



KRAV-MAGA
FFK



2022-2023
REGULATIONS OF KRAV MAGA
COMPETITION

CODE OF ETHICS

PARTICIPATION IN A KRAV MAGA COMPETITION

- Make sure that you have registered for this sporting event
- Check that your passport is up to date and includes:
 - the required licence stamp(s)
 - Your medical certificate of fitness to compete in disciplines which allow KO
- Check your attire

GOOD CONDUCT

- Adhere to the instructions given by organisers
- Respect your opponents on the tatami and outside of the competition area
- Respect the judges' decisions
- Remain gracious both in defeat and in victory
- Encourage your supporters to practice good sportsmanship
- Present a positive image of Krav Maga through your behaviour

INTRODUCTION

The French Karate Federation is pleased to introduce the rules for the Krav Maga competitions: Technique, Defense Fight and Free Fight.

This booklet on rules and refereeing aim to facilitate the organisation of the event. It contains all of the information you or your students need to compete under the best conditions.

The rules are based on a few key points:

Defense Fight competitions

Krav Maga Defense Fight competitions are aimed at competitors in the following age categories: cadets, juniors, seniors, veterans 1 & 2, divided into weight categories. Multiple competitors from a club may participate.

The individual Krav Maga Defense Fight competitions are bouts between two competitors who demonstrate their effectiveness in self-defence against an attack.

Competitors take turns to perform one or a series of attack moves on their opponent based on a given theme and time. The defender must then demonstrate their effectiveness in self-protection and response.

The attack themes are as follows: attack or threat with a knife; attack with a stick; attack using the upper limbs (gripping, choke hold, punching), kicking.

After each exchange, the judges will determine which fighter was more effective at self-defence (self-protection and response) through the use of their chosen permitted techniques. Judgments are given by a flag vote. The competitor who wins the most stages is declared the winner of the contest.

Competitions proceed by elimination with or without repechage depending on the number of entrants.

As per the competition rules, competitors must wear Krav Maga attire, as well as the required protective kit.

Technique Competitions

Krav Maga Technique competitions are aimed at competitors in the following age categories: cadets, juniors, seniors, veterans 1 & 2. Multiple teams from a club may participate. Krav Maga Technique competitions are divided into several distinct categories, leading to distinct podiums, namely:

- "CADET" category
- "JUNIOR" category
- "SENIOR" category
- "VETERAN 1" category
- "VETERAN 2" category

A Krav Maga Technique competition is a **team contest** fought by two people (duo). A duo (depending on the category) consists of a pair of men, a pair of women, or a mixed pair.

Moving up to the next category is allowed for one team member in the Cadet, Junior, Senior and Veteran 1 categories.

Each duo proposes and demonstrates a free interpretation of the scenario.

A technical display lasts for a minimum of 1 minute and 20 seconds up to a maximum of 1 minute and 30 seconds across all categories.

The technical display includes scenarios with and without weapons, as chosen by the teams. These weapons are provided by the federation.

During the technical display, the attacker can use any of the techniques used in Krav Maga. As is the case when practising Krav Maga, the defender may use multiple, varied and pragmatic defence moves and responses.

Judgments are given by a flag vote. The competition proceeds by direct elimination with or without repechage, depending on the number of entrants.

As per the competition rules, competitors must wear Krav Maga attire. The team's display of technique must comply with the fundamental values and principles of Krav Maga. It must be realistic and similar to a real-life combat scenario.

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II. General competition rules

A. Administrative Official

The administrative official is appointed by the Federation and is responsible for the:

- compilation of a complete competition dossier and sending a copy of it to the National Technical Directorate;
- receipt of competitor participations sent in by the clubs;
- registration of competitors, drafting lists of participants;
- drawing of lots for each team;
- bringing draw boards and lists of participants to the competition to display and for the purpose of checks, as well as the file of participant records in the event of any dispute.

B. Competition Organising Official

The competition organising official is appointed by the Federation and is responsible for:

- ensuring that the competition runs smoothly until the end of the protocol;
- overseeing the welcome area security;
- checking passports and entries in the competition draw sheets;
- displaying the lists of competitors ahead of the competition and posting draw boards during the competition;
- the administration of the competition;
- compliance with the regulations on behalf of the federation;
- intervening to prevent and resolve potential conflicts;
- organising the medal presentation protocol.

C. Registrations

Registration is done online via the dedicated federation website and must strictly adhere to the deadline set for the published competition.

It is not possible to register at the event.

Krav Maga Defense Fight competitions are open to all registered FFK members with French nationality.

In order to prevent excessive withdrawals and to properly administer the draw sheet, an entry fee is levied for the national competitions. This fee (€6 per competitor) is to be paid by the club in one instalment for a particular competition.

Competitors must present the following paperwork:

- a valid FFK sports passport;
- a licence for the current season for the Technique event;
- a licence for the current season and the previous season for the Defense Fight event;

- a medical certificate of fitness to participate in Krav Maga competition in disciplines which allow KO;
- a national ID card.

Competitors must have had their licence issued no later than three days prior to the registration deadline. This deadline appears on the competition programme and registration form.

Any competitor whose license has not been issued by this date shall not be eligible to participate in the competition, even if the licence application arrives between the registration deadline and the date of the competition.

Competitors must register for competitions through the club where they are licensed. A club may not refuse to register one of its licenced practitioners seeking to participate in a competition. If such a scenario were to arise, the complainant licence holder shall notify National Technical Director (NTD) of their club's refusal.

D. Passport Checks

An FFK sports passport is mandatory. The competition official will oversee that these passports are checked.

It must contain a medical certificate of fitness to participate in Krav Maga competition in disciplines which allow KO, as well as parental permission for minors in the appropriate age categories.

The sports passport for a fighter or the members of a team must be presented at the scheduled time and place of the administration check.

Once the passports have been checked, competitors will confirm their presence in the designated tables.

Foreign competitors

Competitors with an FFK licence for the current sports season and who present the required administrative documents at registration but who do not have French nationality may participate in the KRAV MAGA Technique French Championship. One foreign competitor per team may compete, regardless of the category.

For the International Open, foreign competitors without an FFK licence may participate. To register they need to complete the registration form available online and to send it to kravmaga@ffkarate.fr

E. Officials

Officials (technical managers, elected officials, referees, and organisers) must wear official uniform and behave in an exemplary manner, in keeping with their responsibilities. A member of the sports committee will show them to their reserved seats.

F. Medical

Medical supervision is provided by the doctor appointed by the federation physician.

G. Communication

Press contact and dissemination of information are handled by the Federation's head of Communication in collaboration with the Secretary General and the NTD. Their duties include producing posters, drafting promotional documents, writing press releases and radio messages.

II. Technical regulations for Defense Fight competitions

Krav Maga Defense Fight competitions are open to male and female cadets, juniors, seniors and veterans 1 & 2 categories.

