

### Advanced Krav Maga Wk 3

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 Combination

"These are specific combatives linked together to form various combinations."

Wear all fight gear

#5- right uppercut, hook, cross, left uppercut

#6- left uppercut, cross, hook, right uppercut

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

Start from covers and strike on cue- 1min

Warrior Conditioning: "To develop the physical attributes necessary to succeed in combat, we will engage in a timed total body workout, completing as many rounds as possible."

15 diamond push ups and 15 supine toe touches AMRAP (as many rounds as possible) 3min

#### Tactical Handgun

"Offensive tactical use of a handgun in self defense."

Review Knowledge Domain Tactical Handgun on board

As a cold weapon the handgun is used for striking:

- Diagonal strikes with bottom of muzzle
- Straight thrust with front of muzzle (from shooting position and barrel grip)
- Hammer fist to side with muzzle

Technical training to air, impact to pad, and image with partner

Practice from striking in various positions: standing, kneeling, sitting, lying down

As a hot weapon the handgun is used to shoot: use rubber guns to practice dry fire and airsoft guns to shoot

- Shooting position sequence- standing isosceles, step forward to one knee, move back to sitting, lay on back, reposition to side, reposition to other side, reposition to back sit up to one knee, move back
- Stress fire (striking)- Engage from 3ft, 6ft, and 10ft after punching pad for 30sec at each distance (5sec or less to shoot)
- Stress fire (absorbing)- hold gun in two hand retention position while being bumped by pad then on cue engage threat at specified distance
- Close contact shooting (from single arm retention)- hold gun in single hand retention position while being bumped by pad then on cue engage threat at close contact

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"  
Circle of pads- striking non stop standing 30sec kneeling 30sec and on back 30sec