

Advanced Krav Maga Wk 1

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

#1- jab

#2- jab and cross

Technical to review combos

Impact on focus mitts- 1 min

Offense and defense with partner

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."  
7 burpees, 7 dive bombers, 7 sit ups AMRAP (as many rounds as possible) 3min

Gun Defense  
Pt. 1

"Principles and tactics we use to survive a confrontation with an assailant armed with a handgun."

Review Gun Defense Knowledge Domain on board

Live Demonstration

Practical Application use gun as a cold and hot weapon once the gun is disarmed

Gun from the front redirect to center

Gun to front redirect to outside

Gun to front redirect upward

Gun from the front with other hand pushing

Gun from the front with barrel pushing

Gun from front under chin

Gun from front while on knees

Gun to temple

Gun to side in front of arm

Gun to side behind arm

Training with a partner- alternating responsibility (emotion drives attack)

Training with a partner- operator starts with eyes closed to be surprised by attack

Stress drill- strikes on pad non stop, partner attacks with gun, disarm and go back to striking pad

Train in operational territory- respond to attack getting out of cars, getting into cars, walking in parking lot, walking out a door, etc.

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"  
Break through the pads (either pinned to the corner of the wall or have 2 lines of pads) and strike pad for 10sec. operator must go through 2 times