- Cadet category: registered members born in 2007-2008
- Junior category: registered members born in 2005-2006
- Senior category: registered members born between 1987 and 2004
- Veteran category 1: registered members born between 1978 and 1986
- Veteran category 2: registered members born in 1977 or before

The weight categories are:

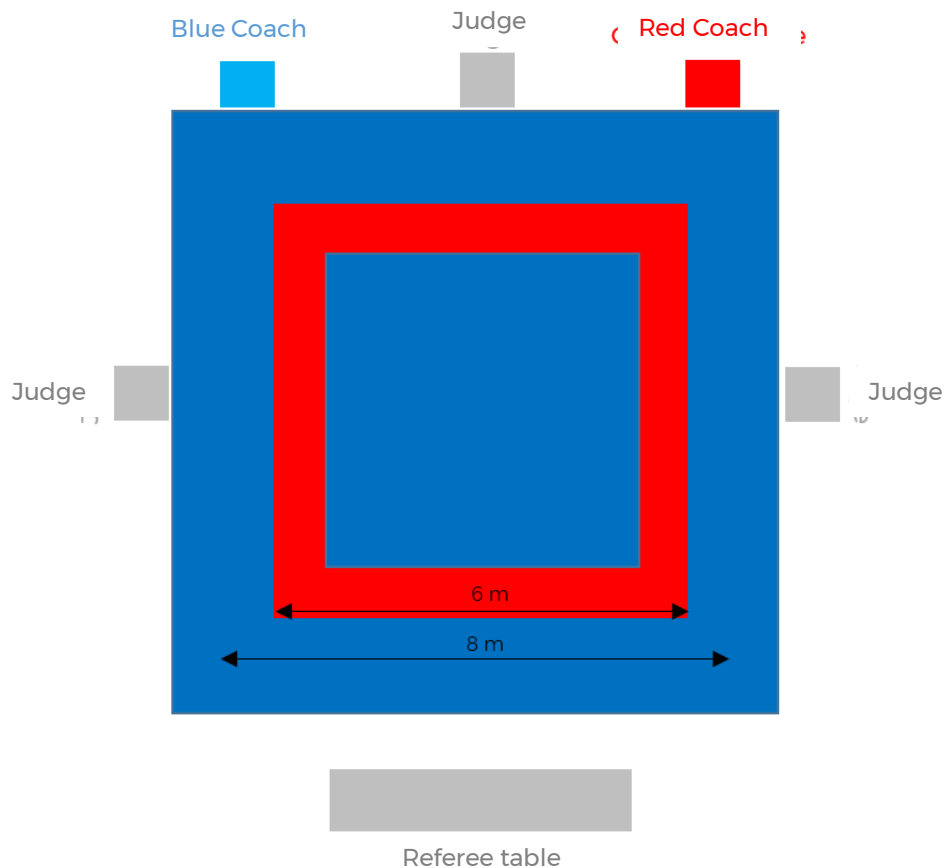
CADETS AND JUNIORS		SENIORS AND VETERANS 1		VETERANS 2	
ages 14-15 and 16-17 years		ages 18-35 / 36-45 years		ages 46 years and over	
M	F	M	F	M	F
-45kg	-40kg	-55kg	-50kg	-55kg	-50kg
-55kg	-50kg	-65kg	-60kg	-65kg	-60kg
-65kg	-60kg	-75kg	-70kg	-75kg	-70kg
-75kg	-70kg	-85kg	+70kg	-85kg	+70kg
-85kg	+70kg	-95kg		-95kg	
+85kg		+95kg		+95kg	

No exemptions shall be granted to allow a competitor who is below the requisite age to move up to the next age category.

The competition manager may group borderline weight categories if there is only one fighter in a category. Prior agreement by all the competitors concerned is a prerequisite.

A foreign competitor may take part in the French Opens, Cups and Championships.

The competition area must be level and safe.



The competition area (8m X 8m) consists entirely of tatami mats with a ring (6m X 6m) added for Defense Fights

Judges sit on the perimeter of the competition area (2m safety area away from the ring) and the centre referee moves around the competition area.

Competitors are not admitted to the competition areas before their turn. A member of the sports committee will bring them from their assigned warm-up areas when it is their turn. Once the competitors are on the competition area, they must wear the attire and protective equipment as defined in the regulations.

A. Coach

The coach may accompany a competitor provided that they hold a federation licence for the current sports season. If a competitor does not have a coach, they may represent themselves.

Only the coach may talk to the competitor during the competition, in compliance with sporting ethics.

In addition to a coach's responsibility for their competitor's behaviour, they must also display a proper attitude, behave in an exemplary manner under all circumstances, respect the opponent, the centre referee, the judges and the competition organising officials. No filming or photography by the coach is permitted.

Any unethical behaviour or failure to comply with the rules shall be taken into consideration by the judges and the centre referee when scoring the fight, and may result in disqualification for the accompanied competitor and a ban from representing a competitor for the duration of the competition.

B. Competition proceedings

The competition proceeds by elimination with or without repechage depending on the number of entrants.

C. Contest

Krav Maga Defense Fights are contests between two competitors.

An exchange consists of two fight stages each lasting up to a maximum of 10 seconds:

- During the first stage lasting up to a maximum of 10 seconds, one competitor is designated the attacker, and the other is designated as the defender;

In the second stage lasting up to a maximum of 10 seconds, the roles of the competitors are reversed.

The attacking competitor chooses the knife or the stick.

They should seek to strike blows with maximum effectiveness using the weapons provided (knives or sticks), as well as with their own natural defences.

Only strikes with the knife or stick count towards the decision to award the point to the defender or not.

If the attacking competitor manages three or more strikes with the knife or stick on any part of their opponent's body, whether consecutive or not, during the 10 seconds, then the defending competitor will score no points.

If the attacking competitor fails to strike any part of their opponent's body at least three times (0, 1 or 2 hits) during the 10 seconds, then the defending competitor shall score one point.

At the end of each stage, the defending competitor is declared the winner (their flag colour is raised) or the loser (their flag colour lowered).

Next, the roles are reversed with the defender switching to become the attacker and choosing the knife or the stick.

- A competitor may only score one point during their defence bout.

A stage comprises:

- an initial attack using the knife or stick, either supplemented or not by additional attacks as decided by the attacker;
- the defence techniques (protection and response) executed by the defender.

The themes which the competitors may choose for each stage are:

- mandatory attacks with a weapon: knife or stick;
- unarmed attacks: gripping, choke hold, punching or kicking.
- During the first exchange, the attacking competitor will select either the knife or the stick.
- For the second exchange, the attacker must select the unused weapon from the first exchange.
- If the score stands at: 2 – 0, (2 winning exchanges, i.e. 4 stages, one attack with a knife, one attack with a stick, one defence with a knife, one defence with a stick), then the contest is over and one of the two competitors will be declared the winner.
- For any other score than 2 – 0 (0 – 0, 0 – 1, 1 – 1, 2 – 1, 2 – 2,) a third punch-kick exchange comprising two attacking and defending stages will be held.
- The punch-kicking stage shall be stopped in the event of a KO.
- The defender will score one point if during a stage they are not hit three or more times, whilst standing or on the ground.
- If the score differs (0 – 1; 1 – 2, 1 – 3, 2 – 3), the winner of the contest will be declared.
- If the score is the same (0 – 0, 1 – 1, 2 – 2) after the three exchanges: one with a knife, one with a stick and one with punches and kicks (i.e. 6 stages lasting 10 seconds each), then a 30-second Free Fight will be held, and the winner of the Free Fight will be declared the winner of the contest.

Contest proceedings

Fighters may use the weapons which the organiser supplies beside the mat (knives, sticks).

Competitors invited into the centre of the mat by the centre referee greet one other one metre apart either side of the centre (i.e. two metres apart from one other).

The red fighter turns around with their back to the blue fighter. The blue fighter goes to the edge of the mat to retrieve their chosen weapon (the knife and the stick must be used in the first two exchanges). They then return to their original position. The centre referee stands at the edge of the mat so as to be visible to both fighters.

On the centre referee's signal (gesture and voice), the red fighter turns around to face the blue fighter who then has 10 seconds to perform the attack.

The stage will be stopped:

- in the event of an injury,
- if either competitor risks serious injury:
- in the event of a KO
- if protective gear is lost
- if competitors exit the ring
- if the referee has given a second penalty for prohibited technique or dangerous behaviour over the contest as a whole.
- after no later than 10 seconds.

