

KRAV MAGA

3 0 1 1

Warm up

20 Press ups
20 Sit ups
20 Jump jacks
10 Burpees
Get ups (back)

Line drills

Jab - Cross - L elbow - R elbow
Jab - Cross - Lead snap kick - Push kick
Jab - Cross - Knee
Jab - Cross - Rear leg round kick (low)
Hammer fist to the side and rear
360 Blocking

Defence from round kick

Catch the kick and step round
Sweep or push to takedown

Defence from Rear headlock

Turn chin into attacker
Palm to groin
Hand under nose
Lift leg
Walk backwards

Defence from Single choke with hook punch

Block Punch
Cup Hand
Hit the head
Control neck and strike

Kickboxing

Lead Snap Kick - Jab - Cross - Hook - Push Kick
Double Jab - Cross - L Elbow - R Elbow - Clinch with 3 Knees
L Hammer - R Hammer - Clinch with 2 R Knees - Switch 2 L Knees
Lead Jab - Lead Hook - Cross - Lead Leg Switch Kick
Jab - Cross - Back Leg Round Kick
Rear Leg Round Kick - Hook - Cross - Lead Leg Switch Kick
Cross - R Low Hammer - Lead Uppercut - Lead Hook - R Horizontal Elbow

Pressure test (2 to 1)

Strikes & Defence

360 Blocking with elbows

Ground defence

With kicks from bottom
Get up with push kick