



## Belt Testing Description by Levels

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**Testing Preparation:** Once a student has reached the minimum training requirements they should begin preparing for their test. Students should: 1) get a curriculum list from the front desk and 2) communicate with a primary instructor that they are interested in testing in the upcoming 4 to 6 weeks. This gives the instructor time to evaluate the student's performance over several weeks and classes to determine personal readiness. If the instructor feels the student is ready they will sign off on the permission to test form or provide a recommended future date. For attendance to any test, a student must have a permission to test form signed by a Krav Maga instructor.

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### **YELLOW BELT - LEVEL 1 (for new students)**

**Yellow Belt** testing eligibility: Based on the curriculum rotation it takes 4 months of training an average of 2-3 times per week in the Level 1 classes to see the entire yellow belt curriculum. Students are generally ready to test after training 5 to 7 months. The minimum training requirement is 4 months with 40 or more classes.

The **Yellow Belt** testing schedule is a total of 4 hours held consecutively in one day. The first 2.5 hours is the review workshop, then a 1.5 hour test. The time frame may vary based on the number of participants in the test.

#### **Yellow Belt Test Schedule Summary:**

1 Session: Review workshops & Test 4 hrs (full time is required)

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### **ORANGE BELT - LEVEL 2 (for Yellow Belt student)**

**Orange Belt** testing eligibility: Based on the curriculum rotation it takes 6 months of training an average of 2-3 times per week in the Level 2 classes to see the entire orange belt curriculum. Students are generally ready to test after training 7 to 9 months. The minimum training requirement is 6 months with 60 or more classes.

The **Orange Belt** testing schedule is a total of 4.5 hours held consecutively in one day. The first 2.5 hours is the review workshop, then a 2 hour test. The time frame may vary based on the number of participants in the test.

#### **Orange Belt Test Schedule Summary:**

1 Session: Review workshops & Test 4.5 hrs (full time is required)

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**COMPREHENSIVE TEST:** All Krav Maga tests from Green Belt and up are comprehensive. Students are tested on their current level as well as the material from all previous levels. Previous level material is the responsibility of the student and is not covered in testing level workshops.

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### **GREEN BELT - LEVEL 3 (for Orange Belt student)**

**Green Belt** testing eligibility: Based on the curriculum rotation it takes 9 months of training an average of 2-3 times per week in the Level 3 classes to see the entire green belt curriculum. Students are generally ready to test after training 10 to 12 months. The minimum training requirement is 9 months with 90 or more classes.

#### **Comprehensive Test Additional Requirements:**

1. Completion of an Introduction to Fight cycle
2. Attendance to 10 Level 1 and 10 Level 2 classes within the 3-4 months prior to the testing date

The **Green Belt** testing schedule is a total of 8 hours held over 2 consecutive days. Day 1, 5 hrs Review/ Prep workshops. Day 2, 3 hour Test. The time frame may vary based on the number of participants in the test.



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### Green Belt Test Schedule Summary:

Session 1: Review /Prep workshop, 5 hrs (Open to non testers, required for testers) Day 1- Saturday  
Session 2: Test 3 hrs (Open to testers only) Day 2 -Sunday

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### **BLUE BELT - LEVEL 4 (for Green Belt student)**

**Blue Belt** testing eligibility: Students are generally eligible to test to blue belt after training a min of 2-3 times per week in the Level 4 classes for a minimum of twelve months. The minimum training requirement is 12 months with 120 or more classes.

**Comprehensive Test Additional Requirements:** Attendance to 10 Level 1, 10 Level 2 and 10 Level 3 classes within the 3-4 months prior to the testing date

The **Blue Belt** testing schedule is a total of 15 hrs held over 3 consecutive weeks. 2, 3 hour preparation workshops, 1, 5 hour review workshop and 1, 4 hour test.

Once a student is eligible and signed off to test all 4 sessions are required. If not yet eligible to test and working toward the next test date a student can attend any preparation workshop\* for \$45.00. Please see eligibility to attend preparation workshops if not signed off to test. Review workshops are for the testing participants only.

### Blue Belt Test Schedule Summary:

Session 1: Preparation workshop, 3 hrs (Open to non testers, required for testers) Week 1- Sat. or Sun  
Session 2: Preparation workshop, 3 hrs (Open to non testers, required for testers) Week 2- Sat. or Sun  
Session 3: Review workshop, 5 hrs (Open to testers only and required) Week 3 Day 1-Saturday  
Session 4: Test Day 4-5 hrs (Open to testers only) Week 3 Day 2- Sunday

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### **BROWN BELT - LEVEL 5 (for Blue Belt student)**

**Brown Belt** testing eligibility: Students are generally eligible to test to Brown belt after training a min of 2-3 times per week in the Level 5 classes for a minimum of twelve months. The minimum training requirement is 12 months with 120 or more classes.