In the particular scenario wherein either or both of the competitors exit the ring during a combat stage: the centre referee shall stop the bout, separate the competitors, position them facing one another and restart the bout exactly where they were before (in the same situation, i.e. with or without a weapon if it had been previously taken off the opponent).

At the end of the stage, the centre referee will separate the competitors. Next, the roles and the locations are reversed.

The blue fighter turns around with their back to the red fighter. The red fighter goes to the edge of the ring to retrieve their choice of weapon (the knife and the stick must be used in the first two exchanges). They then return to their original position.

The centre referee stands at the edge of the ring so as to be visible to both fighters. On the centre referee's signal (gesture and voice), the blue fighter turns around to face the red fighter who then has 10 seconds to perform the attacks.

N.B.: only during the Free Fight in the event of the scores being tied, are both fighters to be placed face to face two metres apart as opposed to positioned with their back to the defender.

At the end of each stage, the competitors return to the middle of the competition area. The centre judge asks for the decision by whistling twice. All flags (red or blue depending on the defender's colour) are raised or lowered simultaneously. The decision is given in favour of the defending competitor wearing a red or blue tee-shirt, (flag raised = 1 point / flag lowered = 0 points).

The centre referee gives the result of the exchange by announcing the judges' results followed by the winner of the stage by extending an arm downward at 45° in the direction of the winner.

Example: with 3 judges, a blue defender in a blue tee-shirt (no belt)
2 blue flags raised, 1 blue flag lowered = blue defender: 1 point

To lower the flags, the centre judge whistles once again following the announcement of the result by the centre referee.

The subsequent exchanges proceed according to the same protocol.

At the end of the contest, the competitors remove their head guards. The fighter who won most of the exchanges is declared the winner by the centre referee. The referee indicates the winner of the contest by extending an arm upwards at 45° on the side of the winner and by announcing:

Example: "Winner of the fight, Blue fighter".

Following the decision, the competitors bow to one other, then bow to the referee team and leave the fight area.

Competitors must have at least 10 minutes of recovery between each round.

Prohibited Techniques and Behaviours

N.B.: all strikes using any part of the body are permitted whilst standing.

The prohibited techniques are:

- blows targeting the spine, neck and back of the head;
- finger or toe twisting;
- uncontrolled neck twisting;
- locks targeting the spine;
- lock hold throws in the standing position;
- Intentional throwing or shoving techniques aimed at causing the opponent to fall on their neck or head;
- backwards falls with the opponent on their back from a standing position.
- Strikes to the head whilst on the ground.

The prohibited behaviours are:

- grabbing the trachea with the fingers;
- all dangerous non-combat attitudes;
- placing fingers into the opponent's nose, eyes, mouth or any wound;
- intentional scratching or pinching;
- grabbing or pulling hair;
- gripping the opponent's attire;
- holding or placing fingers in the opponent's ear;
- tickling the opponent;
- biting the opponent;
- responding with the back to the attacker at the start of the bout; use of words or gestures to challenge the decisions of the referee.

Aggressive and deliberately dangerous behaviours that may cause bodily harm to the opponent are prohibited.

Bowing and Waiting Posture

Bows: feet apart and parallel, the chest is inclined forwards without ostentation, keeping the arms at the sides.

Waiting posture: feet apart and parallel, with both arms crossed behind your back.

Attire and Equipment

Competitors must wear Krav Maga attire:

- black kimono trousers (no trousers featuring pockets, buttons, belts; no tracksuit or leggings);
- a red or blue tee-shirt (not a tank top or long-sleeved); each competitor should have both colours.
- wrestling shoes or barefoot

Only the following may be displayed on the trousers and tee-shirt:

- KRAV MAGA wording;
- FFK KRAV MAGA logo.

N.B.: the following may not be worn: any logo from a school, name, or branch of Krav Maga.

The use of bandaging or supports must be authorised by the competition doctor.

Protective Equipment

For hygienic reasons, each competitor must possess the following personal protective gear (see Appendix 1):

- a head guard that protects the chin, cheekbones, top of the skull and the face (eyes);
 - a gum shield;
 - a body protector to protect the torso and ribs for cadet, junior, and veteran categories only;
 - mitts with open fingers;
 - groin guard and chest guard;
- optional, the competitor may choose to wear:
- tatami mat socks or barefoot, shin and foot protection, or shin guards alone.

The centre referee will check for this equipment before the competitor greetings.

Specifications for the protective equipment are in the appendices.

Weapons

The weapons - foam stick and knife - are provided by the organisers. They are available to the competitors and placed on the perimeter of the mat prior to the start of the contest.

III. Technical regulations for Technique competitions

A. Team Composition

Team Composition:

- **Cadet, Junior and Veterans 1 & 2 categories:** Teams can be made up of two men, two women, or mixed;
- **Women's Senior category:** Teams are composed of women only;
- **Men's Senior category:** Teams are composed of men only;
- **Mixed Senior category:** Teams are composed of one man and one woman.

There is no distinction between belt colours and/or black belts. The category is only determined by competitor age.

B. Age requirements by category

- Cadet category: registered members born in 2007-2008
- Junior category: registered members born in 2005-2006
- Senior category: registered members born between 1987 and 2004
- Veteran 1 category: registered members born between 1978 and 1986
- Veteran 2 category: registered members born in 1977 or before

Moving up to the next category is permitted in the Cadet, Junior, Senior and Veteran 1 categories.

The cadet category is composed of two cadets or one cadet and one under-16.

The junior category is made up of two juniors or one junior and one cadet.

The senior category is made up of two seniors, or a senior and a junior, or a senior and a veteran 1.

The veteran 1 category is made up of two veteran 1s or one veteran 1 and one veteran 2.

The veteran 2 category is made up of two veteran 2s.

C. Competition Mat

The competition area must be level and safe.

It must be an eight-metre sided square (outside perimeter measurements) or if necessary, a square with sides of seven metres. An additional metre width is left on all sides as a safety area. The one-metre wide safety area around the entire perimeter of the competition area must be clearly marked out.

This 10x10 or 9x9 area is covered with tatami mats.

Judges are seated on the perimeter of the safety area.

Competitors are not admitted to the competition areas before their turn. A member of the sports committee will bring them from their assigned warm-up areas when it is their turn. Once the competitors are on the competition area, they must wear the attire as defined in the regulations.

D. Competition proceedings

The competition proceeds by direct elimination with or without repechage, depending on the number of entrants.

E. Technical Display

The Krav Maga competition is a team contest.

1) Team Composition

Each team is made up of two people (duo). For all categories, the duration of the technical display is between **1 minute 20 seconds minimum and 1 minute 30 seconds maximum** (1'20" to 1'30"). A first gong alerts the team 10 seconds before the allotted time runs out. A second gong followed by a long whistle from the table referee signals the end of the technical display. Any action started before the second gong sounds may be completed.

Competitors forming a duo must be the same pairing throughout the competition, no replacements are allowed.

Each duo proposes and demonstrates a free interpretation of the scenario.

Teams may opt to repeat the same technical display or present a new technical display in each round.

Proceeding of the technical display

The technical display may include:

For the attacker:

- upper limb striking (open-hand or closed fists);
- lower limb striking;
- gripping;
- pushing;
- pulling;
- encirclement;
- choke hold;
- takedown;
- throwing;
- pinning on the ground;
- threatening with a stick;
- threatening with a knife;
- attack with a stick;
- attack with a knife.

For the defender:

As is the case when practising Krav Maga, the defender may use multiple, varied and pragmatic moves and responses.

