



**KRAV
MAGA**



2024

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 Wide Hook Punch

Defence From Bear Hug (Arms out)

Defence From A Rear Push Into A Rear Choke Against Wall

KICKBOXING (FOCUS PADS)

Jab - cross - round kick
Lead palm - rear palm - rear horizontal elbow
Lead horizontal elbow - rear horizontal elbow - push away

PRESSURE TEST (2 TO 1)

Attacks to include hook punch, bear hug and rear choke

360 BLOCKING WITH 6 KNEES

GROUND DEFENCE

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