

KRAV MAGA

2017

Warm up

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

Bag work

Lead push kick - jab - cross
Rear push kick - jab - cross
Jab - cross - rear leg round kick
Lead palm - rear palm - rear knee

Hair grab, front, rear and side

Rear naked choke

Control wrist with one hand
Pill down and strike to groin
Step leg behind and fall down
Weight on top and strike

Knife

Close range knife threats

Ground work

Person on bottom defending from opponent stood up
Showing correct get ups.

Self Defence Contact drills

Front push - counter with strikes
Front choke - counter with strikes
Tackle - stop and counter with strikes
Choke from behind - counter with strikes

Line drills (change level)

High jab - body cross
High Jab - high jab - body cross - lead uppercut hook - cross
High lead palm - body cross - body hook - spin elbow
Body cross - lead high hook - cross - 3 knees