

KRAV MAGA

2012

Warm up

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

Bag work

Horizontal elbow
Spike elbow
Knee
Switch knee

Drag from behind

Pin against the wall

Pinned against the wall with attackers forearm under chin
Opposite hand throwing in shots

Knife

Knife threat from the back with other arm around neck

Ground work

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

Self Defence Contact drills (gloves and shin pads required)

Jab
Cross
Hook
Round kick
Push kick

Line drills

Push kick
Superman punch
Elbow's (set of 3)
360 block and strike (4 different blocks/angles)