

# EAST COAST BOB JONES MARTIAL ARTS

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Progressive Krav Maga  
Grading Requirements 2016



**BOB JONES**  
**MARTIAL ARTS**

*"Limitations you thought you had, don't exist..."*

# Important Notes for the Trainer:

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THIS IS A FLUID DOCUMENT AND WILL ADAPT AND CHANGE AS WE CONTINUE TO DISCOVER, LEARN AND IMPROVE OUR KNOWLEDGE AND SKILL BASE. ALL CONTRIBUTION AND FEEDBACK TO THE DOCUMENT IS WELCOME AND WILL BE CONSIDERED.

## **Requirements by RANK**

Although this manual outlines specific technique and drill requirements by rank, there will be times when it is unavoidable that lower rank students are exposed to higher level skills and drills. This is perfectly fine and in fact is important for not only the student's development but also student retention.

The rank requirements included in this document are designed to give the novice student a strong foundation to build on, not over burden them with a million techniques and give them goals and the encouragement to practice the techniques at home as laid out on their student rank cards - which are the same as are listed in this document.

## **Atmosphere of the class**

One of the things that separate the PKM class style from say Zen Do Kai or BJC Muay Thai is the intensity and or the vibe of the class. PKM strives to not only to teach its students the skills to survive a physical attack but also, and very importantly, the MINDSET to do so. All PKM students must be encouraged to train with as much aggression and intensity as can be achieved safely in all drills. They must be encouraged to bring out their "animal" in their training with yells, screams and grunts and be forced to train to their physical limits as often as possible always remembering that PKM's strategy includes the use of aggression and tenacity to overcome attackers.

## **Maximum Use of Time Available**

To ensure that valuable time is not wasted and that the intensity of the class is kept at the highest levels possible trainers must ensure that all students bring ALL of their (possibly) required training equipment to the edge of the mat each and every class and time limits are set when they are asked to equip for the next drill.

## **Experienced Student Advancement**

Students that already hold higher ranks in the other classes of Zen Do Kai and/or Muay Thai AND have been able to demonstrate their ability to demonstrate the PKM rank requirements at the desired standard may be asked to grade past the tags and straight onto the next full belt level. This is dependent on the head coach's approval.

## **KRAV SURFING**

Is the term I have coined to describe the way to flow between PKM drills as part of a warm-up. The idea is that while students are drilling their 360 blocking, cerebellum blocking, footwork, snaking-hands, thigh-slapping etc they are asked to “surf” or ride the movement to the next drill as quickly as possible – hopefully warming up their brains a little as well in the process.

Krav Surfing as the PKM warm up must always include 360 blocking and cerebellum blocking but other skill development/practice drills can be included to suit that class’s topic in the flow as the coach sees fit.

It should also be noted that the “Krav Surf” warm up can be replaced totally by an old school karate style chanted warm up with the students still in bow in lines and the coach calling out the skills. E.g. bursting left, right, forward, back – 360 degree block and hit in the air, cerebellum blocking in the air, striking chains in the air, skip and walking knees in the air and more.

## **PKM PAD WORK**

While pad work is a vital part of the PKM student’s skill development and we use the Muay Thai methodology to do so, PKM coaches must always understand and implement these important differences.

1. Open hand strikes (palm heels, hammer fists, eye pokes etc) can be used and should be encouraged to replace fore-fist punching techniques in all pad work round training.
2. Rather than training for point scoring, set ups and strategies that can be found in boxing and Muay Thai pad holding, PKM students MUST be training for overwhelming and destruction of their target. At all times the student must have the mindset of each strike destroying what it hits AND that they are moving forward aggressively to overwhelm their target. This mind set in pad rounds in PKM is different from Muay Thai, Boxing and Zen Do Kai and must be coached in training at all times.

To summarize – in PKM pad work, students must be taught to use all weapons and to strike with the mind set of destruction and ploughing over/through their target.

## **Sparring**

As is always the case in our other classes sparring in PKM follows two important rules:

1. The lower rank and/or smaller student ALWAYS set the pace. For example if the lower belt of two evenly weighted students begins to spar hard the higher belt can (if they choose) spar equally hard back. This does not work in reverse - the higher rank must NEVER spar the lower rank harder than they can handle.
2. The rule of our gym is "we always train to hit, we never hit to hurt but we ALWAYS train to hit". Trainers must ensure that while every sparring session is definitely contact in some form they must also guarantee that it is safe for all involved. **BUT**

The sparring mind-set in Progressive Krav Maga differs from that of BJC Muay Thai and Zen Do Kai. It is important that PKM students spar with the concept of “it is never their turn” and that they only even accept 1 or 2 shots maximum in defence (if any) before “returning fire” aggressively. Further, students should always be looking to defend in order to close the range and clinch whenever possible.

