

KRAV MAGA

Y304

Warm up

35 Press ups
35 Sit ups
35 Jump jacks
25 Burpees

Gun defence 1 handed and 2 handed attacks

Double to the chest
Single to the side of body x2 (both sides of arm)

Knife work against multiple angles

From any angle and any grip

Single handed stick swing

Elbow sets

Left elbow - right elbow - right knee
Jab - right elbow - left uppercut - right knee
Lead palm - cross - right elbow - right side hammer - hook
Left snap kick - right elbow - left spin elbow
Parry jab - right elbow - right knee - left elbow - right push kick

Kickboxing glove drills

Jab - Cross - Lead Hook - Defend with Parries & Shield - Counter with Downward Hammer fist - Uppercut - Cross - Rear Push Kicks
Lead Uppercut - Cross - Hook - Defend with Body Cover - Parry and Shield - Counter with Downward Hammer Fist - Uppercut - Cross - Rear Push Kicks
Double Jab - Over Hand Right - Parry, Parry, Shield - Counter with Downward Hammer Fist - Uppercut - Hook - Cross - Rear Push Kick

Pressure test defending from multiple attacks

Defending any attacks in a narrow passageway

Sparring

3x2 minute rounds

Fitness test