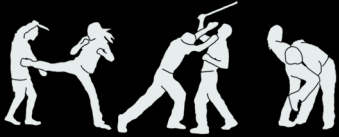




**KRAV  
MAGA**



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## **WARM UP**

35 Press ups  
35 Sit ups  
35 Jump jacks  
25 Burpees  
Forward Rolls  
Turtle Breakfalls  
Front Breakfalls

## **DEFENCE DRILLS**

Defence From Ground Against 2 Stood Opponents

Defence From Full Mount Against A Double Handed Choke

Defence From Wide Hook Punch

Defence From Bear Hug (Arms out)

## **CLOSE RANGE BLOCKING DRILL**

Using Shield & Parry Defences Against Hooks & Punches

## **GUN**

Single To The Head - Front & Side

## **BATON**

Defend Empty Hand Against A 2 Handed Baton Swing

## **MASS ATTACK**

3 Vs 1 - Defend Against 3 Opponents Attacking With A Variety Of Strikes

## **SPARRING**

3 x 2 minute rounds

*Must Attend All Grading In Year 3, Whether Grading Or Not.*