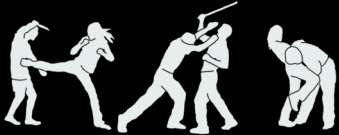




# KRAV MAGA



# 2024

## **WARM UP**

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

## **DEFENCE DRILLS**

Defence From A Single Wrist Grab (Open & Cross)

Defence From A Single Clinch With Elbows

## **KNIFE**

From Normal Grip With A Slash Motion

## **GROUND DEFENCE**

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

## **GLOVE CONTACT DRILLS**

Jab - Cross - Round Kick To The Body - Counter With Strikes  
Single Push With A Cross - Counter With Strikes  
Jab - Overhand - Counter With Strikes

## **BAG WORK**

Jab - Cross  
Round Kicks (both legs)  
Jab - Cross - Rear Knee - Switch Round Kick  
Spike Elbow - Rear Horizontal Elbow - Push Away - Rear Round Kick