



## **IS YOUR KRAV MAGA LEVEL JUSTIFIED?**

Ask yourself the following questions:-

1. How long have I been training for? A minimum requirement between levels is important – for example; for P1 the required time is a minimum of 3 months. For other grades, the time varies and you can clarify details with your trainer or on the IKMF website.

2. What training did you undertake to prepare yourself for the exams? Did you do general training or a specific training towards preparation for your exam. You should feel that you have mastered all the techniques. Your instructor should be able to tell you whether you are ready for the test or not. You should not make the decision to take the test too early out of a sense of impatience.

No less important is the choice of one's partner. A good partner will be the key to your success in the exam. He/she will be the one who attacks you correctly, from the correct distance to accurate targets, making you respond with a good defense to his/her attack.

A good examiner will and should be able to see if your attacker is not attacking as required and direct him/her to attack correctly. This should not affect your success or failure in the exam.

It is natural that one would feel stressed before and during the testing. This, however, is seen by the examiners as part of the test because in real-life situations there will be no less stress and they need to see how you cope under stress. You cannot use this excuse for failure.

· The rules of P's apply even under stress

### **Your test**

How long should your test take and what procedure should be followed? Is the test professionally run?

The first part of the test should be based on the curriculum of the grade you are about to be tested on.

The second part should be based on the curriculum of your previous grades.

The third part is free working.

The fourth part is tactical behavior against multiple opponents – making the right decisions, timing, positioning etc.

The fifth part is combative sparring according to your level.

The sixth part is fitness.

### Looking at it from the examiners' point of view.

What are they looking for?

Clean techniques – pre-fighting, post-fighting (searching and scanning). This of course refers to your previous levels as well as the new level you are being tested for.

Pre-fighting – The examiner is looking for the correct choices you perform in technique together with the correct defence, timing, fluidity and tactics.

Tactics - The examiner is looking for tactical behavior, meaning positioning in the area, use of common objects, correct positioning in relation to opponents, good choice of technique, good decisive behavior etc. This, of course, refers to multiple opponents.

Combative behavior –meaning aggressiveness, determination including techniques of combative punching and kicking, defensive punching and kicking, fluid combinations of attacks against one or more opponents. All of this is dependent upon one's level.

In the test for fitness, examiners are looking for the ability of continuing physically after the exam – to see what strength you are left with.

### Who is your examiner?

Is your tester your own instructor, an instructor from another club or a GIT member?

If the tester is your own instructor, we could have a conflict of interest. Your success reflects his success, so he will not be objective about his decisions and he will be prejudiced in your favor because he has seen you in training. He has prepared you, made the decision that you are ready and thus, in his mind, you have passed.

If the examiner is from a different club, testing by the rules, this will be a better and more objective test. A GIT instructor testing will be considered in the same category as another instructor. However, he will have seen and tested levels all over the world and will have a broader perspective and high expectations and will follow all the rules.

As with training, arriving early for a test is essential, giving oneself time to warm up and get into the correct protective gear. This will ensure that you are ready for the test both mentally and physically, in good time.

### The Test.

During the test, you should be cognizant of the fact that the examiner or examiners are watching you throughout the procedure, are correcting you if need be, are giving clear instructions of how to do, what to do, when to do and from what position etc.

The examiner should always announce the name of the technique required and instruct the opponent on positioning and attacking correctly. Occasionally he might hint at what

technique he is expecting and you should be able to perform the technique or techniques from memory. At no time or under any circumstances should a tester demonstrate the complete technique he wants you to do.

A tester is looking for a full technique, which means pre-fighting, defense and post-fight. You should know what he is looking for – prevention, technique and post-fighting. You should feel you have carried out all the techniques you have learnt and all the techniques in the curriculum, both from the levels prior to your testing as well as the level for which you are being tested.

At your level, the examiner will be looking for near perfection of your performance as well as a perfect performance of prior levels, seeing as you have already been tested on these techniques.

The whole test should run fluidly and should not have any long pauses unless the examiner decides to give you drink break, which should not be long, as the workload should be full.

The examiner should be presented with a complete display of technique, a constant regulated performance, regardless of whether or not you like or dislike certain techniques. If your level is high, all your techniques should be at the same high level – not some higher than others. The examiner should feel that whatever level you are being tested at is done as it should be.

There is no quota for the number of people passing or failing a test. Each person is tested individually and according to his/her performance.

If one fails, the tester should give one feedback either directly (usually done at a higher level) or to ones trainer, who will later give the feedback to you. This feedback should be specific as to why you have failed, which techniques you have failed at and which mistakes you have made.

When passing the test, you should feel you have worked hard and achieved your goal by sheer hard work. If the test has been carried out according to all the above requirements, you can feel your success has been well earned. You can walk with your head held high.

### **YOU CAN WALK IN PEACE**

The Rule of P's is:-

Proper Prior Planning Prevents Poor Performance

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