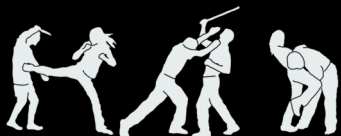




**KRAV
MAGA**



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WARM UP

20 Press ups
20 Sit ups
20 Jump jacks
10 Burpress
Back break falls

LINE DRILLS

Jab - Cross - Hook
Jab - Cross - Uppercut
Jab - Cross - Lead Horizontal Elbow - Rear Horizontal Elbow
Jab - Cross - Rear Leg Push Kick (Body)
Hammerfist - 2 forwards - 2 sides - 2 rear

DEFENCE DRILLS

Defence From A Jab

Defence From A Front Guillotine Choke

Defence From A Side Choke

KICKBOXING (FOCUS PADS)

Jab - lead hook - cross - rear knee
Cross - lead uppercut - rear horizontal elbow
Rear leg round kick - hook - cross - lead leg switch round kick

PRESSURE TEST (2 TO 1)

Attacks to include jab, front guillotine choke & side choke

360 BLOCKING WITH 6 ROUND KICKS

GROUND DEFENCE

Up kick defence with get ups on command
6 palm strikes followed by back breakfall