

ASSESSMENT & LOGBOOK



WHITE BELT TO 4th DEGREE BLACK BELT

Name of Student _____

Students Mobile Number _____

Name of Club / Instructor _____ / _____

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Grading Assessments

Gradings are a special presentation of the skills you have learned and a point of inspiration and celebration.

When the instructors believe that you are ready to progress to your new rank, you'll receive an invitation to grade. To be graded means to be assessed on the skills you have learnt.

As you continue to train, time between grading assessments gets longer as we expect to see more skills performed at a higher standard. Your instructor also considers your commitment, dedication, and martial arts maturity.

The time between grading assessments can vary from person to person depending on skill level, age, and maturity.

If successful in the testing process you will be awarded a coloured cloth belt or patch and a BJMA Krav Maga certificate, noting the level you have achieved. As you work through this booklet you will find a list of all the requirements expected of you on grading day at each rank. Your instructor may choose not to test you on each individual item on the day, but be prepared to perform ALL the requirements.

Each skill or Skill set will be given a GRADE of R, P or E.

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Excellent standard

YELLOW

GRADEE'S NAME: _____

Skill required for assessment to Yellow

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

DRILLS	Shadow Sparring	360 Blocking	Cerebellum Drill	Bursting Footwork
GRADE				

PAD WORK 2min – focus pads GRADE	Palm Heel	Hammer Fist	Elbows
	Eye Strikes	Straight Punches	Circular Punches

Continue to next page.

YELLOW - GRADEE'S NAME: _____

EMPTY HAND ATTACKS Select FOUR (4) attacks from <i>“Empty Hand Attacks”</i> repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continue to next page.

YELLOW - GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
Select ONE (1) attack from "Weapon Defence" based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
Select TWO (2) attacks from " Ground Defence " based on your individual club programming.	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground defences BJJ (Quick Incapacitation)
GRADE			

Continue to next page.

YELLOW - GRADEE'S NAME: _____

EFFORT OVER ALL	DETERMINATION	PFD EFFECTIVENESS
GRADE	GRADE	GRADE

Yellow Grading assessment information:

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

ORANGE

GRADEE'S NAME: _____

Skill required for assessment to Orange

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

DRILLS	Shadow Sparring	360 Blocking	Cerebellum Drill	Bursting Footwork
GRADE				

PAD WORK 2 minutes – focus pads	Palm Heel	Hammer Fist	Elbows
	Eye Strikes	Straight Punches	Circular Punches
GRADE			

Continue to next page.

ORANGE GRADEE'S NAME: _____

EMPTY HAND ATTACKS Select FIVE (5) attacks from <i>“Empty Hand Attacks”</i> repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continued to next page.

ORANGE GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
Select TWO (2) attacks from "Weapon Defence" based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
Select THREE (3) attacks from " Ground Defence " based on your individual club programming.			
	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground defences BJJ (Quick Incapacitation)
GRADE			

Continued to next page.

ORANGE GRADEE'S NAME: _____

EFFORT OVER ALL	REACTIONARY GAP	PFD EFFECTIVENESS
GRADE	GRADE	GRADE

Orange Grading assessment information:

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

BLUE

GRADEE'S NAME: _____

Skill required for assessment to Blue

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

DRILLS GRADE	Shadow Sparring	360 Blocking	Cerebellum Drill
	Bursting Footwork	Thigh Slap Sparring (1 min)	

PAD WORK & ENHANCED STRESS INOCULATION DRILL GRADE	Round 1 – 2 minutes Focus Pads Basic Strikes	Round 2 Trigon Drill
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Continue to next page.

BLUE GRADEE'S NAME: _____

EMPTY HAND ATTACKS Select SIX (6) attacks from “<i>Empty Hand Attacks</i>” repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continue to next page.

BLUE GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
Select THREE (3) attack from "Weapon Defence" based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and Over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
Select FOUR (4) attacks from " <i>Ground Defence</i> " based on your individual club programming.			
	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground defences BJJ (Quick Incapacitation)
GRADE			

Continue to next page.

