

Advanced Krav Maga Wk 4

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 5 x 1min."

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 is the application of offensive and defensive techniques against an active opponent."

Strategy:

Attack different levels from different angles using combinations. No one can block everywhere at once, so go for openings or create openings.

Distance is Key:

You control the distance between you and your opponent by your movement, feints, and attacks. You can stay outside of attacking range, move into 3 striking ranges, clinch for vertical grappling, or takedown to ground fighting

Closing the Gap:

Enter with attacks or on a broken rhythm

Defense:

Evade- move off the line of an attack but to counter you must close the gap
Block- deflect an attack and counter immediately due to contact range,
otherwise move because you maybe opening yourself up somewhere else

Spar focusing on each concept for a 1min round

Sparring

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.