## **CLINCHING**

Clinching is a vital part of the Krav Maga personal protection strategy and as such coaches are encouraged to replace parts of and even full drills (like Krav Surfing) with clinching skill development and replace normal sparring with clinching rounds frequently.

In PKM, the concept of clinching includes snaking hands, Muay Thai clinching without knees (*position only*), Muay Thai clinching (*with knees and/or elbows*), clinching with takedowns, Muay Thai PLUS clinching (*with head-butts and groin shots*), PKM clinching (*no rules*) **AND** importantly situational clinching to TEST tie up positions such as the arm lock (*with or without knife*) etc.

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **White Belt to Yellow Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

White to Yellow = 15, 15, 15

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork ONLY (no strikes)

#### **Thai/Forearm Pad Work**

1 x 3 minute Punches, Open Hand Strikes and Defences Only

#### **Sparring**

1 x 2 minute = Cerebellum Blocking Only (60 seconds each person)

1 x 2 minute = Boxing Only

#### **Clinching**

1 x 3 minute round = Muay Thai Clinching (without knees – position only)

#### **360° Drilling**

1 minute (each) of 360° Blocking with Simultaneous Hit ONLY

#### **Escape Locks & Holds**

30 seconds of constant attack: Wrist Grabs (with various finishes)

#### **Weapon Defence/Disarms Demonstrations**

Default Blunt Weapon Defence and Disarm

#### **Circle Drill\***

5 x attacks in the circle VS unarmed swings, wrist grabs and blunt weapons

***\*NOTE: students attempting tips/stripes do not perform the circle drill***

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **Yellow Belt to Orange Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

25, 25, 25

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork

#### **Thai/Forearm Pad Work**

1 x 3 minute Hand Strikes PLUS Kicks (including stomps and groin kicks)

#### **Sparring**

1 x 2 minute = Cerebellum Blocking Only (60 seconds each person)

1 x 2 minute = Kickboxing Only (includes stomps and groin kicks)

#### **Clinching**

1 x 3 minute round = Muay Thai Clinching with hand strikes and grabs (no knees)

#### **360° Drilling**

1 minute (each) of 360° Blocking with Bursting to Clinch Control (over wrap, Muay Thai and outside clinches)

#### **Escape Locks & Holds**

30 seconds of constant attack: Wrist Grabs

30 seconds of constant attack: Rear Naked Choke

#### **Weapon Defence/Disarms Demonstrations**

10 x Default Blunt Weapon Defence and Disarm

5 x Sets of 360° Drill with Knife Defence and Disarm

#### **Circle Drill**

10 x attacks in the circle VS unarmed swings, wrist grabs, rear naked chokes, blunt weapon and knife swings

***\*NOTE: students attempting tips/stripes do not perform the circle drill***

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **Orange Belt to Blue Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

35, 35, 35

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork

#### **Thai/Forearm Pad Work**

1 x 3 minute Hand Strikes, Kicks PLUS Knees (including clinching knees)

#### **Sparring**

2 x 2 minute = Modified Muay Thai Rules (including groin strikes and stomps)

#### **Clinching**

1 x 3 minute round = Muay Thai Clinching with KNEES, hand strikes and grabs

#### **360° Drilling**

1 minute (each) of 360° Blocking to Clinch to Knees

#### **Escape Locks & Holds**

30 seconds of constant attack: Wrist Grabs

30 seconds of constant attack: Rear Naked Choke

30 seconds of constant attack: Side Head Lock

#### **Weapon Defence/Disarms Demonstrations**

10 x Default Blunt Weapon Defence and Disarm

5 x Sets of 360° Drill with Knife Defence and Disarm

10 x Default Hand Gun Disarm from the Front

#### **Circle Drill**

15 x attacks in the circle VS unarmed swings, wrist grabs, rear naked chokes, head locks, blunt weapon, knife attacks and hand gun from the front

***\*NOTE: students attempting tips/stripes do not perform the circle drill***

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **Blue Belt to Green Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

50, 50, 50

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork

#### **Thai/Forearm Pad Work**

1 x 3 minute ALL WEAPONS

#### **Sparring**

2 x 2 minute = Full Muay Thai Rules (including groin strikes and stomps)

#### **Clinching**

1 x 3 minute round = Muay Thai Clinching with ELBOWS, knees, hand strikes and grabs