During the technical display, the members of the team can play the role of "attacker" or "defender" as they choose in any order, regardless of category or gender.

Movements and the positioning with respect to the partner are free during the display (front, side or behind).

The duo may freely present a different technical display or the same technical display up to and including the finals.

During the registration checks for each round, the coach of each team will approach the table of officials. Any team which fails to appear when called will be disqualified.

In each round, two teams in a contest display their technique performance.

At the beginning of each round, the team numbers, as well as the names and surnames of each duo are called out and the two teams should approach the centre judge.

The two competitors (duo) in a team wear a red belt and the members of the other team wear a blue belt. They line up at the perimeter of the competition area facing the centre judge.

Having bowed to the centre judge, the duo wearing the blue belt will withdraw from the competition area and await their turn: the duo wearing the red belt will proceed onto the competition area, bow to the referee team and then start their display.

During the team's technique display, both competitors must begin facing the centre judge:

- the first team sets down the weapons used during their technical display where they wish on the competition area, or else carries them on their person, then begins their performance. At the start of the display, the stopwatch is started. At the end of the display, the team collects their weapons before leaving the area and waits for the performance by the other team.
- the second team deposits the weapons used during their technical display where they wish on the competition area, or else carries them on their person, then begins their performance. The stopwatch is started again. When the display is over, the team recovers their weapons and both teams return to the competition area and await the decision of the referee panel.

Once both technical displays are over, the two teams proceed onto the competition area and remain side by side, facing the centre judge. The centre judge asks for the decision by whistling twice. All flags are raised simultaneously.

To lower the flags, the centre judge whistles again.

The decision is made either in favour of the team wearing the red belt or the blue belt – a tie is not possible. The team that obtains the majority of flags is declared the winner.

Following the decision, the competitors bow to one other, then bow to the referee panel and exit the competition area. The team must have at least five minutes of recovery time between each round.

Whilst their student compete, trainers must display a dignified attitude that is fully respectful of officials, referees and competitors. Coaching is not allowed.

Bowing and Waiting Posture

- Bows: feet apart and parallel, the chest is inclined forwards without ostentation, keeping the arms at the sides;
- Waiting posture: feet apart and parallel, with both arms crossed behind your back.

Uniform

Competitors must wear Krav Maga attire:

- black kimono trousers only (no trousers featuring pockets, buttons or belts; no tracksuits or leggings);
- black tee-shirt only (no tank top or long sleeves);
- red or blue belt (provided by the organiser);
- wrestling shoes or barefoot depending on the house rules of the competition venue.

The team (duo) must wear identical attire.

Only the following may be displayed on the trousers and tee-shirt:

- KRAV MAGA wording;
- FFK KRAV MAGA logo.

N.B.: the following may not be worn: any logo from a school, name, or branch of Krav Maga.

A team consists of two competitors wearing the same Krav Maga attire. One team wears a red belt and the other wears a blue belt. These belts must be approximately 5 cm wide and of sufficient length to extend 15cm on either side of the knot (belts provided by the competition organisers).

Hair clips and pins should be small, earrings and piercings must be removed.

The wearing of any other clothing or equipment is prohibited.

The use of bandaging or supports must be authorised by the competition doctor.

If a team or a competitor comes into the competition area inappropriately dressed, they will not be immediately disqualified, but will be given one minute to remedy their attire.

Use of weapons

The technical display includes scenarios with and without weapons.

The technique performance of each team must involve at least one use of a stick and a knife.

Only weapons supplied and provided by the organisers are permitted.

These weapons must be made of rubber or foam. The weapons used during the technical display are either:

- placed on the competition area at the convenience of the duo;
- or carried on their person.

For all categories, the stick and the knife must be used. Each team (red and blue) has two sticks and two knives at their disposal.

IV. Refereeing

To obtain referee status, a specific training course must be taken in addition to participation in a national competition. The National Technical Director, or their representative, appoints the competition officials (head referee, organising official and logistics manager) and validates the list of names of the referee corps.

The Head Referee oversees the smooth technical proceeding of the competition together with the designated referees. A member of the referee panel may attend the drawing of lots for the draw boards.

A. Referee Panel

Official uniform must be worn. Judges must wear the official uniform adopted by the Referee Commission.

For each round, the referee panel is made up of three judges, a scorer-timekeeper and a centre referee:

- **with 3 judges:** the centre judge sits on the outside edge of the competition area facing the competitors. The other two judges are seated on either side of the mat, to the left and judges: the to the right. The three judges have a blue flag and a red flag.

For the finals in each category, the referee panel is made up of five judges, a scorer-timekeeper and a centre referee:

- **with 5 judges:** the centre judge sits on the outside edge of the competition area facing the competitors. The other four judges are seated one at each corner of the mat. The five judges have a blue flag and a red flag.

Under no circumstances may a judge or member of the organisation called upon to judge a competition participate in the competition as a competitor.

B. Judging criteria for Defense Fight competitions

Competitors must demonstrate their effectiveness in self-defence against one or more direct attacks.

The judges assess the bout in the following order:

- effectiveness of the defender's protection technique: the defender has not been hit in any vital areas (blocking, evading attacks or counter);
- effectiveness of the response: neutralising the attacker (knock out, hold down, etc.).

1) Warnings, Penalties and Disqualifications

The centre referee may decide on warnings, disqualifications and knock outs.

A warning for prohibited techniques, dangerous striking or inappropriate behaviour may be issued by the centre referee, to include interruption of the stage. A second warning shall forfeit the current stage. A third warning shall forfeit the fight.


A competitor who executes a prohibited technique or a prohibited intentional strike may be disqualified outright by the centre referee.





Unforced exit from the competition area shall lead to a warning, and in the event of a second warning, shall forfeit the stage.




Unforced exit is defined as a situation where a competitor's body is fully outside the limits of the fight area not caused by an exchange with the opponent.

Exits from the ring during the contest do not incur a penalty. After stopping the bout, the centre referee will return the competitors to their exact location prior to exit, under the same conditions (with or without a weapon).

Gestures of the centre referee and judges' signals

Competitors enter	 <p>Referee announces "Blue", "Red"</p>
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Competitors bow	 <p>Referee announces "Bow"</p>
Warning for prohibited techniques or strikes	 <p>The referee points with their index finger towards the offender's abdomen, and announces "Warning, Blue" or "Warning, Red" specifying the prohibited technique or prohibited behaviour.</p>
Exit from the competition area	 <p>The referee points their index finger towards the competition area boundary, on the side of the offender and announces "Exit, Blue" or "Exit, Red".</p>
Disqualification	 <p>The referee points with their index finger towards the offender's face, and announces: "Disqualification, Blue" or "Disqualification, Red" followed by the victory announcement in favour of the opponent "Winner, Blue" or "Winner, Red".</p>

Judges' designation of the winner of the exchange	
Designation of the winner of the exchange	 <p>The referee extends an arm downward at 45° on the side of the winner and announces: "Winner of the exchange, Blue" or "Winner of the exchange, Red"</p>
Designation of the winner of the match	 <p>The referee extends an arm upward at 45° on the side of the winner and announces: "Winner of the match, Blue" or "Winner of the match, Red"</p>
Decisive Attack	Referee seated with flags crossed above the head

C. Judging criteria for Technique competitions

The team's technical display must be uninterrupted, executed competently, and demonstrate sound knowledge of the principles of Krav Maga.

This technical display is not based on aesthetic appreciation, but on the fundamental values and principles of Krav Maga, such as efficiency, pragmatism, simplicity and speed.

