

Krav Maga Class Plan - April 13, 2020

Warm up (8 min)

Shadow boxing with movement: first round hands, knees and elbows (2 min)

2nd round switch your stance do same as first round (2 min)

3rd round back to normal stance now add knees and kicks (2 min)

4rd round switch your stance do same as 3rd round (2 min)

25-25-25 : 25 squats, 25 pushups, 25 crunches

Combatives (15 each side)

Back break fall

Technical lift

movement on the ground (1 min)

Front kick off the ground

Side kick off the ground (advance students)

Round kick off the ground (advance students)

Pyramid Drill:

Back break fall -front kick - tech lift (15 each side)

Advance add side and round (15 each)

Techniques:

Basic: Chokes front, back and side (static) and wrist grabs

Yellow belt: Chokes (rotational)

2nd Level yellow: Side choke, Headlock (side)

Orange belt: Choke from the wall (front and back) Groundwork trap and roll and front choke (if possible)

Purple belt: Choke with a pull, Bear hug arms free from the front, Ground defense against headlock (if possible)

Blue Belt: Headlock from behind (bar arm, carotid) Bear hug from behind (arms pinned and arms free)

Green belt: Standing reverse headlock (guillotine) Hair pulls from the front with and without impending knee

Brown belt: Bear hug from behind leverage on the finger, Hair pulls from back and side, groundwork if possible, Guard reversal (scissors sweep) Americana, headlock from the side defense

Final Drill:

25-25-25 – squats, push-ups, leg lifts