



UTKM KIDS PROGRAM

RANKING AND CURRICULUM.

The UTKM kids program is designed to give kids age range 8-15 an introduction into Krav Maga, Self Defense, body awareness and keep them physically active. While the kids learn the same moves as the adults it is done with less aggression, more fitness, and no sparring.

All kids upon signing up will receive a white belt regardless of what age they enter the program and will be awarded stripes based on their progress, attitudes and instructor approval according to the below chart.

URBAN TACTICS KRAV MAGA Ranking & Class Guide												
Minimum Age:	8	9	10	11	12	13	14	15	16	18	Minimum Hours required at rank:	Additional Requirements
White Belt	[Grid]										30/70	Additional Requirements <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Background check may be required <input type="checkbox"/> Prior to testing for Green Belt you must: *Have your Firearms License or: Have completed a 8 hour or longer firearms safety course and submitted a clean background check. <small>*This requirement is for children ages 12 and older. For children ages 8-11 the requirement is 1 hour of live fire or 15 minutes of live fire. This requirement is for children ages 12 and older.</small> <input type="checkbox"/> Updated background check may be required <input type="checkbox"/> Prior to testing for Brown Belt you must complete: 8 hours or longer live fire pistol course(s) 8 hours or longer live fire rifle course(s) 8 hours or longer live fire shotgun course(s) <small>This requirement is for children ages 12 and older. For children ages 8-11 the requirement is 1 hour of live fire or 15 minutes of live fire. This requirement is for children ages 12 and older.</small> <input type="checkbox"/> Prior to testing for Black Belt you must complete: 8 hours or longer CQB course(s) 8 hours or longer Field Tactics course(s) Hold a BJJ Blue Belt or other equivalent <small>*This requirement is for children ages 12 and older. For children ages 8-11 the requirement is 1 hour of live fire or 15 minutes of live fire. This requirement is for children ages 12 and older.</small>
White Belt 1	[Grid]										30	
White Belt 2	[Grid]										30	
White Belt 3	[Grid]										30	
White Belt 4	[Grid]										50	
White Belt 5	[Grid]										50	
White Belt 6	[Grid]										50	
Yellow Belt	[Grid]										70	
Orange Belt	[Grid]										140	
Green Belt	[Grid]										210	
Blue Belt	[Grid]										280	
Brown Belt	[Grid]										400	
Black Belt	[Grid]										550	

Class Age Range:		Class Type:		Sparring			Testing	
Kids	Adult	Defense	Warrior	None	Required	Optional	Required	
Age 8-13	Age 14 +	- Technique - Body Awareness - Situational Awareness - No Sparring	- Technique - Aggression - Situational Awareness - Sparring	Age 8 - 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Kids Age 8-13 (Primary School Age)

Kids who are in this age range are to partake in the kids only classes only. At this age kids do not have the physical size, or maturity to participate with the adults outside of seminars. Kids at this age may participate in seminars only if their parent or guardian is also practicing Krav Maga and are present during the seminars.



Kids Age 13-15 (High school, Grade 8 an up) (1-3 Stripes)

Kids who are in this age range can still attend this kids classes but are STRONGLY encouraged to jump into the adult classes. They can participate in the Defense or Warrior classes, however, they are NOT to spar in the warrior classes. In addition only in the opinion of the instructor should they participate in the more aggressive drills. An example of when it might not be smart is when they are 13 but have not hit their growth spurt and all persons are large in nature.

Kids Age 13-15 (High school, Grade 8 an up) (4-6 Stripes)

Kids who are this age range and have 4-6 stripes may participate in both the adult white and colour belt classes subject to instructor approval. It is expected that for every 2 white belt classes they take, they take 1 colour belt class in this ratio.

Kids Class Curriculum (Beginning program)

The kid's curriculum is based off of the white and yellow belt curriculum at the beginning. Initially, forever 2-3 white belt techniques to be taught 1 yellow belt technique is to be taught. The reason for this is you have a much longer time to teach kids than adults and as the curriculum cycles faster with the kids than adults they need more to learn. In addition kids need to learn what to do in the event of being grabbed or held hostage which is a far higher likely hood than adults unfortunately.

As mentioned the curriculum should cycle faster to keep the kids attention but will depend on how many classes are offered. In the adult program the curriculum is the same all week long but with kids there should be a day 1 day 2 curriculum. So if there are only two classes a week they will learn something new each day but if there are 4 classes in a week then 2 days they will learn one thing and the other 2 days they will learn another.

Kids Class Curriculum (advanced program)

If a kid's program numbers begin to increase and there are numerous kids 4 stripes and above who are still elementary age, then you may begin teaching the more advanced orange belt curriculum to the more advanced students. You can either do this by having separate more advanced classes or by having a second instructor during the classes and splitting up the students according to skill.



Advancing from kids rank to Adult Color belt. (AGE 16)

For every stripe achieved at the kids rank 1-3 it takes off 20 hours' time from the adult class requirements to a maximum of 60hours. They must do a minimum of 10 classes or 3 months at the adult white belt level in the warrior's class and must show a proficiency in sparring. Once this is achieved they may challenge their yellow belt test.

For kids 4-6 stripes, they must first meet the above criteria. Once they have achieved this every additional stripe takes an additional 20 hours off the requirement from yellow to orange belt. They then must spend a minimum 10 classes or 3 months in the adult colour belt classes at which point they can challenge their orange belt test.

Pending the skill level of the individual at this point at the discretion of the lead instructor hours may be taken off the minimum requirements to achieve Green belt so long as they have receives their PAL or local equivalent, and are at the minimum age of 18.

