

KRAV MAGA Level 3

Warm up

35 Press ups
35 Sit ups
35 Jump jacks
25 Burpees

Being pushed around by multiple attackers

Attackers pushing at any angle

Being pinned to the ground with knife attacks

Hammerfist

1. Rear upward hammerfist - uppercut - cross - downward hammerfist
2. Lead upward hammerfist - rear vertical elbow - downward hammerfist
3. Rear downward hammerfist - upward hammerfist (either side)

Kickboxing glove drills

1. Double jab - rear knees
2. Double jab - superman punch - rear knees
3. Double jab - rear round kick
4. Double jab - elbow

Pressure test defending from multiple attacks corridor

Defending any attacks in a narrow passageway

Sparring

3x2 minute rounds

Fitness test