FIGHTING FIT KRAV MAGA CHALLENGE

Fighting Fit Krav Maga Challenge is a combat fitness competition which gives an opportunity for every Krav Maga student/instructor to test their endurance and fighting abilities. The structure of the competition is based on the original IDF physical education program (written by Col. David Ben-Asher: Fighting Fit – The Israel Defence Forces Guide to Physical Fitness and Self-Defense).

Our goal is to integrate Krav Maga fans from every country according to the will of the founder of KM Imi Lichtenfeld. Every KM organisation can send their representatives. Additionally, every organisation will have an opportunity to present a short demonstration at the competition (during the breaks).

RULES:

Contenders must be at least 18 years old and possess a valid identification document in order to take part in the competition. The contenders are obliged to check whether they have any health issues preventing them from participating in the FFKMC competition. The organizers reserve the right to disqualify a participant based on the presence of obvious injuries, infectious diseases, etc… During the entire competition the contenders are obliged to respect the rules of fair-play, mutual respect and the generally accepted norms of hygiene. During the competition the possession of dangerous items (knives, sticks, batons, firearms, etc…), alcohol and narcotics is strictly forbidden.

There is only one round – there is no coach, who can help the contender. The participants are alone and have to deal with the fight on their own. No help, no consultation.

Categories:
I. Students
II. Instructors

Age categories:
I. 18-40 years
II. + 40 years

Weight categories:
The heavyweight division will be open for light and middleweight competitors who wish to enter this division.
There will be 3 weight categories for women:
LIGHTWEIGHT: Under 60 kg
MIDDLEWEIGHT: From 60 kg to 65 kg inclusive
HEAVYWEIGHT /OPEN: More than 65 kg and open to lighter contenders

There will be 5 weight categories for men:
LIGHTWEIGHT: Under 60 kg
WELTERWEIGHT: From more than 60 kg to 70 kg inclusive
MIDDLEWEIGHT: From more than 71 kg to 80 kg inclusive
HEAVYWEIGHT: From more than 81 kg to 90 kg inclusive
SUPER HEAVYWEIGHT/OPEN: More than 91 kg and open to lighter contenders

The contenders will be divided into pairs at random. Prior to the round each contender will know
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when his/hers round starts but will not know the identity of his/hers opponent. Each contender will
be equipped with body armor, leg and groin protectors, a helmet and a mouthpiece for the duration
of the entire round. Both contenders start at the same time and can see each other.

1.  Combat Fitness (the contenders run from wall to wall)
1. squat thrusts – 10 reps
2. 40 meter sprint with a 1 meter high beam obstacle („Hand and Foot Beam” from „Fighting Fit”
book). The contender has to perform the one hand-one foot jump precisely as it is shown in the
book. If the contender jumps over the barrier in any other way, the jump needs to be repeated.
3. sit-ups (elbows to the knees – palms on the head) – 10 reps
4. 40 meters sprint with a jump over the one hand-one foot beam
5. push-ups on two knuckles – 10 reps
6. 40 meters sprint with a jump over the one hand-one foot beam
7. Horizontal Ladder (4m – 40 cm between rungs) – if the contender falls down from the ladder, the
exercise needs to be repeated from the begining.

Time limit: 90 sec
The first contender to finish the Combat Fitness part can wait and rest while the second contender
finishes the course and prepares for the fight.

2.  Close Combat
Before the fight the referee will check the equipment of both contenders (mouthpiece, body armor
and helmet, groin protector, leg protectors, wrestling shoes, boxing gloves)

   Allowed techniques:
   – fist punches to the head and body
   – kicks to the body and outside lowkick

Time limit: 90 sec
One can win by knockout, when the opponent gives up or by the decision of the referee. If the Close
Combat part ends in a draw, the winner is the contender, who finished the Combat Fitness part first.
Warnings are issued for using non-permitted techniques or turning back from the opponent.