



# Distance Training

official rank and certification



# What is Distance Training?

Distance Training is a new, unique way to earn official rank, instructor certification, and master level certification in a variety of martial arts curriculum styles. These rank certifications are given and recognized by the official martial arts governing body of Hodgyma. This program was developed to give students across the globe the ability to earn rank in the unique curriculum styles of Ultimate Bo, Ultimate Chuks, Ultimate Karate, and Total Krav Maga. For example, Ultimate Bo is the first and only full white to black belt standardized Bo curriculum style in the world. Only a small amount of schools offer this program at the time of writing this. But, through the Distance Training program; anyone who would like to learn and progress through the official curriculum style of Ultimate Bo has that chance. You also have the ability to become a certified instructor; and begin teaching your own students, helping to spread this new official weapons art. The same idea goes for the Ultimate Chuks (white to 2<sup>nd</sup> black nunchakus program); Ultimate Karate (one and only white to 2<sup>nd</sup> black mudokwan tae kwon do/shotokan karate mixture curriculum style). Total Krav Maga is a beginner-intermediate program at this time, which can lead you towards a black belt rank and instructor certification.

## **Whom is the Distance Training program for?**

Just about anyone. Students in other martial arts styles - to black belt instructors - to master instructors - to school owners. If you just want to earn rank and achieve your black belt in a new style, then this program is for you. If you are a school owner, looking to add a new program into your school; to increase retention and variety; then earning rank and official certification is perfect for you as well.

## **What are the benefits to earning rank through the Distance Training program?**

- The ability to be an official student and earn real rank in Ultimate Bo, Ultimate Chuks, Ultimate Karate, & Total Krav Maga
- Knowing that you have mastered the curriculum correctly, and have the proper ability to pass this knowledge on to your students through an organized system.
- You can train at home or in your dojo whenever you have time.
- The program is self paced. You can get certified quickly if you train hard; or take longer if you need.
- You can expand your martial arts horizons! Already wearing a black belt in tae kwon do? Work toward a new black belt in an innovative weapons style, such as Ultimate Bo or Ultimate Chuks. Or, take on the incredible art of Krav Maga.

# What is Total Krav Maga?

Total Krav Maga is an official teaching system of Israeli Krav Maga. Krav Maga (“contact combat”) is a dynamic hand-to-hand system developed in Israel that involves striking, grappling, brutal counter attacks, and overall common sense concepts. The ‘military form’ of Krav Maga has been modified to some extent to be more relevant to common civilian scenarios (due to a lack of guns, boots, and other general attire found in military situations). Krav Maga philosophy emphasizes recognizing and neutralizing the threat, generally with the most aggression and intensity possibility. Often times, defensive maneuvers become offensive maneuvers by design, and through proper body mechanics.

Unlike many martial arts, it is OK to do techniques differently each time. Whereas in a traditional art such as Karate, a knife hand block should also be done the exact same way, with the intent of perfect consistency. In Krav Maga, the goal is not in total finesse, artistic beauty, and bodily consistency – but in saving your life. The techniques are more durable and useful in this way, and this mindset is important to maintain while training.

The Total Krav Maga teaching system includes 4 different sections of training fundamentals. Here is a brief description of each:

- Combatives – counter attacks, finishing strikes (punches, kicks, knees, elbows....)
- Self Defense Techniques – actual maneuvers to escape common attacks and holds
- Ground Defense – defending on the ground, grappling, and getting back to standing
- Weapon Defenses – defending against weapon threats (blunt, bladed, projectiles)

Your journey through Krav Maga will tie in these 4 fundamentals, and involve a great deal of repetition. With every practice session you will be embedding muscle memory, triggering the same fast twitch muscles, and creative reflexive reactions. This serves you well in the actual real life event of an attack or combat-scenario.

Through my training in Krav Maga (and other martial arts) I have completely changed my life. I learned true discipline, self defense, fitness, focus, concentration, determination, and so much more. It is my pleasure to present to you the same chance that I had -- to become something different, to do something great - to reach a goal of black belt and beyond; you too have the ability to reach this goal.

Wishing you the best in your training and in life,

*Master Instructor Michael Hodge / 3<sup>rd</sup> Dan Black Belt and Instructor of Total Krav Maga*

# Level Requirements

These are the requirements for earning a level certification. Make sure and learn each level in order; and practice hard until you have mastered each component before you take your rank exam. REMEMBER, you must have a partner working with you in the exam video. If you must, find a friend, family member, or anyone (as close to your size as possible) to be in the video with you. They do not have to be martial artists, or even know Krav Maga, as long as they can follow your instructions and be a good training partner for demonstration.

Follow this format when filming your level certification exam:

1. **Self Defense Techniques** – Have your partner ‘attack you’ three times for each move. Or more, if it is a strike-deflection (such as 360 blocking, hallowing, ground defense).
  - a. **NOTE:** in level 2 and 3, you will be expected to add relevant combatives after escaping an attack.
2. **Combatives** – Preferably have your partner hold a shield/mitt/ or firm pillow. You will demonstrate your attacks at full speed, power, and intensity on the target. Demonstrate each combative 5 times on each side.
3. **Weapon Defenses** – First explain the idea behind the defense. Why would it be used? Then, have your partner attack at full speed three times for each technique.