To score the team's performance, judges consider the following criteria:

- realism of the technical display;

- originality of the technical display;
- variety and technical difficulty both in defence and attack or threat;
- attitude;
- mastery of the technique, implying control of movement and safety;
- determination, concentration and fighting spirit;
- proportionality of the response.

Both team partners will be assessed regardless of the role(s) defined for their assigned performance (attacker/defender).

During the team's technique display, both competitors must begin facing the centre judge.

Team members must demonstrate competence in all aspects of the execution of the sequences and their technical display must adhere to the allotted time of at least 1 minute and 20 seconds and not longer than 1 minute and 30 seconds.

1) Disqualifications and Penalties


The team is disqualified by the centre judge based on the opinion of the Head Referee or, the opinion of the doctor if the technical display is interrupted due to an injury, or if the safety of one of the competitors is jeopardised.

If a team is disqualified, the centre judge shall raise the corresponding flag colour (red or blue), and then cross and uncross the flags. Once both teams have gone through the same round, the team that was not disqualified shall be declared the winner.

In the elimination rounds and semi-finals, it is possible to disqualify both teams during the same round.

In the final, the referee panel is obliged to take a decision to determine the final ranking.

Judges' Gestures and Signals

Designation of the winning team	
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D. Official Protests

The centre judge is responsible for ensuring that the round proceeds in accordance with the organising procedure and competition rules.

In the event of a protest, the Tatami Manager must be notified by the team coach before the next event. The Tatami Manager will immediately implement the appropriate measures. Their decision may be appealed to the Head Referee immediately after the competitors have appeared.

Where the Head Referee deems the complaint to be well-founded, appropriate action shall be taken. Their decision may not be appealed. Subsequent rounds shall not be postponed, even where an official protest is about to be delivered. The decisions of the judges following a team's performance during flag judging cannot be challenged.

E. Awarding of the Technique French Champion title

The KRAV MAGA French Champion title is awarded when there were at least three teams in a category.

If there were fewer than three registered teams in a category, no French Champion title is awarded, however, the winning team in that category will be rewarded.

V. Appendix 1

Head guard



Gum shield



Body protector



Gloves



Groin protection



Shin and foot protection



VI. Technical rules of KRAV MAGA FREE FIGHT

A. Participation in the competition

The KRAV MAGA FREE FIGHT contest is an individual competition:

- organised by the FFKDA French Karate Federation;
- open to competitors of French or foreign nationality in possession of a federation licence for the current season issued by an FFKDA-affiliated club;
- which considers the technical ability, age and weight of the competitor;
- includes the following categories: cadets, juniors, seniors and veterans (men and women);
- where the bouts are held in a cage

Competition types:

- French Cup or Open: open to competitors of French or foreign nationality in possession of two federation licences, including one for the current season issued by an FFKDA-affiliated club. Repechage is applied during competition proceedings.
- National Championship: open to competitors of French nationality in possession of two federation licences, including one for the current season issued by an FFKDA-affiliated club. Repechage is applied during this pool competition.

B. Fight: KRAV MAGA FREE FIGHT

KRAV MAGA FREE FIGHT is a krav maga combat discipline that combines punches and kicks, clinching whilst standing and on the ground, until hold down or submission on the ground. The centre referee guarantees the safety of competitors whilst ensuring a dynamic combat.

In KRAV MAGA FREE FIGHT, blows are permitted by or on an opponent whilst they are standing or on the ground.

The competitor may:

- use various kicking and punching techniques against their opponent or hit any other authorised part of the body either whilst standing or on the ground;
- engage in clinching on their feet, strike at the body with their knees, grip and throw their opponent onto the ground by any authorised means;
- continue the combat on the mat using authorised techniques to strike, hold, wrestle or submit their opponent.

- Fights last for one round, based on the official time for the category:

Cadets (ages 14-15): one round lasting 1 minute 30 seconds of continuous fighting

Junior (ages 16-17): one round lasting 1 minute 30 seconds of continuous fighting

Seniors (ages 18-35): one round lasting 2 minutes of continuous fighting

- Veterans 1 (ages 36-45): one round lasting 2 minutes of continuous fighting

- Veterans 2 (aged 46-55): one round lasting 2 minutes of continuous fighting.

The recovery time between two bouts is at least 10 minutes in the elimination rounds and 15 minutes before the finals. This time may be shortened if so agreed by the two protagonists.

Fighting between men and women is prohibited.

C. Dress

For officials:

All federation representatives at the competition must wear the official uniform.

For referees and judges:

The uniform for the centre referee and judges is as follows:

- ↳ FFKDA grey trousers;
- ↳ black krav maga polo shirt with collar;
- ↳ black shoes and socks.

The centre referee shall not wear any jewellery or object likely to jeopardise competitor safety. Thin hygienic gloves must be worn.

For competitors:

Competitor athletic attire must be appropriate and clean and consist of:

- ↳ black krav maga trousers;
- ↳ krav maga blue tee-shirt and red tee-shirt;

Any customisation or logo representing a different branch of krav maga or a Federation other than the FFK are prohibited. Any inscription that brings krav maga free fight or the federation into disrepute is prohibited.

For coaches:

The coach must wear sports shoes, a tracksuit – trousers and jacket, either plain or bearing the club emblem, provided that this does not bring the federation or the event into disrepute.

D. Competitor Protective Equipment

The following FFKDA-approved protective gear is mandatory:

For all categories:

- ↪ a pair of "fingerless" type gloves, in perfect condition, approved for competition use, with a density of 7oz with velcro-type fasteners;
- ↪ CE approved plain gun shield for both women and men;
- ↪ CE approved groin guard cup for men;
- ↪ groin guard for women;
- ↪ CE approved flexible chest guard for women;
- ↪ head guard without a grill;
- ↪ blue or red body protector for Cadets-Junior-Veterans 1 & 2 categories

Optional for all categories:

- ↪ CE approved pair of sock-type shin foot protectors.
- ↪ a pair of flexible sports shoes suitable for the tatami;
- ↪ flexible knee pads;
- ↪ elbow pads;

No belts.

Lightweight, soft boxing-style hand wraps are checked by officials before each fight. The use of bandaging or additional support must be authorised by the competition doctor.

Gloves must be of the same structure for both competitors. If one glove becomes damaged during the fight, both gloves will be replaced with identical gloves. Long hair must be tied back, held in place by a soft object so as not to hinder the opponent or the normal progress of the fight. Hair clips and hairpins are prohibited.

Long hair may only be held in place using flexible accessories which the centre referee must inspect.

Competitors must have their fingernails trimmed short. They must not carry objects that could injure their opponents. For safety reasons, no jewellery, earrings, rings, piercings or necklaces may be worn.

Hearing aids, eyeglasses, spectacles and hard contact lenses are prohibited. Soft contact lenses may be worn at the competitor's own risk. Dental braces must be approved by the Head Referee and the federation's official doctor.

E. Registrations

Each category is defined and organised by age, gender and weight. Competitors are to register with the FFKDA competition service through their club, in accordance with the terms and conditions posted on the federation website. In order to prevent excessive withdrawals and to properly administer the competition draw sheets, a non-refundable entry fee is to be paid by the club.

Unless otherwise specified, the categories will only be active once three registrations are received before the deadline. A licence for the current sports season is mandatory (available online three working days prior to the registration deadline, via any FFKDA-affiliated club).

In accordance with the federation's regulatory policy on medical certification, a medical certificate is not required to participate in the competitions.

In disciplines which allow KO, the medical certificate must be presented at each competition together with the passport.

Verification of mandatory documents (identity, licence, parental authorisation, medical certificate) shall be completed at the weigh-in. Any competitor who cannot present the required documents shall be unable to participate in any fight.

