



KRAV MAGA



2023

WARM UP

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

DEFENCE DRILLS

Defence From A Jab & Wide Hook Punch Combination

Defence From A Clothing Grab & Knee Strike

KNIFE

From A Straight Lunge

GROUND DEFENCE

Person on bottom defending from full guard
Showing correct get ups.

GLOVE CONTACT DRILLS

Jab - Cross - Counter With Strikes
Front Push - Counter With Strikes
Tackle - stop and counter with strikes

BAG WORK

Front Kicks
Knees
Rear Leg Push Kick - Lead Leg Side Kick
Lead Palm - Rear Palm - Rear Knee