**Comprehensive Test Additional Requirements:** Attendance to 10 Level 2, 10 Level 3 and 10 Level 4 classes within the 3-4 months prior to the testing date.

The **Brown Belt** testing schedule is a total of 20 hrs held over 2 consecutive weeks. 1, 3hr preparation workshop; 2, 4hr preparation workshops; 1, 5 hour review workshop and 1, 4 hour test.

Once a student is eligible and signed off to test all 5 sessions are required. If not yet eligible to test and working toward the next test date a student can attend any preparation workshop\* for \$45.00. Please see eligibility to attend preparation workshops if not signed off to test. Review workshops are for the testing participants only.

### Brown Belt Test Schedule Summary:

Session 1: Preparation workshop, 3 hrs (Open to non testers, Required for testers) Week 1 Friday Evening  
Session 2: Preparation workshop, 4 hrs (Open to non testers, Required for testers) Week 1-Saturday Afternoon  
Session 3: Preparation workshop, 4 hrs (Open to non testers, Required for testers) Week 1-Sunday Afternoon  
Session 4: Review workshop, 5 hrs (Open to testers only and required) Week 2-Saturday Afternoon  
Session 5: Test Day 4-5 hrs (Open to testers only) Week 2-Sunday Afternoon

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## Belt Testing Description by Levels

### BLACK BELT - LEVEL 5 (for Brown Belt student)

**Black Belt** testing eligibility: Actively training in the level 5 class a min of 2-3 times per week over a 2 year period. The minimum training requirement is 2 yrs with 250 or more classes.

**Comprehensive Test Additional Requirements:** Attendance to 10 Level 2, 10 Level 3 and 10 Level 4/5 classes within the 3-4 months prior to the testing date. As well as, any black belt workshops on schedule

The **Black Belt** testing schedule is a total of 30 hrs held over 3 consecutive weeks. 2, 3hr preparation workshop; 3, 4hr preparation workshops; 2, 5 hour review workshop and 1, 4 hour test.

Once a student is eligible and signed off to test all 8 sessions are required. If not yet eligible to test and working toward the next test date a student can attend any preparation workshop\* for \$45.00. Please see eligibility to attend preparation workshops if not signed off to test. Review workshops are for the testing participants only.

#### **Black Belt Test Schedule Summary:**

Session 1: Preparation workshop, 3 hrs (Open to non testers, Required for testers)	Week 1- Friday Evening
Session 2: Preparation workshop, 4 hrs (Open to non testers, Required for testers)	Week 1 -Saturday Afternoon
Session 3: Preparation workshop, 4 hrs (Open to non testers, Required for testers)	Week 1 -Sunday Afternoon
Session 4: Preparation workshop, 3 hrs (Open to non testers, Required for testers)	Week 2- Friday Evening
Session 5: Preparation workshop, 4 hrs (Open to non testers, Required for testers)	Week 2 -Saturday Afternoon
Attendance by Invitation Only	
Session 6: Review workshop, 4 hrs (Open to testers only and required)	Week 2 -Sunday Afternoon
Session 7: Review workshop, 5 hrs (Open to testers only and required)	Week 3 -Saturday Afternoon
Session 8: Test Day 4-5 hrs (Open to testers only)	Week 3 -Sunday Afternoon

**What is a Preparation Workshop?** The Preparation workshops are designed to give the students a deeper understanding of the techniques and improved physical performance. A detailed breakdown of the level curriculum will be provided along with personal feedback and corrections. To be eligible to attend the preparation workshops a student must be 90% through their level curriculum and close to test ready. Workshops are not for students new to their level.

**What is a Review Workshop?** The Review workshops are held just prior to the test itself. It is a quick overview of the techniques with limited to no feedback provided. During the review workshops students are expected to know the curriculum with little to no instructions. To be eligible to attend the review workshops a student must be signed off to test. \*With the exception of the Day 1 Green Belt Review /Prep workshops.

\*Special NOTE - Day 1 Green belt review / Prep workshops can be attended as a preparation workshop. To be eligible to attend this workshop the student must be 90% through their level curriculum and close to test ready. Workshops are not for students new to their level.