

# **Krav Maga Class Plan - Week #1**

March 16, 2020

## Warm up:

Footwork and hands (see video)

1. from fighting stance, moving forward, back, side to side (2 min)
2. footwork and add jab/cross (2 min)
3. footwork and hands add knee (advanced level add front kick after knee) 2 min

## Combatives:

Basic level (no belt)

Elbow 1 (10 each side)

## Advanced

All 7 elbows (10 each side)

## All levels:

Kicks - front (20 each side)

Rising (20 each side)

Round house (20 each side)

Advanced level - front kick w/advance - each side (20 each side)

Rising kick w/advance - each side (20)

## Material:

(everyone) 10 times

Front choke static

Front choke rotational

- Advanced 10 times

Bear hug arm pinned (behind)

Bear hug arms free (behind)

Cardio: (see video)

## Pyramid drill

10 punches - 1 push-up (advanced do sit thru w/push up), then

9 punches - 2 push-ups (advanced sit thru w/push) etc. etc....

8 and 3, 7 and 4, 6 and 3.....

## For questions contact:

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