

Advanced Krav Maga Wk 8

Warm up: "Let's warm up to accelerate your heart rate and increase your breathing."
rotations, lunge series, dynamic stretches (hamstrings, quads, knee hug, ankle pull w/ knee push),
jump rope 3min

Warrior Conditioning: "To prepare for our Adv Test we will engage all out in 5x 1min rounds."

Fit test

1min push ups

1min sit ups

1min front kicks and round kicks on pad

1min punches and round kicks pad

1min punches on pad

*Total reps min goal 400

Use heavy bags or body shields and have students count reps and total at end.
Have students partner up and one side completes test and then other side goes.

Sparring

"Sparring is the application of offensive and defensive techniques against an active opponent."
(light contact)

Round 1- Punches only (body and head)

Round 2- Punches with takedowns (body and head)

Round 3- Kicks only (legs, body, and head)

Round 4- Kicks and takedowns (legs, body, and head)

Round 5- Punches and kicks with takedowns (legs, body, and head)

Sparring 1min x 5 rounds- rotate partners several times, but do all 5 rounds with that person (wear all sparring gear)

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"
free for all with all chokes, head locks, and bear hugs 2min
Everyone attacks everyone non stop.