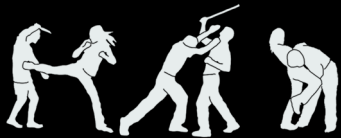




KRAV MAGA



101

WARM UP

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

LINE DRILLS

Jab - Cross
Jab - Cross - Knee
Jab - Cross - Rear Round Kick (Body)
Jab - Cross - Rear Leg Front Kick (Groin)
Elbows - 2 forwards - 2 rear - 2 low rear

DEFENCE DRILLS

Defence From Cross

Defence From Front Push

Defence From Front Choke Against Wall

KICKBOXING (FOCUS PADS)

Jab - cross, then defend hook punch & counter
Jab - cross, front kick (groin)
Jab - cross, clinch 3 alternate knees

PRESSURE TEST (2 TO 1)

Attacks to include cross, front push & front choke.

360 BLOCKING WITH 6 PUNCHES

GROUND DEFENCE

Up kick defence with get ups on command
4 punches followed by back breakfall