


KRAV MAG 3 Year 3



Warm up

35 Press ups
35 Sit ups
35 Jump jacks
25 Burpees

Takedowns from a clinch

Sit out
Head throw
Lead leg foot sweep
Arm pull

Ground fighting defence

Side control
Guard
Full mount
Scarfold
All above defending from punches

Knife Flow Drill

Normal grip - inward slash - outward slash - stab
Reverse grip - inward stab to neck - outward stab to neck - backhand slash

Empty hand vs baton

Defend baton from any angle of attack

Improvised weapons against empty hand or weapon attack

Can utilize improvised weapons, such as keys, pen, wallet, etc...

Sparring - ground fighting from knees

3 x 2 minute rounds

Fitness test