



Welcome to the Youth Krav Maga Force (YKMF) Program at Focus! Here are a few things you should know about our youth self-defense program:

1. Required Equipment

Students will be required to wear a Karate or Judo Gi (uniform) to all of their YKMF classes in order to be part of the testing system. (Please note that Focus only offers the white Karate Gi to our students). Due to the physical nature of the training, all students should wear a t-shirt underneath the Gi top.

Other required equipment: Striking Gloves, Mouth Guard & Groin Cup (boys).

Students should keep their uniforms clean, take all jewelry off before each class and keep their nails trimmed to avoid scratching their training partners.

2. YKMF Belts System

The Youth Krav Maga Force belts system will keep students motivated and reaching for new goals as they learn new techniques at each level. The YKMF belts order is as follows: White, Yellow, Orange, Green, Blue, Brown & Black. In order to test for their next belt students will be required to receive a certain number of stripes as follows:

White Belt to Yellow Belt (Required 2 Black Stripes & 1 Red Stripe)

Yellow Belt to Orange Belt (Required 2 Black Stripe & 1 Red Stripe)

Orange Belt to Green Belt (Required 4 Black Stripes & 1 Red Stripe)

Green Belt to Blue Belt (Required 4 Black Stripes & 1 Red Stripe)

Blue Belt to Brown Belt (Required 4 Black Stripes & 1 Red Stripe)

Brown Belt to Black Belt (Required 6 Black Stripes & 1 Red Stripe)

3. Receiving a Black Stripe

A Black Stripe will be awarded every 3 months (end of February, May, August & November), **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 towards the number of classes attended during the next 3 months period.



4. Receiving the Red Stripe at the Stripe Test

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. **Has received the required amount of Black Stripes and Passed the Stripe Test.**
During the Stripe Test the student will demonstrate the material learned up to that point. The Stripe Test is free of charge and will be held during the last week of February, May, August & November. Families are welcome to watch the Stripe Test, but we ask that no one addresses the students during their test to allow them to stay focused. If the student receives the Red Stripe, he/she will be invited to the next scheduled Belt Test.

5. Belt Testing

Belt Testing will be done every 3 months, the first Sunday in March, June, September & December (dates will be posted on our website one year in advance). 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.

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

6. Curriculum

Students will learn striking & grappling techniques standing and on the ground, dealing with pushes, grabs and punches, and at higher levels will even learn to deal with weapons attacks (stick & knife). Students will start their journey with very basic techniques as White Belts, and will add more and more advanced techniques to their arsenal with each new level. All 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.

Parents, please do not coach the students from the side while the students are training! Making mistakes is part of the learning process, and giving each student the chance to learn at their own pace, with no added pressure, it is very important. If you ever have any concerns or questions about the program or your child please feel free to discuss with our instructors.

Thank you for being involved in our program, and are looking forward to helping you become a stronger martial artist both physically and mentally!

Train Hard & Stay Safe!