

# KRAV MAGA

# 2017

## **Warm up**

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

## **Bag work**

Lead push kick - jab - cross  
Rear push kick - jab - cross  
Jab - cross - rear leg round kick  
Lead palm - rear palm - rear knee

## **Hair grab, front, rear and side**

## **Rear naked choke**

Control wrist with one hand  
Pill down and strike to groin  
Step leg behind and fall down  
Weight on top and strike

## **Knife**

Close range knife threats

## **Ground work**

Person on bottom defending from opponent stood up  
Showing correct get ups.

## **Self Defence Contact drills**

Front push - counter with strikes  
Front choke - counter with strikes  
Tackle - stop and counter with strikes  
Choke from behind - counter with strikes

## **Line drills (change level)**

High jab - body cross  
High Jab - high jab - body cross - lead uppercut hook - cross  
High lead palm - body cross - body hook - spin elbow  
Body cross - lead high hook - cross - 3 knees