

# SCHOOL OF TRADITIONAL MARTIAL ARTS



**MSD RYU INTERNATIONAL**

**CLOSE COMBAT**

**KRAV MAGA CURRICULUM**

**SOKE MIGUEL ABREU**

**SENSEI VARUN JETTLY**

## YELLOW BELT – LEVEL 1

There are no prerequisites or fitness level requirements to start.

### I. Stance

A. Neutral Stance

B. Fighting Stance

### II. Movement

A. Forward, Back, Left, Right

B. Shadow Boxing

C. Movement while on the Ground

### III. Punches

A. Straight Punch

B. Straight Punch – left/right combination

C. Palm Heel Strike

D. Eye Strike/Throat Strike

E. Straight Punch with an Advance

F. Straight Punch with a Retreat

G. Straight Punch Low

H. Hammer-fist Strikes (all directions)

I. Elbows (1 - 7)

IV. Kicks

A. Front Kick

B. Front Kick - Vertical Target

C. Round Kick

V. Knees

A. Straight Forward Knee

B. Diagonal Round Knee

## VI. Punch/Kick Combinations

A. Front Kick to Groin and Hammer-fist  
Down

B. Front Kick to Groin and Straight  
Punch

## VII. Punch Defenses

A. 360 Outside Defenses

B. Inside Defenses against Straight  
Punches

C. Inside Defences against low Straight  
Punches

## D. Inside and 360 Defences against Punches

### VIII. Choke Defences

## ORANGE BELT - LEVEL 2

(Prerequisite KM Level 1 -Yellow Belt)

A. Choke from the Front (1 - hand pluck)

B. Choke from the Front (2 - hand pluck)

C. Choke from Behind

D. Choke from the Side

E. Choke from the Front with a Push

F. Choke from Behind with a Push

IX. Headlock Defences

A. Headlock from the Side

X. Soft Techniques

- A. Wrist Release – Same Side Hand  
(elbow to elbow)
- B. Wrist Release – Opposite Hand  
(hitchhike out)
- C. Wrist Release – 2 Hands Held High
- D. Wrist Release – 2 Hands Held Down
- E. Wrist Release – Being held with 2  
hands

## XI. Groundwork

- A. Movement
- B. Kicks on the Ground
- C. Getting Up
- D. Side position and movement

# GREEN BELT – LEVEL 3

(Prerequisite KM Level 2 - Orange Belt)

## I. Movement

A. Bobbing and Weaving

B. Slipping Punches

C. Shadow Boxing (punches, elbows, kicks, knees)

## II. Punches

A. Hook Punch

B. Uppercut Punch

C. Focus Mitt Combinations (punches and elbows)

## III. Kicks



- A. Front Kick - Defensive
- B. Side Kick
- C. Side Kick with Advance
- D. Back Kick
- E. Back Kick with Advance
- F. Kick Combinations (front, round, side, and back)
- G. Uppercut Back Kick (short)
- H. Front Kick with Advance (fighting and neutral stance)

#### IV. Punch/Kick Combinations

- A. Side Kick or Back Kick/Hammer-fist

#### V. Punch Defenses

- A. Inside Defense and Counter v. Left Punch

B. Inside Defense and Counter v. Left Punch Using Left Hand

C. Inside Defense and Counter v. Right Punch (2 counters)

D. Inside Defense and Counter v. Right Punch (1 counter)

E. Defense v. Hook Punch (extended)

F. Defense v. Uppercut Punch

G. 360° Outside Defenses with counterattacks

H. Defense against hook punch (covering)

## VI. Kick Defenses

A. Outside Stabbing Defense v. Front Kick

B. Plucking Defense v. Low/Medium Front Kick

C. Reflexive Defense v. Front Kick to groin

D. Defense v. High Front Kick

E. Defense v. Low Round Kick (using shin)

F. Defense v. Low Round Kick (absorbing)

G. Defense v. Front Kick (redirect)

H. Stop kick against front kick

VII. Fall Breaks

A. Fall Break - back

B. Fall Break - side

VIII. Choke Defenses

A. Choke From the Front Against the Wall

B. Choke From Behind Against the Wall

C. Choke From Behind with a Pull

D. Headlock From Behind - bar arm

E. Headlock From Behind - carotid

IX. Bear-hugs

A. Bear-hug From the Front with Arms Free (space)

B. Bear-hug From the Front with Arms Free (no space)

C. Bear-hug From the Front with Arms Caught (space)

D. Bear-hug From the Front with Arms Caught (no space)

E. Bear-hug From Behind with Arms Free (space)

F. Bear-hug From Behind with Arms Caught (space)

G. Bear-hug From Behind with Arms Caught (no space)

X. Groundwork

A. Mounted, Defense v. Punches (buck hips)

B. Mounted, Trap and Roll

C. Choke While Mounted

D. Headlock or Close Choke while Mounted

E. Ground-fighting: Escaped From Guard (Elbows)

F. Ground-fighting: Kick Off From Guard

G. Stripping/Clearing Foot Grab

H. Keeping the mount

I. Trap arm pop up

# BLUE BELT – LEVEL 4

(Prerequisite KM Level 3 - Green Belt)

