



Sector U.K.

British Federation of Krav Maga

Orange Belt Techniques

A	Falls	<ol style="list-style-type: none"> 1. Backwards break-fall from a moderate height 2. Backwards fall - turn 180° and front break-fall 3. Side break-fall from a moderate height 4. Forwards roll – left shoulder 5. Backward roll – right shoulder
B	Hook Punches	Right and left hooks at various heights and distances
C	Other Punches	<ol style="list-style-type: none"> 1. Hammer strikes at various levels and in various directions 2. Uppercut 3. Spinning back fist 4. Straight punch – fist inverted
D	Kicks	<ol style="list-style-type: none"> 1. Forward defence kick 2. Back kick – uppercut 3. All kicks learned till now are applied from the guard position - skipping forwards 4. All kicks learned till now are applied from the guard position - sliding forwards
E	Inner Defences Against Punches	<ol style="list-style-type: none"> 1. Inner parry with the left palm against straight right punch countering simultaneously with the right hand while lowering the attacker's hand 2. Inner parry with the left fore-arm against a straight right-hand punch and counter attack with a straight right (with the possibility of catching and lowering the attacker's arm) 3. Inner parry with the right fore-arm against a straight left counter with the left, fist inverted 4. <ol style="list-style-type: none"> a. Parry with the left palm against a straight right and counter with a straight left b. Parry with the right palm against a straight left and counter with a straight right

<p style="font-size: 48pt; font-weight: bold; text-align: center;">F</p>	<p style="text-align: center;">Outer Defences Against Punches</p>	<ol style="list-style-type: none"> 1. Outer block against a hook : the outside of the fore-arm strikes the attacker's arm. Head held down tucked in between the shoulders 2. Outer defences against a straight right : <ul style="list-style-type: none"> - thumb outwards - the back of the hand outwards - the ring finger outwards 3. Same defences with the arm out straight in order to intercept the attack as early as possible 4. Outer block, the fore-arm comes up diagonally above the head and counter with the other fist 5. Outer block, the fore-arm rises horizontally above the head
<p style="font-size: 48pt; font-weight: bold; text-align: center;">G</p>	<p style="text-align: center;">Defence Against Front Kicks</p>	<ol style="list-style-type: none"> 1. Inner parry with the palm of the hand (facing the opponent) moving forwards. The counter-attack will be done either with the hand that has just parried the kick, or with the other. 2. a) Outer parry, turning the palm of the hand outwards, facing the opponent, and moving forwards while counter-attacking. Only from the guard position, the parry will be done with the rear arm. b) From the side, when the kick is aimed only at the ribs, the parry will be done with the front arm. 3. Outer defence with the rear arm, holding the arm straight, from the normal guard position, and counter-attack. 4. Inner parry with the front arm (the left for a right-handed person) against a high kick, and direct counter-attack. Starting from the guard position.
<p style="font-size: 48pt; font-weight: bold; text-align: center;">H</p>	<p style="text-align: center;">Evasions and Counters as the opponent attacks</p>	<ol style="list-style-type: none"> 1. Evading with the body by leaning-back and kicking straight against an opponent who is punching while moving forwards 2. Evading leaning sideways and simultaneous counter with left or right 3. Moving (stepping) in different directions in order to evade the opponent's strikes while breaking the distance and changing direction
<p style="font-size: 48pt; font-weight: bold; text-align: center;">I</p>	<p style="text-align: center;">Releases from Wrist Grabs</p>	<p>Various grabs from one or two hands</p>
<p style="font-size: 48pt; font-weight: bold; text-align: center;">J</p>	<p style="text-align: center;">Releases from Strangles</p>	<ol style="list-style-type: none"> 1. Release from a pushing strangle from the front: one step back and raise the arm 2. Release from a pushing strangle from behind: step forwards and raise the arm 3. Release from a static strangle from behind: hook the hands downwards, and turn

K

Releases from a Choke from Behind (the Choke is applied with the forearm)

1. Grab the wrist, strike to the groin and turn under the arm. Control the attacker bringing them to the ground and applying a lock
2. Immediate throw