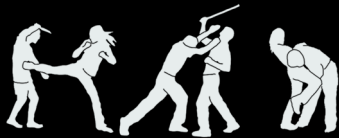




**KRAV
MAGA**



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Warm up

20 Press ups
20 Sit ups
20 Jump jacks
20 Burpress
Get ups of back

Line drills

Jab - cross - L elbow - R elbow
Jab - cross - lead snap kick - push kick
Jab - cross - Knee
Hammer fist to the side and rear
360 Blocking

Defence from jab

Parry jab with right hand
Close range as quick as possible
Take arm behind and control neck

Defence from guillotine choke

Control arm around throat
Strike towards groin
Force your arm in-between attackers
Stand up and push arms out
Step through or grab with strikes

Standing chokes

2 hand choke from front, from rear with a pushing motion

Kickboxing

Double Jab - Cross - L Elbow - R Elbow - Clinch with 3 Knees
L Hammer - R Hammer - Clinch with 2 R Knees - Switch 2 L Knees
Jab - Cross - Back Leg Round Kick
Rear Leg Round Kick - Hook - Cross - Lead Leg Switch Kick

Pressure test (2 to 1)

Strikes & Defence

360 Blocking with round kicks

Ground defence

With punches from the bottom, sprint start get ups to push kick and back break fall