The breakdown of categories is as follows:

CADETS		JUNIORS		SENIORS VETERANS 1 & VETERANS 2	
Ages 14-15		Ages 16-17		Ages 18-35 / 36-45 / 46 and +	
MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
-45kg	-40kg	-50kg	-45kg	-65kg	-50kg
-55kg	-50kg	-60kg	-55kg	-75kg	-60kg
-65kg	-60kg	-70kg	-65kg	-85kg	-70kg
-75kg	+60kg	-80kg	+65kg	-95kg	+70kg
-85kg		-90kg		+95kg	
+85kg		+90kg			
1x1 min 30 secs				1x2 mins	

The FFKDA sports committee sets the start and finish times of weigh-in, the day of the competition. No weight tolerance will be granted.

A competitor who weighs in heavier than the category weight for which they have entered may weigh in again later up to the finish time. Competitors can be weighed in their underwear.

Categories may be regrouped on the day of the competition, based on the number of entrants to each class.

F. Competition Areas

KRAV MAGA FREE FIGHT bouts are held in an octagonal two-door cage.



The centre referee must ensure that the mats do not move apart during the competition and are kept clean.

G. Equipment by Competition Area

In addition to the cage, the following additional equipment is required for the smooth running of the competition:

- 5 chairs for the competition area (one each for the three judges and one for each coach of the two competitors);
- one table and stand (scorer and timekeeper) with two chairs;
- Computer hardware: fight administration software, computer, external screen, mouse;
- 1 stopwatch;
- 1 gong;
- 3 red flags and 3 blue flags;
- 1 pack of wet wipes;
- 1 box of inspection gloves;
- 1 basket with 3 sets of red equipment (head guard, gloves, shin foot protectors);
- 1 basket with 3 sets of blue equipment (head guard gloves, shin foot protectors);
- 1 small bin;
- combat draw boards;
- Rules for KRAV MAGA FREE FIGHT competitions.

H. Coach

Any coach wishing to accompany a competitor may be accredited at registration, provided they are an adult in possession of a federation licence for the current sports season. Upon arrival at the fight area, the coach bows to the referee corps and then returns to their seat next to their competitor. The coach remains seated there throughout the duration of the fight.

Only the coach may talk to the competitor during the competition, in compliance with sporting ethics. No other competitor or trainer may talk to the fighter during the bout; if so, the competitor shall be penalised or disqualified immediately, at the discretion of the centre referee.

In addition to the coach's responsibility for their competitor's behaviour, they must also display a proper attitude, behave in an exemplary manner under all circumstances, respect the opponent, the centre referee, the judges and the competition organising officials. No filming or photography from the corner is permitted...

Any unethical behaviour or failure to comply with the rules shall be taken into consideration by the judges and the centre referee when scoring the fight, and may result in disqualification for the associated competitor, as well as a ban from coaching for the duration of the competition.

For cadets, juniors, seniors and veterans, Vaseline may be applied onto certain parts of the face, but not excessively, at the discretion of the centre referee for the competition. No heating product of a slippery nature or that is likely to irritate the opponent may be applied to the competitor's skin.

The coach must be in possession of an emergency and cleaning kit. They must be able to stop a simple scratch-induced bleed and be able to clean any blood residue left by their competitor off the fight area.

If the coach deems that their competitor is in serious difficulty, then they may stop the fight by throwing in the towel. At the end of the bout, the coach bows to the referee corps and exits the fight area.

I. Refereeing

The KRAV MAGA FREE FIGHT centre referee is responsible for:

- ☞ visually checking the attire and equipment of the competitors prior to the fight;
- ☞ checking that the cage is properly closed, assisted by the judges;
- ☞ directing the strikes, including announcing and ordering the start, suspension and end of the fight;
- ☞ ensuring compliance with competition rules and preventing serious injury to the competitors during the bouts;
- ☞ intervening at any time during the fight, as soon as they deem it necessary;
- ☞ suspending the fight as soon as a competitor loses any protective equipment;
- ☞ explaining their decisions to the Head Referee where necessary;
- ☞ issuing penalties or warnings (before, during and after the fight);
- ☞ obtaining the decisions of the judges and acting in accordance with them;
- ☞ announcing the result by designating the winner at the end of the fight.

The centre referee is assisted by three incumbent judges seated outside the safety area, at the locations designated by the organising official where they will have the fullest possible sight of the contest.

One judge is directly opposite the centre referee, while the other two are positioned behind the competitors, one metre apart. The centre referee and the three judges must (as far as possible) be registered in different clubs to those of the competitors.

The main objective of the centre referee and the judges is the prevention of serious injury to the athletes. In the event of a serious injury, knock out or KO, the centre referee must secure the fight area and facilitate the rapid intervention of the doctor.

Each judge is issued with a red flag and a blue flag in the colours of each competitor. The judges memorise and take account of the decisive actions, any prohibited or dangerous acts, and competitor penalties. When commanded by the centre referee at the end of the fight, the judges use their flags to declare a winner.

The referee panel is assisted by a timekeeper and a scorer who, as far as possible, should also be referees or judges. The timekeeper clearly signals the start and end of each bout via an audible sound, gong or bell.

The Head Referee is responsible for:

- ☞ appointing referees and judges who possess prior training, and deploying them to their respective competition areas;
- ☞ supervising and coordinating the overall performance of referees and judges;

- ☞ overseeing the timekeepers and mat officials to ensure that fight runs smoothly and that the draw board is updated (software or score sheet);
- ☞ taking any necessary decisions based on written reports from referees and judges;
- ☞ rotating or replacing them as necessary;
- ☞ resolving any technical situations that may arise during a bout or match and for which there are no stipulations in the rules;
- ☞ directly intervening if there is a non-compliance with the rules;
- ☞ delivering the final official report on the competition.

J. Organising Official

An organising official is responsible for:

- ☞ ensuring the correct preparation of the competition, in consultation with the organising committee;
- ☞ arranging the competition areas, providing and deploying all equipment and necessary facilities;
- ☞ providing areas to check competitor registrations, as well as for medical assistance and anti-doping checks;
- ☞ identifying and coordinating the roles of each official;
- ☞ ensuring that competitor federation documents (regulatory medical documents and licences) are being checked and the weigh-in verified;
- ☞ ensuring that the centre referee, judges and appointed mat officials are qualified;
- ☞ planning a meeting to explain the competition rules to athletes or their representatives;
- ☞ supervising competition proceedings and taking necessary measures to ensure the safety of all in accordance with the rules;
- ☞ reporting any anomaly to the Head Referee or their representative.

K. Penalties and warnings

The centre referee may decide on warnings and disqualifications and knock outs. Warnings for dangerous strikes and techniques may be issued by the centre referee with or without interruption of the bout. Judges must take these into account when reaching the final decision.

Any repetition of dangerous strikes and techniques in the same round will lead to the disqualification of the competitor concerned and, therefore, forfeit the fight in progress.

A competitor who executes a prohibited technique or a prohibited intentional strike may be disqualified outright by the centre referee.

L. Medical Assistance

A medical service must be provided to enable the KRAV MAGA FREE FIGHT to

begin. The service is led by the doctor who is appointed by the federation physician. The tournament doctor must be present throughout in proximity to the competition areas. In addition, a public safety team must be present at tournaments hosting 1,500 people or more.

The doctor is responsible for: intervening when required and at the request of the centre referee onto the different combat areas or during breaks between bouts; authorising the competitor concerned to continue the fight or not.

