

Advanced Krav Maga Wk 2

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

Warrior
Combination

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

Wear all fight gear

#3- cross, hook, cross

#4- jab, cross, hook, cross

Technical to review combos

Impact on focus mitts- 1 min

Offense and defense with partner- 1min

* add a rear leg or lead leg knee after each combo

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."
20 bicep curls, 20 shoulder presses, and 20 squats AMRAP (as many rounds as possible) 3min

Gun Defense
Pt. 2

"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

Back touching

Back not touching

Back touching close

Back hostage gun is pointing at temple

Back hostage gun is pointing forward

Gun pointing at someone else while you are standing perpendicular to gunman

Gun pointing at someone else while you are standing next that person facing

gunman

- 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"
belt pull drill 1min- operator attacks pad while being pulled back by partner with a belt