



All Youth Krav Maga Force Students and Families,

Based on the feedback we have received from you, and in order to make our Youth Self-Defense system an even better program for all of our students, starting January 1st, 2019, we will be making the changes detailed below.

We are very excited to introduce these changes and are looking forward to helping our students become stronger individuals and better martial artists!

1. Belt System & Uniforms

The Youth Krav Maga Force program will introduce a belt system that will keep students motivated and reaching for new goals as they learn new techniques at each level. These belt colors/levels will be different from the Karate belt colors/levels, and in order to test for the next belt students will be required to receive a certain number of stripes as follows:

White Belt - Required 2 Black Stripes & 1 Red Stripe to Test for Yellow Belt

Yellow Belt - Required 2 Black Stripe & 1 Red Stripe to Test for Orange Belt

Orange Belt - Required 4 Black Stripes & 1 Red Stripe to Test for Green Belt

Green Belt - Required 4 Black Stripes & 1 Red Stripe to Test for Blue Belt

Blue Belt - Required 4 Black Stripes & 1 Red Stripe to Test for Brown Belt

Brown Belt - Required 6 Black Stripes & 1 Red Stripe to Test for Black Belt

Black Belt

Students will be required to wear Karate/Judo uniforms to all of their YKMF classes in order to be part of the testing system. (Please note that Focus only offers the white Karate uniforms to our students.)

2. Receiving a Black Stripe

Black Stripe will only be awarded every 3 months (end of February, May, August & November), and only if the student has attended a minimum of 20 classes during those 3 months (December – February, March – May, June – August, September – November). If a student doesn't reach the required amount of classes, the number of classes attended during that 3 months period will be added to the number of classes attended during the next 3 months period.





3. Receiving the Red Stripe

Receiving the Red Stripe means that the student meets the following criteria:

- a. Shows consistency in training, works hard and is engaged during all classes, shows respect to the instructor and the other students, and works well with the rest of the students regardless of their age or rank.
- b. **Passes the Stripe Test** in which the student will demonstrate the entire material learned up to that point. The Stripe Test is free of charge and will be held during class as soon as the student has achieved the required amount of Black Stripes.

If the student received their Red Stripe, he/she will be invited to the next scheduled Belt Test.

4. Belt Testing

Belt Testing will be done every 6 months, once at the beginning of June and then at the beginning of December. Dates will be posted on our website one year in advance. The students that have received all of the Black Stripes plus their Red Stripe, will be invited to the Belt Test scheduled on a Sunday morning immediately following the Adult Krav Maga Test. At the Belt Test, the students will be demonstrating all of the techniques learned towards their next belt. Families are welcome to watch the Belt Test, but we ask that no one addresses the students during their test to allow them to stay focused on their test.

Stripe Testing & Belt Testing dates will be posted on our website one year in advance.

5. Curriculum

We have also restructured our YKMF curriculum, and students will receive a copy of the list of their required techniques, as soon as they receive their first black stripe towards their next level.

Within the same week the students will learn the same material during each class, and should be prepared to learn striking techniques as well as grappling techniques, regardless which class they will attend during that week.

We are most excited to finally have the updated curriculum ready for each level, and we are looking forward to seeing how these changes are going to help our students become even stronger physically and mentally!

Thank you for being involved in our program! Train Hard & Stay Safe!

