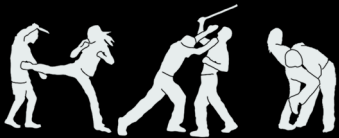




**KRAV
MAGA**



**Y3
Q2**

WARM UP

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

DEFENCE DRILLS

Defence From Collar Grab With Choke

Defence From Rear Choke Against The Wall

Defence From Two Hand to Single Grab Being Dragged

Defence From Front Choke Against Wall

GUN

Single To The Chest - Front & Rear

BATON

Defend Empty Hand Against A Baton, From Any Angle Of Attack

MASS ATTACK

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

SPARRING

From Knees - 3 x 2 minute rounds

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