## Testing Tips

- ✓ If you feel like adding explanations or commentary about techniques to demonstrate your deep understanding, this is a plus.
- ✓ Have your partner attack at full speed and as much intensity as possible (without getting injured) – Krav Maga is about realistic defense; and the exam much demonstrate your ability to do this.
- ✓ VERY important that you demonstrate your techniques at FULL SPEED and power. Do not break it down, or go in slow motion for the video. This is an exam, where the full speed technique must be done correctly.
- ✓ Say the name of the technique before you demonstrate it, for example, say “Next, is the Palm Strike”....and then do the 5 repetitions on each side.
- ✓ Pick a spot where there is fairly nice lighting and enough room for you to demonstrate correctly.
- ✓ If you have mats or other training-type equipment, this is an ideal space for you to film.
- ✓ Don’t be nervous at all. Just take your test as if you are showing your friend what you have been learning in your Krav Maga training.
- ✓ Do a complete ‘pre-test’ rehearsal the day before. This acts as: extra physical practice, a great workout, and a way to feel relaxed and prepared for your actual video.

## Total Krav Maga Follow Along Classes

### Introduction

- This is like taking a Krav Maga class at a facility. I expect that you already know the techniques (taught on the Beginner Krav Maga DVDs), now we are training, practicing, and building reactions.
- You can practice at home along with the class, or even better with a partner if you can. The idea is to practice the moves in a class format, with different drills and ways of doing techniques for more practice.
- If you are working alone, many drills will call for hitting a target. You can substitute a BOB, wavemaster, or hanging bag.
- If you and your partner are training together....after one partner goes...you will want to pause the video, let the other partner do their round...play...and then continue.

### Class 1

#### Warm up:

- Head, Shoulder, and Foot Tag.
- Leg Swigs-10 each side.
- Side to Side Palms – 30
- Arm Jacks – 30 seconds
- Clap Jacks – 30 seconds

**Self Defense:** [review 3 hammers first] Hammer fists reaction drill. A has a shield and can either stand in front, to side, on knees, or on back – B must react and do proper hammer fists depending on where the shield holder is.

**Self Defense:** 360 Blocking with a punch. This is when you defend with 360 blocks and immediately throw a punch as you block. Partner A is standing on a shield; as partners B and C are attacking with mitts; A must hold their ground, blocking, and punching.

**Self Defense:** Front Choke. Work with partners.

**Self Defense:** Hallowing out. COI. Give side one white belts and have them stab at line two. **Challenge:** If you get tagged, drop and do 2 push ups.

#### Conditioning:

- Push Ups – 10
- Close Grip – 10
- Plank – raising various arms, 1 minute

## Workout 2

### Warm Up

- Torso Twist – 30 seconds
- Arm Cross Overs – 30 seconds
- Sumo Squats – 30 seconds
- Lunge with Arm Crossing – 5 on each side
- Front Leg Swings – 5 on each side
- Inside Leg Swings – 5 on each side
- High Knees tapping with palm – 30 seconds
- Heel Kicks – 30 seconds
- Cross Jumping Jacks – 1 minute
- Side-to-Side “Side Hammers” – 30 seconds

### Krav Round 1 (step it up, give it 100% now that you are warm) 6 sets

- REMEMBER 2 slow-mo and then 10 fast on each side
- 2 Reverse Elbows, Turn, Reverse Hammer
- Front Leg Thrust Kick, 2 Palms, Front Hook
- Guillotine Choke Defense, Reverse Elbow
- Rear Bear Hug Defense (drop weight, right elbow, left hammer groin, left up reverse elbow)
- Front Clinch 2 Thrust Knees, 2 Uppercuts
- Side Kick, Side Hammer, Front Hammer

### Conditioning Round (get your mat out)

- (Ground Defense Position)
- Front Ground Kicks - 10
- Side Ground Kicks - 10
- Round Ground Kicks – 5
- Then....do all on other side
- Push Ups – 10
- Leaning Push Ups – 10 (lean emphasis to either side)
- Picture-Frame Push Ups – 10
- Horse Stance Jumping Jacks - 10

### Krav Round 2

- Hallow Out, Front Hook, Reverse Punch
- Cover & Advance, Reverse Palm, Reverse Uppercut, Thrust Knee
- Back Kick, Reverse Elbow
- 2 Finger Strikes, 2 Uppercuts
- 2 Thrust Knees, Front Palm, Reverse Overhand

Cool Down (10 seconds per stretch)

- Feet Together Hang – 10 seconds
- Right Over Left Hang – 10 seconds
- Left Over Right Hang – 10 seconds
- Wide Legs Center
- Lean into Right
- Lean into Left
- Seated Legs Together
- Pull Left Leg In
- Pull Right Leg In
- Quad Stretch (pulling heel to butt)
- Left Arm Across
- Right Arm Across
- Cobra (ab stretch on stomach, arch up)

**END OF SAMPLE**

**To Read the Full Version, Please Purchase the  
Total Krav Maga Course**