THEORY COMPONENT

❖ **In the context of self-defence, what is the base principle in law for the use of force in Australia?**

In relation to self-defence a person may take any evasive or defensive steps for their own protection and safety, the actions taken must meet the following general criteria:

1. Based on reasonable grounds it was necessary in self-defence to do what you did.

2. You used only such force as was reasonably necessary to make an effectual defence, no more or less. (Proportional response)

Another simplistic description could be that you only used force equal to or less than what was applied to you in the attack.

❖ **Explain "Hicks Law"**

The time it takes for a person to make a decision increases as a result of the possible choices he or she has. From a self-defence perspective, your reaction time is increased by the amount of possible choices you have to negate that specific attack.

❖ **What is the relationship between heart rate and performance?**

When our heart rate goes up too high we begin to lose our fine motor skills, we then have to rely on more instinctive moves that use our gross motor skills. Fine motor skills begin to deteriorate when our heart rate is above 115 bpm.

❖ **Explain the term Reactionary gap, and what are its advantages?**

The reactionary gap in self-defence is the distance you create between you and the person/threat in order to be able perceive a sudden attack, decide on a defensive response and then have enough time to initiate that response.

❖ **What does the acronym C.C.D.D stand for :**

C-Clear

C-Control

D-Disarm

D-Disable

❖ **What does the acronym D.E.A.D stand for :**

D- **D**etermine the response

E- **E**ngulf their space

A- Attack the attackers balance

D- **D**isrupt their mental processing

❖ **Name the three zones, for pre-emptive weapon disarms?**

Cool- the distance between you and the threat is too great creating limited opportunity for a successful pre-emptive defence.

Warm- The distance between yourself and the threat is at the crossover of zones and whilst not ideal, a pre-emptive defence move may need to be initiated based on the urgency of circumstances.

Hot- This is the optimum pre-emptive zone, whereby if the circumstances dictate there is the highest opportunity for success.

❖ **What are the four base principles of Krav Maga?**

Krav Maga should be taught utilising the following base principles:

1. Simultaneous defence and attack, as you defend you attack.

2. Skill sets should incorporate natural gross motor movements that flow naturally even under duress. (Simplistic moves that can be performed after fine motor skills have diminished)

3. Defences and responses should be transferable to multiple types of attacks.
   (Empty hand and weapons)

4. All techniques use maximum efficiency and effectiveness to neutralise threat as quickly as possible. (Minimum response time, maximum effect)

❖ **What is the difference between a threat and an attack?**

A threat may be the verbalisation of intent to harm you or a threatening gesture, whereas an attack is when harm is actually being directed at you, or someone has initiated a physical action towards carrying out a threat against you.

Black Belt layout

The following shows how rank is shown on our black belts.
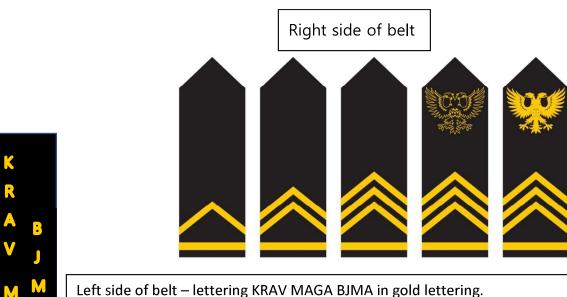
Black Belt = plain

1st Degree = (Right side) 1 Chevron above a straight bar, (Left side) BJMA Krav Maga

2nd Degree = (Right side) 2 Chevrons above a straight bar, (Left side) BJMA Krav Maga

3rd Degree = (Right side) 3 Chevrons above a straight bar, (left side) BJMA Krav Maga

4th Degree = (Right side) 3 Chevrons above a straight bar topped by the outline of a double headed eagle, (left side) BJMA Krav Maga

5th Degree = (Right side) 3 Chevrons above a straight bar topped by a solid gold image of a two headed eagle, (left side) BJMA Krav Maga

Right side of belt

Left side of belt – lettering KRAV MAGA BJMA in gold lettering.
Lettering starts 30mm from base of belt. Each Character is 20mm high and 10mm wide, with a gap of 5mm between characters. Between the V in KRAV and M in MAGA there will be a space of 15mm. The total length of KRAV MAGA should be 215mm.
BJMA shall be of the same character size and be centred to KRAV MAGA