BLUE GRADEE'S NAME: _____

EFFORT OVER ALL	HEART RATE CONTROL	PFD EFFECTIVENESS
GRADE	GRADE	GRADE

Blue Grading assessment information:

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

GREEN

GRADEE'S NAME: _____

Skill required for assessment to Green

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

DRILLS GRADE	Shadow Sparring	360 Blocking	Cerebellum Drill
	Bursting Footwork	Thigh Slap Sparring (1 min)	

PAD WORK & ENHANCED STRESS INOCULATION DRILL GRADE	Round 1 – 2 minutes Focus pads Basic Strikes	Round 2 Trigon Drill
GRADE	Round 3 2 minutes Thai Pads or Kick Shield Include knee stomp, groin kick, push kick and thigh kick	

Continue to next page.

GREEN GRADEE'S NAME: _____

EMPTY HAND ATTACKS Select SEVEN (7) attacks from <i>“Empty Hand Attacks”</i> repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left- or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continue to next page.

GREEN GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
Select FOUR (4) attacks from "Weapon Defence" based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
Select FIVE (5) attacks from "Ground Defence" based on your individual club programming.	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground Defences BJJ (Quick Incapacitation)
GRADE			

Continue to next page.

GREEN GRADEE'S NAME: _____

VERBAL THEORY TEST	Explain the term Reactionary gap, and what is its advantages?
	What do the acronyms CCDD & DEAD, stand for?
	Name the three zones, for weapon disarms?
	What are the four base principles of Krav Maga?
	What is the difference between a threat and an attack?

PRESSURE TEST PRESSURE TEST Select one (1) or more E.L.S (Enhanced Level Stress) inoculation and pressure test drills. Assess the student's level of capability under duress GRADE	Transition Drill	Rear Defence Drill	Circle / Bull Ring Drill
	Roman Column Drill	Back-To-Back Drill	Passenger Drill
	Hells Bells Drill	Trigon Drill	

Continue to next page

	VOICE EFFECTIVENESS GRADE	PARASYMPATHETIC CONTROL GRADE
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Green Grading assessment information:

Gradee's name _____

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

BROWN

GRADEE'S NAME: _____

Skill required for assessment to Brown

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

DRILLS GRADE	Shadow Sparring	360 Blocking	Cerebellum Drill
	Bursting Footwork	Thigh Slap Sparring (1 min)	

PAD WORK GRADE	Round 1 – 2 minutes Focus pads Basic Strikes	Round 2 2 minutes Thai or Kick Shield knees and kicks
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Continue to next page.

BROWN-GRADEE'S NAME: _____

EMPTY HAND ATTACKS Instructor selected attacks from <i>"Empty Hand Attacks"</i>. Instructor can choose as many as they feel is suitable. Repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left- or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continue to next page.

BROWN GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
Instructor selected attacks from <i>"Weapon Defence"</i> based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
Instructor selected attacks from <i>"Ground Defence"</i> based on your individual club programming.	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground defences BJJ (Quick Incapacitation)
GRADE			

Continue to next page.

EFFORT OVER ALL	VOICE EFFECTIVENESS	PARASYMPATHETIC CONTROL
GRADE	GRADE	GRADE

Brown Grading assessment information:

Gradee's name _____

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

Black Belt and Beyond

Now is the time to contact the T.R.C. (Technical Review Committee). They will work with you and your instructor to help prepare you for the coveted black belt.

Your instructor and your club will remain your main source of training and learning.

The T.R.C. will guide you and the other people preparing for black belt to grade as a unit, bringing together, skills and expectations.

Grading Prerequisites

As part of guiding you on your path through BJMA Krav Maga, we have prerequisites that must be met before you grade.

To prepare for your grading assessments you will need to make sure you are recording your attendance at special training sessions as well as completing other tasks. Only when you have marked off all prerequisites should you apply to grade. This book should be used as a communication tool between you, your instructor and the TRC to make sure the opportunities to complete set tasks are made available.

Where a task, prerequisite or physical grading requirement cannot be completed due to physical restrictions or opportunities not being available, then your instructor and the T.R.C. will work with you to create an alternative path so your training and elevation in Krav Maga may continue.

Timelines are a minimum of time and training sessions. If the minimum number of training sessions is reached before the timeline, a student should generally wait until their “time on rank” has also been met and vice versa. The times and sessions stated are between ranks, not a total of your training history.

BLACK BELT

BLACK BELT-ASSISTANT INSTRUCTOR

- a) Having negotiated through the entire BJMA Krav Maga grading system from white belt to this level, then being formally tested at an official BJMA grading forum with a member of the TRC present.
- b) Under certain circumstances, the TRC may, at its discretion and in the interest of system development, review and assess an individual’s transferable skills at an official BJMA Krav Maga seminar conducted under the facilitation of the TRC.

