

1. HAND AND LEG DEFENCES

1.1. Ground – two or more attackers

- a. Short range regular kicks to legs or body
- b. Short range regular kicks to the head
- c. Short range stomp to the head
- d. Long range regular / stomp to the head or body

2. SELF-DEFENCE

2.1. Ground

- a. Choke on stomach
- b. Head smash on stomach

3. DEFENCES AGAINST WEAPONS

3.1. Stick

- a. Upwards swing
 - i. Pitchfork – double defence
 - ii. Golf swing – Stabbing

b. Swing to legs

- i. Stopping kicks

3.2. Knife

a. Slash

- i. Long range – kicks
- ii. Short and fast slashes – kicks
- iii. vs first – 360
- iv. vs second – high forearms

- v. General – one hand high one down

b. Different angles

- i. Oriental from side – to dead side
- ii. Oriental from side – to live side
- iii. Regular from behind / side – to dead side
- iv. Straight from the side – high

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v. Straight from the side – to dead side

vi. Straight from the side – to live side

3.3. Gun threat

a. Threat from the side

i. Front of hand – live and dead side

ii. Behind hand – live and dead side

b. Threat from behind

i. Live side

ii. Dead side

4. SUMMARY DRILLS

4.1. Eyes open vs all weapons with prevention (2 mins)

4.2. Eyes closed vs all weapons with defences (2 mins)

4.3. Eyes open vs all attacks and grabs (2 mins)

4.4. Eyes closed vs all attacks and grabs (2 mins)

4.5. Eyes open on the ground vs all attacks (2 mins)

5. FIGHTING DRILLS

5.1. Fast with protection (2 mins)

5.2. Full with protection (2 mins)

6. ZOMBIE DRILLS

6.1. 4 vs 1 with pad including stick, knife, gun (2 mins)

6.2. 4 vs 1 with 2 pads including weapons, grabs and attacks (1 min)

6.3. 2 vs 1 on the ground (1 min)

7. AGGRESSION DRILLS

7.1. Hitting target, 2nd attacker with all attacks (2 mins)

8. FITNESS

8.1. Burpees x 50

8.2. Tabata 1 – all attacks and squats