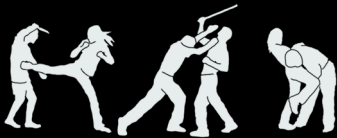




KRAV MAGA



2024

WARM UP

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

DEFENCE DRILLS

Defence From A Front Push With A Rear Wide Hook Punch

Defence From Pin Against The Wall With A Strike

KNIFE

Knife threat from the back

GROUND DEFENCE

Person face down with opponent on top pinning arms
Showing correct get up

GLOVE CONTACT DRILLS

Jab - Cross - Round Kick To The Body - Counter With Strikes
Single Push With A Cross - Counter With Strikes
Jab - Overhand - Counter With Strikes

BAG WORK

Palm Strikes
Horizontal Elbows
Jab - 2 Rear Horizontal Elbow Strikes - Rear Knee
Jab - Cross - Rear Push Kick