

KRAV MAGA

2013

Warm up

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

Bag work

Front kicks
Side kicks
Round kicks
Knees

Jab, hook combo defence

Clinch with knees

Check knees
Punch or elbow to thigh
Push 1 arm up and over round to bear hug
Takedown to strikes

Knife

From a straight lunge

Ground work

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

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

Line drills

Foot sweep - lead palm strike - rear palm strike
Lead stop kick - cross - horizontal elbow - rear uppercut
Jab - cross - hook - spin hammer fist
Jab - rear upward elbow - horizontal elbow - cross