

KRAV MAGA

3 0 3 Y3

Warm up

35 Press ups
35 Sit ups
35 Jump jacks
25 Burpees
Shadow Boxing - self defence

Gun defence - single hand

Single to the chest
Single to the head

Ground work against 2 stood up opponents

2 handed baseball bat swing

Hammerfist set

Right hammerfist - left hook - right cross
Right hammer - left hammerfist - right cross - left elbow - right cross
Right cross - left hook - right hammer - left hammer
From front push - left hook - right cross - left hammerfist - right hammerfist

Kickboxing glove drills

Parry jab, cross, return with 4 count combination
Parry jab, cross, check round kick return with 4 count combination
Catch jab, parry cross and defend & counter the hook
Catch jab, parry cross, scoop rear leg front kick

Sparring

3x2 minute rounds

Fitness test