KM1 Test Preparation

Tests are meant to not only test your knowledge of the level I curriculum, but also to test your mind and fighting spirit. This is the closest we can get you to the worst day of your life and it is not for the faint of heart. It is assumed by this point that you have seen all of the level I curriculum and can perform it under extreme stress. Finding and internalizing the reason why you put yourself through training will be paramount during your testing experience. Tests should be taken only to prove to yourself that you have what it takes to defend yourself and your loved ones. NOT to chase belts or status. Remember that not everyone needs to test and we believe that everything we offer students from regular classes, both Krav Maga and weapons, is enough to prepare one for the worst day of their life.

To make sure you are ready and show up prepared, we recommend (not require) watching at least one test. This is a gift that allows you to see others going through the same journey that you will embark on. We also recommend taking the Krav Maga Level I review (ask an instructor for more information on this). KNOW YOUR PARTNERS. The test will require working together so it will help to know who everyone in your test group is, especially your partner! Make sure that you bring ample hydration and/or snacks so you have the energy to endure the entire duration of the test.

Please ensure the following checklist is complete and turned in to an instructor the day before the test (at the latest):

_____ At least 40 classes complete (this is just a rough estimate and will vary from student to student)

_____ Permission to test form has been evaluated and signed by an instructor (please ask the front desk or an instructor for a permission to test form)

_____ Test invitation card has been signed by an instructor (you need to stand out from the crowd. Ask an instructor for more information)

_____ $125 testing fee has been paid by the day of the test