



**KRAV
MAGA**



**TOP
KICK**

Warm up

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

Line drills

Palm strike, elbow
Jab cross, palm across ear, cross
Jab cross, rear knee, lead push front kick
Elbows (6) horizontal, low rear & high rear
360 blocking

Defence from hook punch

Defend hook by crashing in and punching to throat
Push their arm back and control neck
Drive them back whilst adding knees or kicks

Defence from bear hug

Drop your weight
Use head or stomps
Step leg out to side

Chokes

Chokes against the wall, front and rear

Kickboxing

Jab cross, defend hook punch & counter
Jab cross, control head, counter with elbows
Jab cross, clinch 3 alternate knees
Jab cross. clear push kick, round kick to leg

Pressure test (2 to 1)

Strikes & Defence

360 Blocking with punch's (6)

Ground defence

Up kicks with get ups
4 punches
Back down with back breakfall