

## Krav Plan 04 20 2020

### Bow In

Warm up : (3 min rounds 30 sec rest) ground and pound in between rounds

25 jumping jacks

Round 1 move forward - jab/cross retreat, then move forward - cross

Round 2 move forward - jab/cross retreat, then move forward - cross, hook

Round 3 move forward - jab/cross retreat, then move forward - cross, hook, bob and weave, left hook, cross

10/10/10 squats - pushups - abs

### Combatives:

review hook punch

review upper cut

elbows 1-5

side kick

round house

brake fall - if cant do it from standing go from seated position

tech lift

front kick from the ground

### Drill:

shadow box - brake fall, tech lift - front kick - back up shadow boxing (3 min)

### Material :

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 arm 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 over head

### Drill :

finish up with 25/25/25 pushups - squats - abs