Pathway:

As you reach the pinnacle of your foundation training,
an extraordinary chapter unfolds.

Continue to next page

BLACK BELT

Prerequisite to be completed prior to being assessed for Black Belt

Time Frame: Since last grading, minimum of 8 Months/ 50 sessions

Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date
	Minimum completed. Keep going and sharpen those skills					

Prerequisites continued

A minimum of two Krav Maga specific training days are to be completed in the 12 months after you grade to brown. Remember, this is a minimum, so try to get in as many sessions as possible.

2 x BJMA Krav Maga specific training days of more than 2.5 hours -

Date	Date
Extra session – Date	Extra session – Date

Continue to next page

BLACK BELT

Have working with children's approval as per Government requirements for your state or region

Date	Exp Date
Card No	

NOTE: Once you have completed these prerequisites, please present your booklet to you instructor and your coordinator. This will help advise them on when you may be ready to be graded (assessed) for your next rank.

Prerequisites completed and approved for official grading.

Instructor Signature _____

Instructor Title and Name _____

Date of approval _____

TRC Member advised and grading approved

T.R.C. Members Name _____

Date _____

Continue to next page for black belt assessment sheet.

BLACK

GRADEE'S NAME: _____

Skill required for assessment to Black

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

A Black Belt Krav Maga assessment will normally take place as part of an official 5-hour training day or the annual two-day training camp.

DRILLS GRADE	Shadow Sparring	360 Blocking	Cerebellum Drill
	Bursting Footwork	Thigh Slap Sparring (1 min)	

PAD WORK GRADE	Round 1 – 2 minutes Focus pads Basic Strikes	Round 2 2 minutes Thai or Kick Shield knees and kicks
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Continue to next page.

BLACK GRADEE'S NAME: _____

EMPTY HAND ATTACKS All attacks from “<i>Empty Hand Attacks</i>” repeated several times with partner, then completed with PFD, and appropriate mental processing disruption. GRADE	Left Jab or Right Cross	Left or Right Hook
	Double Handed Push to Chest	Left or Right-Hand Pushing Chest
	Left/ Right-Hand Grabbing Chest	Double Shirt Grab
	Double Front Throat Choke	Double Side Throat Choke
	Rear Choke	Side Headlock
	Front Guillotine Choke	Head being pushed down/Grapple
	Wrist Grab Right to Right, Left to Right, Double Handed	Shoulder Grab
	Bear Hug	Defence against kicks
	Hair Grab Front and Rear	Pre-emptive Strikes

Continue to next page.

BLACK GRADEE'S NAME: _____

WEAPON DEFENCES	FIREARM PISTOL	KNIFE ATTACKS	BLUNT INSTRUMENT	FIREARM LONGARM
All attacks from <i>"Weapon Defence"</i> based on your individual club programming.	Inner-gate	Straight Stab	Overhead	Lock & Load
	Rotate and Break	Slash	Swing	Under and over
	Side Rotate Dead Side	Ice Pick	Straight Poke	Side to Rotate
	Side Rotate Live side	Knife Threat from Front	Baton Retention Position	In the Back
	Tap & Rack Drill	Knife in Mount pushing down	Retain Baton (Grapple)	From Warm Position
GRADE				

GROUND DEFENCE	Back Break Fall	Side Break Fall	Front Break Fall
All attacks from <i>"Ground Defence"</i> based on your individual club programming.			
	Defence against Standing Attacker (on ground)	Return to Feet Techniques (From Ground)	On Ground defences BJJ (Quick Incapacitation)
GRADE			

Continue to next page.

EFFORT OVER ALL	VOICE EFFECTIVENESS	PARASYMPATHETIC CONTROL
GRADE	GRADE	GRADE

Black Belt Grading assessment information:

Gradee's name _____

Date of assessment _____

Assessors name and rank _____

Assessors signature _____

Please circle.

Overall result: Pass or Revision

1ST DEGREE

Prerequisites to prepare for 1st Degree (Instructor)

Expectations: Upon receiving your 1st Degree, you will be awarded the title of Instructor. This title comes with responsibilities and to prepare for this recognition you must learn about instructing, assist in classes and be an upstanding member of the community. The following prerequisites will help guide you.

