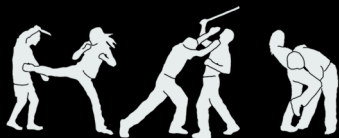




# KRAV MAGA



# 3 0 1 1

## **Warm up**

20 Press ups  
20 Sit ups  
20 Jump jacks  
10 Burpess  
Get ups (back)

## **Line drills**

Jab - Cross - L elbow - R elbow  
Jab - Cross - Lead snap kick - Push kick  
Jab - Cross - Knee  
Hammer fist to the side and rear  
360 Blocking

## **Defence from round kick**

Catch the kick and step round  
Sweep or push to takedown

## **Defence from Rear headlock**

Turn chin into attacker  
Palm to groin  
Hand under nose  
Lift leg  
Walk backwards

## **Defence from Single choke with hook punch**

Block Punch  
Cup Hand  
Hit the head  
Control neck and strike

## **Kickboxing**

Double Jab - Cross - L Elbow - R Elbow - Clinch with 3 Knees  
L Hammer - R Hammer - Clinch with 2 R Knees - Switch 2 L Knees  
Jab - Cross - Back Leg Round Kick  
Rear Leg Round Kick - Hook - Cross - Lead Leg Switch Kick

## **Pressure test (2 to 1)**

Strikes & Defence

## **360 Blocking with elbows**

## **Ground defence**

With kicks from bottom  
Get up with push kick