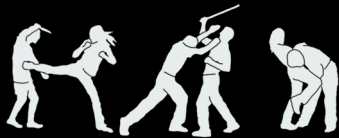




**KRAV
MAGA**



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WARM UP

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

DEFENCE DRILLS

Defence From Guillotine Choke With Knees

Defence From Bear Hug With Arms In

Defence From Cross

Defence From Front Push

HAMMERFIST SET - (FOCUS PADS)

Rear Downward Hammerfist - Lead Side Hammerfist - Cross
Rear Downward Hammerfist - Uppercut - Cross - Downward Hammerfist
Lead Side Hammerfist - Rear Vertical Elbow - Downward Hammerfist

GUN

Single To The Head - Defend From A Kneeling Position

MASS ATTACK

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

SPARRING

3 x 2 minute rounds

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