

# KRAV MAGA

# Year 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

## **Rucksack defence**

From any attacks, including weapons

## **Being pinned to the ground with knife attacks**

## **Hammerfist**

Rear upward hammerfist - uppercut - cross - downward hammerfist  
Lead upward hammerfist - rear vertical elbow - downward hammerfist  
Rear downward hammerfist - upward hammerfist (either side)

## **Kickboxing glove drills**

Double jab - rear knees  
Double jab - superman punch - rear knees  
Double jab - rear round kick  
Double jab - elbow

## **Pressure test defending from multiple attacks corridor**

Defending any attacks in a narrow passageway

## **Sparring**

3x2 minute rounds

## **Fitness test**