

# KRAV MAGA

# 10 1 1

## Warm up

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

## Line drills

Jab - Cross - L elbow - R elbow  
Jab - Cross - Lead snap kick - Push kick  
Jab - Cross - Knee  
Jab - Cross - Rear leg round kick (low)  
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

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

## 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