Time Frame: Minimum of 12 Months/ 50 sessions Please write in the dates of each session you attend.

Date	Date	Date	Date	Date	Date	Date
	Minimum completed. Keep going and sharpen those skills					

Prerequisites, 1st Degree, continued

A minimum of two Krav Maga specific training days are to be completed in the 12 months after you grade to Black. Remember, this is a minimum, so try to get in as many sessions as possible.

2 x BJMA Krav Maga specific training days of more than 2.5 hours -

Date	Date
Extra - Date	Extra - Date

Complete the AIS Community Coaching Course – search AIS Community Coaching course and do the latest course listed Online and free from the AIS

Date	Certificate number
------	--------------------

Have a current first aid qualification - Provide First Aid (includes CPR)

Date	Certificate number
------	--------------------

Have required working with children's approval as per your state or regions Government requirements

Date	Exp Date
Card No	

Continue to next page

Prerequisites, 1st Degree, continued

Assist club instructor with managing class, preparing equipment, consider safety measures. Run 10 x 10 minute warm up or skill sessions

Date	Date	Date	Date	Date
Date	Date	Date	Date	Date

2 Day official - BJMA Sensei/Coaches/Trainers course.

Course facilitators Name:	Date
Course facilitators signature:	

NOTE: Once you have completed these prerequisites, please present your booklet to you instructor and notify the TRC. They will then advise you on when you will be presented your certification for 1st Degree – Krav Maga Instructor.

Prerequisites completed and approved for official grading.

Instructor Signature _____

Instructor Title and Name _____

Date of approval _____

T.R.C. approval for official grading.

T.R.C. Member name _____ Date _____

Continue to next page for 1st Degree assessment sheet.

1st Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Please circle.

Overall result: Pass or Revision

2ND DEGREE

Prerequisites to prepare for

2nd Degree – Instructor Advanced

Expectations: Upon receiving your 2nd Degree, you will be awarded the title of Instructor Advanced. This title comes with responsibilities and to prepare for this recognition you must learn about instructing, assist in classes and be an upstanding member of the community. The following prerequisites will help guide you.

Time Frame: Minimum of 18 Months/ 75 sessions

Date of last grading	Date
18 months training completed	Instructor initial & date
Minimum 75 classes completed	Instructor initial & date

Prerequisites continued

A minimum of three (3) Krav Maga specific training days are to be completed in the 18 - 24 months after you grade to 1st Degree Black. Remember, this is a minimum, so try to get in as many sessions as possible.

3 x BJMA Krav Maga specific training days of more than 2.5 hours -

Date	Date
Date	Extra - Date

Continue to next page

Prerequisites, 2nd Degree, continued

Have a current first aid qualification - Provide First Aid (includes CPR)

Date	Certificate number
------	--------------------

**Have required working with children's approval as per your state or regions
Government requirements**

Date	Exp Date
Card No	

**Run classes at your own club or taken specific skill training sections of classes at the club
you attend. Minimum 20 min per session x 10 sessions.**

Date	Date	Date	Date	Date
Date	Date	Date	Date	Date

Continue to next page

Prerequisites, 2nd Degree, continued

Note: Once you have completed these prerequisites, please present your booklet to your instructor and notify the TRC. They will then advise you of the next authorised event at which you may be graded and awarded your 2nd Degree – Krav Maga Instructor Advanced certification.

Prerequisites completed and approved for official grading.

Instructor Signature _____

Instructor Title and Name _____

Date of approval _____

T.R.C. approval for official grading.

T.R.C. Member name _____ Date _____

Continue to next page for 2nd Degree assessment sheet.

2ND DEGREE

2nd Degree Grading assessment information:

GRADEE'S NAME: _____

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

One Krav Maga lesson developed and presented by the applicant at a BJMA Krav Maga seminar day in front of two Technical Review Committee (TRC) members. Minimum 30 minutes. Maybe repeated twice for development.

Lesson Presentation

	GRADE	Feedback notes
Content		
Structure		
Delivery		

Continue to next page

2ND DEGREE GRADEE'S NAME: _____

	GRADE	Feedback notes
Training aids		
Engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		
Physical skills		
Safety considerations		
Feedback to students		

Continue to next page

2nd Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors Signature _____

Club instructor title and name _____

Club instructor Signature _____

Please circle.

