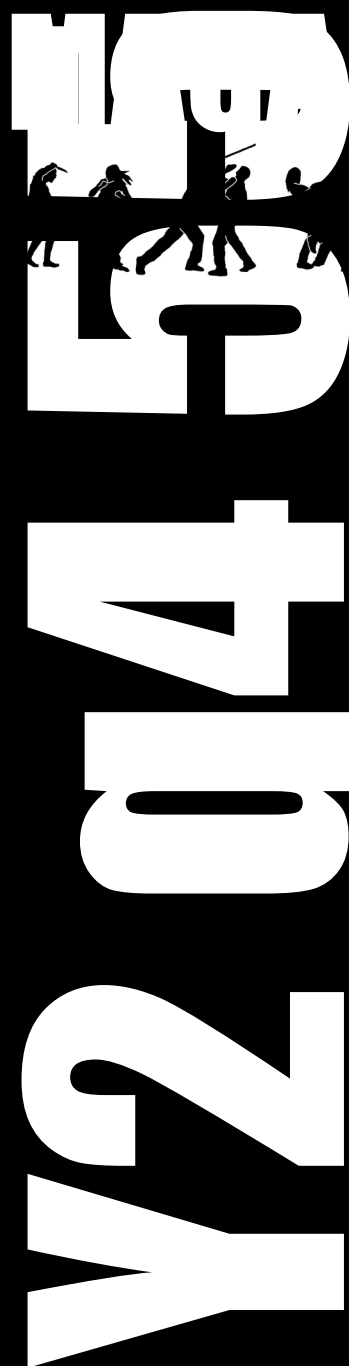


# KRAV MAG S 4 0 1 2



## **Warm up**

25 Press ups  
25 Sit ups  
25 Jump jacks  
15 Burpees  
Get ups (sprint)

## **Bag work**

Power punches  
Hook punches  
Palm strikes  
Horizontal elbows

## **Wrist grabs**

## **Single clinch with elbows**

Cover elbow  
Downward elbow on clinching arm  
Control arm and grab the back of the neck  
Knees strikes

## **Knife**

From normal grip with a slash motion

## **Ground work**

Person on bottom defending from full mount  
Showing correct get ups.

## **Kickboxing glove drills (hammerfist)**

Jab, cross, lead hook - defend with parries & shield - counter with downward hammerfist, uppercut, cross, rear push kicks  
Lead uppercut - cross - hook—defend with body cover, parry and shield - counter with downward hammerfist, uppercut, cross, rear push kicks  
Double jab, over hand right—parry, parry, shield—counter with downward hammerfist, uppercut, hook, cross, rear push kick

## **Line drills**

Lead palm strike - rear palm strike - rear knee  
Lead vertical elbow - rear diagonal elbow - rear back elbow  
Lead finger jab - rear diagonal hammerfist - rear leg push kick  
Lead side hammerfist - rear downward elbow - left uppercut  
Lead stop kick - step in right elbow - spinning elbow