

KRAV MAGA

Y3012

Warm up

- 35 Press ups
- 35 Sit ups
- 35 Jump jacks
- 25 Burpees

Takedowns from a clinch

1. Sit out
2. Head throw
3. Lead leg foot sweep
4. Arm pull

Ground fighting defence

1. Side control
2. Guard
3. Full mount
4. Scarfold

All above defending from punches

Knife Flow Drill

1. *Normal grip* - inward slash - outward slash - stab
2. *Reverse grip* - inward stab to neck - outward stab to neck - back-hand 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