

KRAV MAGA

2014

Warm up

25 Press ups
25 Sit ups
25 Jump jacks
15 Burpees
Get ups (sprint)

Bag work

Power punches
Hook punches
Palm strikes
Horizontal elbows

Wrist grabs

Single clinch with elbows

Cover elbow
Downward elbow on clinching arm
Control arm and grab the back of the neck
Knees strikes

Knife

From normal grip with a slash motion

Ground work

Person on bottom defending from full mount
Showing correct get ups.

Kickboxing glove drills (hammerfist)

Jab, cross, lead hook - defend with parries & shield - counter with downward hammerfist, uppercut, cross, rear push kicks
Lead uppercut - cross - hook—defend with body cover, parry and shield - counter with downward hammerfist, uppercut, cross, rear push kicks
Double jab, over hand right—parry, parry, shield—counter with downward hammerfist, uppercut, hook, cross, rear push kick

Line drills

Lead palm strike - rear palm strike - rear knee
Lead vertical elbow - rear diagonal elbow - rear back elbow
Lead finger jab - rear diagonal hammerfist - rear leg push kick
Lead side hammerfist - rear downward elbow - left uppercut
Lead stop kick - step in right elbow - spinning elbow