## I. Head Butt

A. Head-butt Forward

B. Head-butt Upward

C. Head-butt Side (bear-hug context)

D. Head-butt Back (bear-hug context)

## II. Kicks

A. Defensive Back Kick with a Spin

B. Offensive Back Kick

C. Heel Kick

D. Inside Slap Kick

E. Outside Slap Kick

F. Inward angle knee

### III. Punch Defenses

A. A. Inside Defense v. Left/Right

B. Inside Defense v. Left/Right (Lean Back and Trap)

C. Inside Defense v. Left/Right (using forward hand)

D. Outside Defense and Counter v. Right (Punching defense)

E. Outside defenses # 1-5

### IV. Kick Defenses

A. Kick Defense v. High Round Kick (Reflexive)

B. Kick Defense v. High Round Kick (Fighting Stance – 2 contact points)



C. Kick Defense v. High Round Kick  
(Fighting Stance – 3 contact points)

D. Kick Defense v. High Round Kick  
(covering defense)

V. Fall Breaks

A. High Fall Break (Back, Side)

B. Roll, Forward (Regular, High, Diving)

C. Forward Roll/Back Fall Break

D. Forward Roll/Backward Roll

E. Roll, Side

F. Side Roll/Fall Break

VI. Headlocks

A. Reverse Headlock (Standing)

VII. Hair grabs

A. Hair-grab, Front

B. Hair-grab, Side (Impending Knee)

C. Hair-grab , Side (No Knee)

D. Hair-grab, Behind or Opposite Side

## VIII. Bear-hugs

A. Bear-hug from Behind (Leverage on Finger)

B. Bear-hug, Lifting – from Behind

C. Bear-hug, Lifting – from the Front

## IX. Groundwork

A. Choke from the Side

B. Headlock from the Side (Basic Position)

C. Headlock from the Side (Weight Forward)

D. Headlock from the Side (Weight Back)

E. Arm Bar

F. Guard Escape (stacking)

G. Guard Escape (ankle lock)

H. Guard Escape (neck crank)

I. Side Mount

J. Side Mount Arm Lock

K. Side Mount Disengage

# **PURPLE BELT – LEVEL 5**

(Prerequisite KM Level 4 - Blue Belt)

## I. Punches

A. Chops, Inside and Outside

B. Ridge Hand/Mouth of Hand Punches

## II. Kicks

A. Axe Kick

B. Outside Slap Kick with a Spin

C. Heel Kick with a Spin

## III. Kick Defenses

A. General Defense v. Medium to High Attacks (round kick, heel kick, etc.)

B. Sliding Defense v. High Round Kick

C. Defense v. Low to Medium Side Kick  
(Plucking)

D. Defense v. High Side Kick

E. Kick Defense v. Spinning Heel Kick

F. Sliding Defense v. Spinning Heel Kick

IV. Stick Defenses

A. Stick, Overhead Swing

B. Stick, Overhead Swing – off  
angle/dead side

C. Stick Defense, Baseball Bat Swing

V. Knife Defenses

A. Kick Defense v. From Distance

B. Kick Defense v. Straight Stab (bail  
out)

C. Hand Defenses (general 360 and inside defenses)

## VI. Gun Defenses

A. Gun from the Front

B. Gun from the Side of the Head

C. Gun from the Side, in Front of the Arm (touching)

D. Gun from the Front, Pushing into Stomach

E. Gun from the Side, Behind the Arm

F. Gun from Behind (touching)

## VII. Cavaliers

A. Cavalier #1

B. Cavalier #2

C. Cavalier #3

D. Cavalier #4

## VIII. Choke Defenses

A. Attacker Straddling, Pinning Wrists

B. Triangle Choke

C. Straddled- Wrist Lock

D. Choke with attacker in guard

E. Guard - bottom position guillotine

F. Guillotine defense

G. Headlock from behind (Rear Naked Choke)

H. Headlock defense

## IX. Take downs

A. Simple

B. Double-leg

C. Toe-pick

X. Sweeps

A. Sweep, Forward Kick

B. Sweep, Heel Kick

C. Sweep - Leg Sweep with Round Kick



# **BROWN BELT**

(Prerequisite KM Level 5 – Purple Belt)

## I. Punches

A. Left Jab – Overhead right punch in combination

## II. Kicks

A. Front Kick/Round Kick with switching move

B. Two front kicks with a switch

C. Outside slap kick and front kick with a switch

D. Two straight knees with a switch

E. Two back kicks with a switch

### III. Throws/Holds

A. "Machine-Gun Take-Down"

B. One arm shoulder throw

C. Hip Throw

D. Face to face Flip

### IV. Headlock Defenses

# **BROWN BELT STEP 1**

(Prerequisite KM Level 6 - Brown Belt)

A. Headlock from Behind (attacker jumping on back)

B. Defense against headlock while being spun inwards

C. Defense against side headlock (neck break)

V. Full Nelson Defenses

A. Release using leverage on fingers

B. Release using throw/flip forward

C. Release using sweep

VI. Defending Against an Assailant Armed with an Edged Weapon

A. Hand defense against straight stab –  
dead side

B. Hand defense against straight stab -  
live side

C. Hand defense against upward stab –  
dead side

D. Hand defense against upward stab –  
live side

F. Hand defenses against forward  
slashing attack

G. Hand defenses against backward  
slashing attack

H. Knife Defense: Ice Pick Stab

VII. Defending Against an Assailant  
Armed with a Hand Gun

## **BROWN BELT STEP 2**

(Prerequisite KM Level 7- BROWN 1 Belt)

A. Defending against threat from the rear at a distance

B. Defending against when gun is held off-center and/or with two hands

IX. Defending Against an Assailant

Armed with a Long

Gun/Rifle/Bayonet

KRAV MAGA  
CURRICULUM

A. Long Gun From Front (dead and live side)

B. From the side- behind the arm

C. From behind touching

D. Defense Against Rifle/Bayonet Stab  
defense (live side)

E. Defense Against Rifle/Bayonet Stab  
defense (dead side)

**NEXT: BLACK BELT BY INVITATION  
ONLY**