry (i)</b>					
<b>Straight Line Defense - Vertical sweep traditional</b>					
<b>Straight Line Defense - Vertical sweep committed attack</b>					
<b>Straight Line Defense - Slide defense (Unarmed only)</b>					
<b>Knife Attack - Prevention &amp; Escape with/without object (i)</b>					
<b>Knife Attack - Initiation in open area - High push kick (i)</b>					
<b>Circular Defense - 360 blocks &amp; 360 High basics (i)</b>					
<b>Circular Defense - 360 High and disengage (Wrist to hip) (i)</b>					
<b>Circular Defense - 360 High Late response open area (Slap) (i)</b>					
<b>Circular Defense - 360 High &amp; Low - control and disengage</b>					
<b>Circular Defense - 360 Low Late response confined area (i)</b>					
<b>Knife Threat - Static Telegraphed</b>					
<b>Circular Defense - External low kick - absorbing (i)</b>					
<b>Circular Defense - Leg Checks</b>					
<b>Circular Defense - "Captain morgan"</b>					

Technique	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)	Date: (yyyy/mm/dd)
<b>BLOCK 3: Beginner Choke Defense</b>					
<b>Chokes from Front -</b> 1. Single pluck and strike ( <i>i</i> )					
<b>Chokes from Front -</b> 2. Double Pluck (Kick or Knee)					
<b>Chokes from Front -</b> 3. Arm up escape					
<b>Choke/ Grab from Behind -</b> Hammer Fist 1 ( <i>i</i> )					
<b>Choke/ Grab from Behind -</b> Reverse Vertical sweep					
<b>Choke/Grab from Behind -</b> Traditional (Pluck/Step/Strike)					
<b>Choke from Side (2 options)</b>					
<b>Standing Headlock Escape</b> 1. Traditional - Groin & Eyes ( <i>i</i> )					
<b>Standing Headlock Escape</b> 2. Stuck - Front Hammer Fist ( <i>i</i> )					
<b>Standing Headlock Escape</b> 3. Stuck - Knife Hand Extension to position switch					
<b>Standing Rear Naked Choke Escape</b>					

Techniques Highlighted in **THIS GREY** are sequential techniques. This means you do the first one, if it doesn't work do the next one, and so on.





## Sparring Requirements

### 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, rewarding, and, most importantly, SAFE. In sparring, students will practice aggression, power, and judging distance, as well as learning how to handle themselves under violent stress. Students also have the opportunity to put their techniques and fighting skills to the test, to see what works for them and what does not.

*Note that 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 their opponent. For the larger fighter, having greater mass means they do not have to exert as much energy. Therefore, we usually 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, speeds, heights, ages, and abilities.

### REMINDER:

**\*If you attend multiple Warrior classes a week it is recommended that you do not spar more than once a week.**

## Rules and Requirements

### *Krav Maga Sparring – Light Contact*

- **No Mouth Guard, No Sparring!**
- Full protective gear is required - Groin protection (both men and women), MMA gloves, mouth guard, helmet with facemask. **NO SHOES DURING SPARRING.**
- 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!**

### *Krav Maga Sparring – No Headshots (Under age 16)*

- **No Mouth Guard, No Sparring!**
- For Junior ranks (Under 16) or sparring with Junior ranks
- Sparring can be no contact “flow sparring”
- Sparring can be light contact body shot only (No strikes to the face for under16)

### *Krav Maga Sparring – Slow Flow Sparring*

- Light contact to the body
- No Head or face shots with contact
- Flow sparring either back and forth or in a flow state.
- **Ideal when injured or not feeling 100%**

Above all, **BE RESPECTFUL TOWARDS YOUR TRAINING PARTNER!** If a fellow student or Instructor says you are hitting too hard then **YOU ARE HITTING TOO HARD**, it is not a debate. Also remember, if your partner is hitting too hard there is a chance that **YOU ARE HITTING TOO HARD**, and you should dial it back! It is light contact and nothing more. Failure to maintain control regularly may result in a ban from sparring which will hinder your progress.

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 each time. After your pre-test Assessment you must spar an additional 10 times and your instructor must also sign off on this. 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, after you are cleared by an instructor for the class.

## Warrior Class Instructor Approval

Instructor name (Print)	Instructor Signature	Date (YYYY/MM/DD)	Student Initials

By signing here, the instructor listed above is giving the student to whom this book belongs clearance to progress from Defense to Warrior class. Instructors will only give approval if you have completed your 4 week trial with a minimum of 4 classes attended, and, by their discretion, they deem you to be mentally and physically fit to attend the Warrior class. The student whom owns this booklet must initial to acknowledges the risks and dangers associated with sparring and take 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. **INSTRUCTORS MUST ALSO UPDATE THIS SKILL IN ZEN PLANNER.**

## Sparring Progress Records

### First 3-6 months - Pre Assessment\*

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

\*A min of 10 is required for instructors to properly asses. More may be required.

### Post Assessment \*\*

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

\*\*10 or more is recommended after your white belt assessment.

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