#### **360° Drilling**

2 minute (each) of 360° Blocking to Clinch to **Elbows** and Knees

#### **Escape Locks & Holds**

30 seconds of constant attack: Wrist Grabs

30 seconds of constant attack: Rear Naked Choke

30 seconds of constant attack: Side Head Lock

30 seconds of constant attack: Throat Grab/Choke

30 seconds of constant attack: Shirt Grabs

#### **Weapon Defence/Disarms Demonstrations**

10 x Default Blunt Weapon Defence and Disarm

5 x Sets of 360° Drill with Knife Defence and Disarm

10 x Default Hand Gun Disarm from the Front

10 x Default Hand Gun Disarm from the Sides

#### **Circle Drill**

20 x attacks in the circle VS unarmed swings, wrist grabs, rear naked chokes, head locks, throat grabs, shirt grabs, blunt weapon, knife attacks and hand gun from the front and side

***\*NOTE: students attempting tips/stripes do not perform the circle drill***

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **Green Belt to Brown Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

75, 75, 75

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork

#### **Thai/Forearm Pad Work**

1 x 3 minute ALL WEAPONS (30 seconds break)

#### **Sparring**

3 x 2 minute = Full Muay Thai Rules (including groin strikes and stomps)

1 x 1 minute = 2 on 1 Multiple Sparring (**OPTIONAL**)

#### **Clinching**

2 x 3 minute round = PKM Clinching (including takedowns)

#### **360° Drilling**

2 minute (each) of 360° Blocking to Clinch to Elbows and Knees AND Takedown Finish

#### **Escape Locks & Holds**

30 seconds of constant attack: Wrist Grabs

30 seconds of constant attack: Rear Naked Choke

30 seconds of constant attack: Side Head Lock

30 seconds of constant attack: Throat Grab/Choke

30 seconds of constant attack: Shirt Grabs

30 seconds of constant attack: Grounded with Person Standing Over Kicking (survive to stand up OR low single leg takedown)

#### **Weapon Defence/Disarms Demonstrations**

10 x Default Blunt Weapon Defence and Disarm

5 x Sets of 360° Drill with Knife Defence and Disarm

10 x Default Hand Gun Disarm from the Front

10 x Default Hand Gun Disarm from the Sides

10 x Default Hand Gun Disarms from the Rear

#### **Circle Drill**

25 x attacks in the circle VS unarmed swings, wrist grabs, rear naked chokes, head locks, throat grabs, shirt grabs, blunt weapon, knife attacks and hand gun from the front, side and rear

**\*NOTE:** *students attempting tips/strikes do not perform the circle drill*

# **PROGRESSIVE KRAV MAGA**

## **Grading Requirements**

### **Brown Belt to Probationary Black Belt**

#### ***Warm Up***

Demonstrate a 3 minute warm up using a variety of exercises and body parts

#### ***Push Ups, Crunches and Squats***

100, 100, 100

#### **Stance and Movement**

1 minutes of shadow work demonstrating stance and bursting footwork

#### **Thai/Forearm Pad Work**

1 x 3 minute ALL WEAPONS (30 seconds break)

#### **Sparring**

3 x 2 minute = Full Muay Thai Rules (including groin strikes and stomps)

1 x 1 minute = 2 on 1 Multiple Sparring (**OPTIONAL**)

1 x 1 minute = 3 on 1 Multiple Sparring (**OPTIONAL**)

#### **Clinching**

3 x 3 minute round = PKM Clinching (including takedowns)

#### **360° Drilling**

2 minute (each) of 360° Blocking to Clinch to Elbows and Knees AND Takedown Finish

#### **Escape Locks & Holds**

3 minutes of constant spontaneous attack: Wrist Grabs, Rear Naked Choke, Side Head Lock, Throat Grab/Choke, Shirt Grabs

30 seconds of constant attack: Grounded with Person Standing Over Kicking (survive to stand up OR low single leg takedown)

