

# KRAV MAGA

# TOP KICK

## Warm up

20 Press ups  
20 Sit ups  
20 Jump jacks  
20 Burpees  
Back break falls

## Line drills

Palm strike, elbow  
Jab, rear elbow. Rear side hammerfist  
Jab cross, palm across ear, cross  
Jab cross, rear knee, lead push front kick  
Elbows (6) horizontal, low rear & high rear  
360 blocking

## Defence from hook punch

Defend hook by crashing in and punching to throat  
Push their arm back and control neck  
Drive them back whilst adding knees or kicks

## Defence from bear hug

Drop your weight  
Use head or stomps  
Step leg out to side

## Chokes

Chokes against the wall, front and rear

## Kickboxing

Jab cross, defend hook punch & counter  
Jab cross, control head, counter with elbows  
Jab cross, clinch 3 alternate knees  
Jab cross. clear push kick, round kick to leg

## Pressure test (2 to 1)

Strikes & Defence

## 360 Blocking with punches (6)

## Ground defence

Up kicks with get ups  
4 punches  
Back down with back breakfall