

KRAV MAGA

Y102

Warm up

20 Press ups
20 Sit ups
20 Jump jacks
20 Burpess

Line drills

Jab, Jab, Cross, Lead uppercut, Cross
Jab, Rear uppercut, hook, cross
Jab, Cross, rear Knee, lead Push kick
Jab, Cross, rear Knee, left horizontal elbow
Jab, cross, low lead leg side kick, rear leg round kick
Jab, cross, hook, spinning hammer fist
360 Blocking

Defence from cross

Parry cross
Role arm behind step in with elbow
Control and knee

Defence from bear hug

Push down on attackers arms and drop your weight
Peel and force of top arm
Spin to control partners neck

Defence from all chokes

Front
Rear
Side

Kickboxing

Jab, Cross, lead leg push kick, rear leg round kick
Jab, Cross, lead leg inside round kick, cross
Jab, Palm, hook punch, rear leg round kick
Left hammer, Right Hammer, Left uppercut, Right cross

Pressure test (2 to 1)

Strikes & Defence

360 Blocking with Knees

Ground defence

With punches from the bottom, sprint start get up and back down (break falls)