#### **Weapon Defence/Disarms Demonstrations**

10 x Default Blunt Weapon Defence and Disarm

5 x Sets of 360° Drill with Knife Defence and Disarm

10 x Default Hand Gun Disarm from the Front

10 x Default Hand Gun Disarm from the Sides

10 x Default Hand Gun Disarms from the Rear

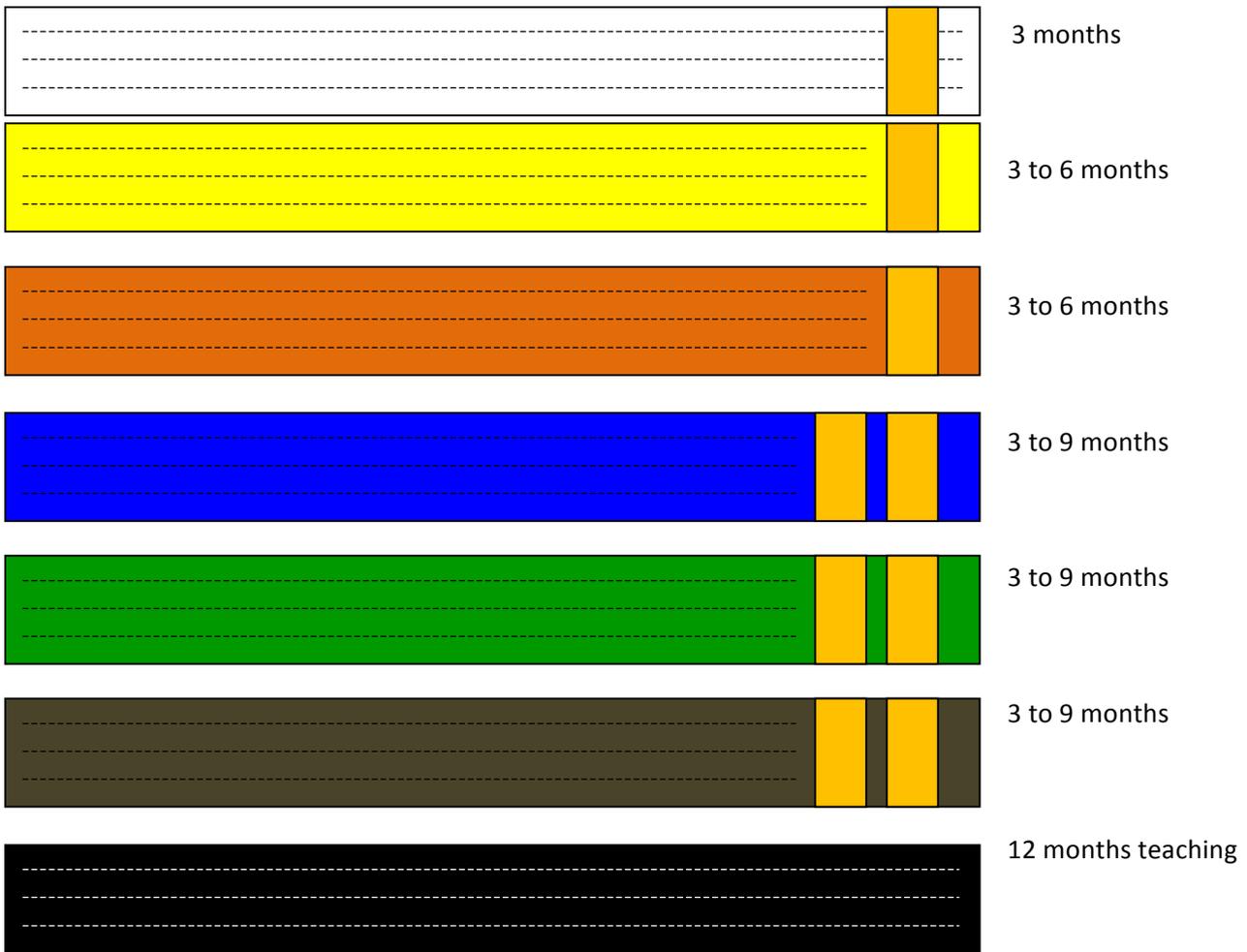
10 x Default Long Arm Disarms from the Front

#### **Circle Drill**

30 x attacks in the circle VS unarmed swings, wrist grabs, rear naked chokes, head locks, throat grabs, shirt grabs, blunt weapon, knife attacks and hand gun from the front, side and rear, and long arm from the front

**\*NOTE:** *students attempting tips/strikes do not perform the circle drill*

# Progressive Krav Maga Rank Progression



Training to Probationary Black Belt is 18 months to 4 years in



1<sup>st</sup> Degree  
Black Belt  
18 months  
teaching  
experience

2<sup>nd</sup> Degree  
Black Belt  
2 years  
teaching  
experience

3<sup>rd</sup> Degree  
Black Belt  
3 years  
teaching  
experience

4<sup>th</sup> Degree  
Black Belt  
4 years  
teaching  
experience

5<sup>th</sup> Degree  
Black Belt  
State Head  
for PKM