



**KRAV
MAGA**



**4
04
3
Y3**

WARM UP

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

DEFENCE DRILLS

Defence From A Seated Position Rear Short Choke

Defence From A Rear Push Into A Rear Choke Against Wall

Defence From Side Headlock

Defence From A Single Choke With Hook Punch

CLOSE RANGE BLOCKING DRILL

Using Shield & Parry Defences Against Hooks & Punches

GUN

2 Handed To The Chest
Single To The Side Of Body (both sides of arm)

KNIFE

Against Multiple Angle, Any Angle & Any Grip

BATON

Defend Empty Hand Against A Single Hand Baton Swing

MASS ATTACK

3 Vs 1 - Defend Against 3 Opponents Attacking With A Variety Of Strikes
2 Vs 2 - Defend A Person Against 2 Opponents

SPARRING

3 x 2 minute rounds

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