


# KRAV MAGID 3 Year 3



## **Warm up**

35 Press ups  
35 Sit ups  
35 Jump jacks  
25 Burpees

## **Takedowns from a clinch**

Sit out  
Head throw  
Lead leg foot sweep  
Arm pull

## **Ground fighting defence**

Side control  
Guard  
Full mount  
Scarfold  
All above defending from punches

## **Knife Flow Drill**

*Normal grip* - inward slash - outward slash - stab  
*Reverse grip* - inward stab to neck - outward stab to neck - backhand slash

## **Empty hand vs baton**

Defend baton from any angle of attack

## **Improvised weapons against empty hand or weapon attack**

Can utilize improvised weapons, such as keys, pen, wallet, etc...

## **Sparring - ground fighting from knees**

3 x 2 minute rounds

## **Fitness test**