Overall result: Pass or Revision

3RD DEGREE

Prerequisites to prepare for 3rd Degree – Senior Instructor

Expectations: Upon receiving your 3rd Degree, you will be awarded the title of Senior Instructor. This title comes with responsibilities and to prepare for this recognition you must have a high-level knowledge in Krav Maga and have taken on further education in specialist aspects. You must also be an upstanding member of the community. The following prerequisites will help guide you.

Time Frame: Minimum of 32 Months/ 120 general classes.

Date of last grading	Date
32 months training completed	Instructor initial & date
Minimum 120 classes completed	Instructor initial & date

Must be running a registered BJMA Krav club, or instructing at such a club on a regular basis.

Please detail:

Continue to next page

Prerequisites, 3rd Degree, continued

Completion of one of the three BJMA Krav Maga professional development streams available: BJMA Firearms Course, or BJMA Introduction to Eskrima Course, or Urban Tactics & Combat Course (UTC).

Please detail:

Assisted in the running of at least two recognised BJMA Krav Maga seminar days with at least one Technical Review Committee (TRC) member in attendance.

Please detail:

Continue to next page 3rd Degree assessment sheet.

3RD DEGREE

3rd Degree Grading assessment information:

GRADEE'S NAME: _____

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

One Krav Maga lesson developed and presented by the applicant at a BJMA Krav Maga seminar day in front of two Technical Review Committee (TRC) members. Minimum 45 minutes. Maybe repeated twice for development.

Lesson Presentation

	GRADE	Feedback notes
Content		
Structure		
Delivery		

Continue to next page

3rd DEGREE - GRADEE'S NAME: _____

	GRADE	Feedback notes
Training aids		
Engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		
Physical skills		
Safety considerations		
Feedback to students		

Continue to next page

3rd Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Club instructor title and name _____

Club instructor signature _____

Please circle.

Overall result: Pass or Revision

4TH DEGREE

Prerequisites to prepare for

4th Degree – Senior Instructor Advanced

Expectations: Upon receiving your 4th Degree, you will be awarded the title of Senior Instructor Advanced. This title comes with responsibilities and to prepare for this recognition you must have a high-level knowledge in Krav Maga and have taken on further education in two specialist aspects. You must also be an upstanding member of the community. The following prerequisites will help guide you.

Time Frame: Minimum of 40 Months/ 150 general classes.

Date of last grading	Date
40 months training completed	Instructor initial & date
Minimum 150 classes completed	Instructor initial & date

Must be running a registered BJMA Krav club, or instructing at such a club on a regular basis.

Please detail:

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Prerequisites, 4th Degree, continued

Completion of a 2nd of the four BJMA Krav Maga professional development streams available: BJMA Firearms Course, or BJMA Introduction to Eskrima Course, or Urban Tactics & Combat Course (UTC).

Please detail:

Assisted in the running of at least two recognised BJMA Krav Maga seminar days with at least one Technical Review Committee (TRC) member in attendance.

Please detail:

Continue to next page 4th Degree assessment sheet.

4TH DEGREE

4th Degree Grading assessment information:

GRADEE'S NAME: _____

NOTE: Assessor, please GRADE each skill or skill group with R, P or E

R= Revision required to reach a passing standard.

P = Passing standard to very good standard

E= Exceeds expectations (1 to 2 levels higher in skill)

One Krav Maga lesson developed and presented by the applicant at a BJMA Krav Maga seminar day in front of two Technical Review Committee (TRC) members. Minimum 45 minutes. Maybe repeated twice for development.

Lesson Presentation

	GRADE	Feedback notes
Relevance of Content		
Did it match the tenets of Krav Maga		
Delivery		

Continue to next page

4TH DEGREE - GRADEE'S NAME: _____

	GRADE	Feedback notes
Training aids		
Engagement		
Confidence and presence		
Time management		
Adaptability		
Overall impact		
Physical skills		
Safety considerations		
Feedback to students		

Continue to next page

4th Degree Grading assessment information:

Date of assessment _____

Assessors title and name _____

Assessors signature _____

Club instructor title and name _____

Club instructor signature _____

Please circle.

Overall result: Pass or Revision

Notes – training records – seminars attended – etc

Notes – training records – seminars attended – etc

[illegible]

Notes – training records – seminars attended – etc

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