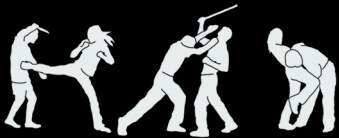




KRAV MAGA



3 0 1 1

WARM UP

20 Press ups
20 Sit ups
20 Jump jacks
10 Burpress
Back break falls

LINE DRILLS

Jab - Cross - Hook
Jab - Cross - Uppercut
Jab - Cross - Lead Horizontal Elbow - Rear Horizontal Elbow
Jab - Cross - Rear Leg Push Kick (Body)
Hammerfist - 2 forwards - 2 sides - 2 rear

DEFENCE DRILLS

Defence From Round Kick

Defence From Side Headlock

Defence From A Single Choke With Hook Punch

KICKBOXING (FOCUS PADS)

Lead front kick (groin) - jab - cross - rear leg push kick
Double jab - cross - lead horizontal elbow - rear horizontal elbow - clinch with 3 knees
Lead hammer - rear hammer - clinch with 2 rear knees - 2 switch (lead) knees

PRESSURE TEST (2 TO 1)

Attacks to include round kick, side headlock & single choke with hook punch

360 BLOCKING WITH 6 ELBOWS

GROUND DEFENCE

Up kick defence with get ups on command
2 push kicks followed by back breakfall