The doctor may examine, if they deem it necessary, any athlete knocked out by a strike, choke hold, submission or throwing in of the towel. After a knock out with loss of consciousness, any resumption of the sport is prohibited for two months, and the resumption must be preceded by a detailed medical opinion in favour.

Doping is prohibited. The doctor has the duty to inform the organising official if they detect that a competitor is under the influence of alcohol, drugs or any other prohibited product.

All necessary arrangements must be made to allow for treatment or removal of the injured party to a competent Hospital.

At the end of the tournament, the doctor will write up a medical report for the federation physician.

M. Proceedings of the competition

The centre referee and the judges take up their positions before the start of the fight. Competitors are distinguished by red equipment for the first fighter called in and blue equipment for the second. Competitor equipment (attire, bandages and protective gear) must be checked by officials before each fight.

The centre referee enters the cage first to inspect the fight area, and they then invite both competitors in, before positioning them face-to-face, two metres apart in the centre of the cage. Only the tournament centre referee and the two competitors may be present inside the cage.

Where a competitor enters the competition area inappropriately dressed, they will not be immediately disqualified, but will be given one minute to comply with the rules. When their name is called, any unequipped competitor shall forfeit the fight.

Introduction of the fighters begins with an exchange of bows. Bowing to the judges, centre referee and the opponent is mandatory before and after the fight. Bowing is interpreted freely; however, it must be respectful.

The commands from the centre referee are: "Fighters ready, on-guard!", "Fight!" and "Stop the clock!"

The stopwatch is started to determine the timing. A fight starts when the centre referee gives the start signal: "Fight!" During the bout, the stopwatch is stopped each time the centre referee says: "Stop the clock!" to the official's table and it is restarted once the bout resumes.

As soon as one of the athletes loses any protective equipment (head guard, gloves, gum shields) standing or on the ground during the fight, the centre referee must suspend the bout and ensure that the protective item is replaced before resuming the fight in the exact location where it had been interrupted. The opponent shall wait in a neutral corner indicated by the referee.

N. Prohibited techniques and acts common to all categories

- Strictly prohibited techniques leading to immediate disqualification:
 - ▷ blows targeting the spine, neck and back of the head;
 - ▷ finger or toe twisting;
 - ▷ uncontrolled neck twisting;
 - ▷ locks targeting the spine;
 - ▷ lock hold throws in the standing position;
 - ▷ Intentional throwing or shoving techniques aimed at causing the opponent to fall on their neck or head;
 - ▷ backwards falls with the opponent on their back from a standing position.
 - ▷ hitting the face whilst fighting on the ground;
- Prohibited acts leading to immediate disqualification:
 - ▷ grabbing the trachea with the fingers;
 - ▷ all dangerous non-combat attitudes;
 - ▷ placing fingers into the opponent's nose, eyes, mouth or any wound;
 - ▷ intentional scratching or pinching;
 - ▷ grabbing or pulling hair;
 - ▷ gripping the opponent's attire;
 - ▷ holding or placing fingers in the opponent's ear;
 - ▷ tickling the opponent;
 - ▷ biting the opponent;
 - ▷ use of words or gestures to challenge the decisions of the referee

the taking of any stimulant is strictly forbidden. In general, any behaviour contrary to the moral and sporting spirit of KRAV MAGA FREE FIGHT and of its code of ethics shall incur a temporary or permanent ban on the competitor taking part in any KRAV MAGA FREE FIGHT nationally.

O. Permitted techniques by category

CADETS AND JUNIORS AND VETERANS		SENIORS	
M	F	M	F
Standing: Punches and kicks to the body and head guard. Knee strikes to the body. Gripping, wrestling and throwing. To the body: Controlled hitting. Power allowed (Controlled) To the face: Controlled hitting. Power allowed (Controlled).		Standing: Punches and kicks to the body, head guard and face. Knee strikes to the head and body. Headbutt. Gripping, wrestling and throwing. To the body: Hard blows. Power allowed (KO). To the face: Hard blows. Power allowed (KO).	
Wrestling and ground: Controlled blows and head strikes prohibited Body strikes, gripping, wrestling, hold-downs and submission techniques (locks, constriction, choke holds, etc.)		Wrestling and ground: Head strikes prohibited Body strikes, gripping, wrestling, hold-downs and submission techniques (locks, constriction, choke holds, etc.)	

P. Technical Scoring Criteria for competitors

Each competitor is assessed by the judges based on the three categories below:

- ▷ Effective striking techniques;
- ▷ Accomplished throws and clinching techniques;
- ▷ Completed techniques and sequences on the ground.

For each of these three categories, the federation judges must systematically consider:

- ▷ the number and quality of the techniques performed by the competitor during the fight;
- ▷ the competitor's fighting spirit;
- ▷ the competitor opportunism;
- ▷ the competitor's pugnacity;
- ▷ the wealth and variety of the array of techniques which the competitor performed;
- ▷ the technical conformity to the specific reality of KRAV MAGA FREE FIGHT.

The judges then choose which of the two competitors has satisfied the most criteria across the three scoring categories.

The victory decision of the judges given at the end of the prescribed fight time is sovereign and final.

Q. Different reasons for victory

In KRAV MAGA FREE FIGHT, the victory decision is taken unanimously or via a colour majority of and “the three judges’ flags.

At the signal of the centre referee, the three judges raise the colour flag of the chosen competitor (blue or red) then the central referee announces the corner colour for the winner and the reason for the victory.

Victory at the end of the prescribed fight time:

The winner is the one who dominated the fight overall, who landed the most effective techniques or demonstrated superior technical skills to their opponent.

Victory by forfeiture:

This is obtained in case of no-show, last-minute withdrawal or competitor non-compliance with the weight limits for the category for which they entered the competition.

A competitor who presents alone on the fight area is declared winner by forfeiture.

Victory by disqualification:

A competitor is disqualified when:

- they employ prohibited techniques or continue to do so despite prior warning from the centre referee;
- their action or behaviour might endanger the safety of the other competitor, disrupt the smooth running of the match, or bring the promotion or image of KRAV MAGA FREE FIGHT and the organisation in general into disrepute;
- they or their coach behave in an unacceptable manner;
- they fail to comply with the centre referee's orders.

Victory by stoppage on medical grounds:

This occurs when, having been called by the centre referee onto the fight area, the federation doctor decides that the examined competitor is no longer physically or psychologically fit to continue the fight following a substantial injury.

The decision to stop the fight is announced by the referee without appeal, and is specified in the announcement of the result.

On the other hand, where the fight has at least reached the end of a full round, and the wounds suffered by the stopped fighter have not been due to a breach of ethical rules or a prohibited strike as set out in the technical rules of the category concerned, then with the agreement of the mat official, the centre referee may request that the fight be judged on decision. The judges then give a verdict as described in 16.

Victory after stoppage by the centre referee:

This occurs due to one or more of the following reasons:

- knock out, a competitor is physically or technically unable to continue the fight (they are declared OUT);
- one competitor is clearly inferior to the opponent and allowing the fight to continue could result in serious bodily harm;
- one or both competitors behave in an unacceptable manner;
- the coach behaves in an unacceptable manner;

If a competitor who is in clear and evident danger refuses to renounce the fight, then the referee shall reserve the right to stop the fight and give the victory to the opponent.

The health and safety of all participants is the primary criteria for assessments of the centre referee and competition officials.

Victory by KO:

This is when the opponent is knocked out following a technique to the face or body and is no longer able to continue the fight. The centre referee will declare the knock out.

Victory by abandonment of the opponent:

This is when the opponent: refuses to resume the bout on the order of the centre referee; leaves or does not enter the fight area; makes a sign of abandonment (verbal or tap of the hand, arm or foot on the ground or on the opponent) during the fight on the ground, or after the coach throws in the towel.

