



KRAV MAGA



2024

WARM UP

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

DEFENCE DRILLS

Defence From Front & Rear Hair (or hoodie/collar) Grab

Defence From Short Choke From The Rear

KNIFE

Close Range Knife Threat - Chest & Throat

GROUND DEFENCE

Person On Bottom Defending From Opponent Stood Up (Kicking The Face/Body) - 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

Jab - Cross
Hook Punches
Lead Push Kick - Jab - Cross
Jab - Cross - Rear Leg Round Kick