

# **Krav Maga Class Plan - Week #2**

March 23, 2020

**Warm up:** (2 min rounds, 30 sec rest)

25 jumping jacks

**Video (round 1,2 & 3)**

Round 1 – combos 1-4

Round 2 – combos 1-4 with front kick or round house

Round 3 – combos 1-4 with kicks – when you hear drop, drop down to plank. When you hear right – bring right knee to right elbow, when you hear left – bring left knee to left elbow. When you hear push up – start doing push-ups. When instructor says back up – quickly get back up on your feet to combos

**Combatives:** (10 off each side)

Hook punch

Knee

Knee from framing - **video**

**Drill:** (25 times) - **video**

Jab/cross/left hook/right elbow/frame with right knee

**Material:** (by level)

Basic – Front choke static

Yellow belt – Front choke rotational

Yellow 2 belt – Headlock side

Orange belt – Front choke against the wall

Purple belt – Bear hug arms free from the back

Green belt – Guillotine

Blue belt – Head lock from behind (bar arm)

Brown belt – Bear hug from behind (leverage on the finger)

Brown 2 – Stick defense overhead

**Final Drill:**

Finish up with 25/25/25 – pushups, squats and abs

For questions contact:

Guro Koch - [mjkoch@twcny.rr.com](mailto:mjkoch@twcny.rr.com)

Or Guro Baratta - [vbaratta13@gmail.com](mailto:vbaratta13@gmail.com)