R. Technical codification of KRAV MAGA FREE FIGHT

KICKING / PUNCHING TECHNIQUES STANDING

GUARD POSITIONS AND MOVEMENTS

- ♦ Basic guard positions and variants;
- ♦ Movements: gliding steps, natural steps;
- ♦ Miscellaneous ducking: head, body, legs in motion;
- ♦ Entering into the guard: inwards, outwards;
- ♦ Blocking upper limbs: upwards, downwards, inwards, outwards;
- ♦ Blocking lower limbs: inwards, outwards, forwards.

PUNCHES

- ♦ Punches: jabs and crosses, series of counter punches;
- ♦ Front and back hooks, front and back chin hooks;
- ♦ Uppercuts, front and back, liver and plexus, face;
- ♦ Overcuts, front and back;
- ♦ Reverse punches, front and back.

KICKS

- ♦ Front and back straight kicks;
- ♦ Side, front and back straight kicks;
- ♦ Front and back driving kicks;
- ♦ Side, front and back driving kicks;
- ♦ Roundhouse kicks;
- ♦ Outside low-kicks;
- ♦ Inside low-kicks;
- ♦ Middle-kicks, front and back;
- ♦ High-kicks, front and back;
- ♦ Reverse straight and side kicks, front and back;
- ♦ Spinning driving kicks, front and back;
- ♦ Downward high kicks.

KNEE BLOWS TO THE BODY AND HEAD

- ♦ Knee thrusts: low, middle, high (with or without clinching);
- ♦ Knee strikes: low, middle, high (with or without clinching).

ELBOW BLOWS TO THE BODY AND HEAD

- ♦ Straight elbow strikes: low, middle, high (with or without clinching);
- ♦ Circular elbow strikes: low, middle, high (with or without clinching).

STANDING WRESTLING TECHNIQUES

FALLING

- ♦ Basic falls and variants;
- ♦ Backward falls flat;
- ♦ Rolling side falls: left and right;
- ♦ Front roll falls back to guard: left and right;
- ♦ Front falls flat.
- ♦ Backward rolls
- ♦ Basic falls and variants;
- ♦ Backward falls flat;
- ♦ Rolling side drops:
left and right;
- ♦ Front roll falls back to guard:
left and right;
- ♦ Front falls flat.
- ♦ Backward rolls

GRIPS

Basic gripping and variants;

- Neck arm grips
- ♦ Neck clinch grips
- ♦ Wrist grips;
- ♦ Forearm or arm grips;
- ♦ Torso grips;
- ♦ Leg or ankle grips: over, under

THROWS

- ♦ Basic throws and variants;
- ♦ Shoulder throws: with hip wheel, with hip throw, side sacrifice ;
- ♦ Hip throws: gripping shoulder, neck, underarm;
- ♦ Hip throws: internal and external;
- ♦ Outer leg throws (straight and in rotation);
- ♦ Inner leg throws (various forms);
- ♦ Leg hooks: simple, roll, clinch;
- ♦ Leg grabs: front and back, backwards double leg grab;
- ♦ Leg sweeps: side, back, spinning;
- ♦ Wheel throws: simple backward sacrifice, with roll;
- ♦ One or two leg lifts;
- ♦ Body lifts with several forms of gripping (neck-thigh grip, torso grip, leg grip);
- ♦ Rolling throws on forward imbalance, with arm-neck and arm grip;
- ♦ Leg reversal: several forms;
- ♦ Leg scooping, pinning to the ground.

TAKEDOWNS

- ♦ Basic movements and variants;
- ♦ Takedown by wrist lock: pronation, supination, with backward turnover;
- ♦ Takedown by shoulder lock: extension, flexion, with backward turnover;
- ♦ Takedown by arm lock extension;
- ♦ Leg takedown, front and back;
- ♦ Scissor takedown to the body or leg.

STANDING WRESTLING COMBINED MOVES

- ♦ Basic movements and variants;
- ♦ Searching various imbalances, in four directions: use of the front, back, and lateral imbalances; search for imbalances in assault at distance, in clinch;
- ♦ Technical applications of the principle of “action/reaction” in the opponent;
- ♦ Series of actions: entry into the guard, intermediate distance, weight transfer, footwork, punching, throwing, groundwork;
- ♦ Use of different forms of pushing: blocking, as a release technique, in order to grip...;
- ♦ Series of clinching combat moves: movement strategies.

GROUND WRESTLING TECHNIQUES

MOBILITY AND TURNS

- ♦ Basic movements and variants;
- ♦ Ground movement: crawling on the back, on the stomach;
- ♦ Pelvic mobility exercises;
- ♦ Floating techniques: on the shoulders, right and left, on the head;
- ♦ Partner turnovers: several forms, in several directions.

HOLD-DOWNS

- ♦ Basic movements and variants;
- ♦ Basic ground control: partner control basics;
- ♦ Side blocking, leg hooks, blocking of the partner with the torso;
- ♦ Lateral hold-downs and variations;
- ♦ "Cavalier" or "mounted" hold-down;
- ♦ "Cross" hold-down;
- ♦ Hold-down flat on the stomach;
- ♦ "Semi-mounted" hold-down;
- ♦ Reverse scarf hold.

CHOKE HOLDS

- ♦ Basic choke holds and variants;
- ♦ Rear choking by the forearm, with or without a leg vice;
- ♦ Front choke hold with compression: applying the forearm, arm vice; several variants: vice choke holds with arm blocking, arm vice with outside arm blocking;
- ♦ "Neck triangle" choke: bending, flexion, extension, in controlled rotation.

ARM LOCKS

- ♦ Basic arm locks and variants;
- ♦ Extended arm locks: several forms (simple arm sweep, hip sweep with or without foot pressed on the partner, with arm reverse, series of techniques);
- ♦ Bent arm locks: with external or internal rotation of the shoulder (wrist in pronation, wrist in supination).

WRIST LOCKS

- ♦ Basic wrist locks and variants;
- ♦ Wrist locks in pronation;
- ♦ Wrist locks in supination;
- ♦ Bent wrist locks.

LEG LOCKS

- ♦ Basic leg locks and variants;
- ♦ Extended leg locks: several forms;
- ♦ Bent leg locks: several forms;
- ♦ Leg locks by extending the ankle (ankle lock): extended kick with blocking of the leg.

COMPRESSIONS

- ♦ Basic compressions and variants;
- ♦ Muscle compressions;
- ♦ Joint compressions.

GROUND GUARD POSITIONS

- ♦ Open guard and closed guard;
- ♦ Guard entering the opponent's ground guard position;
- ♦ Techniques of adopting the guard position (basic and variants: mounted, body thrust, twisting);
- ♦ Use of action/reaction techniques applying hand pressure on the torso, limbs;
- ♦ Release techniques and "countering" techniques.

REVERSALS OF HOLD-DOWNS AND COMBINED GROUND TECHNIQUES

- ♦ Basic movements and variants;
- ♦ Use of turnover techniques from a position underneath;
- ♦ Use of combined ground techniques: subterfuge, anticipation of partner actions, action/reaction principle;
- ♦ Reversal of the all-fours position, dubbed the "turtle";
- ♦ Combination of techniques, series and turnovers on the ground.

STRIKING ON THE GROUND IS PROHIBITED

VII. Appendix 2

APPROVED EQUIPMENT

Head guard types:



Glove types (7oz):



Shin guard types:



FFKARATE KRAV MAGA FREE FIGHT attire:



(Any other make or model that complies with the core characteristics of the examples given above are acceptable)



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