

Advanced Krav Maga Wk 5

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

#7- duck left, hook, cross, hook

#8- duck right, cross, hook, cross

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 thrusters and 15 squat upright rows 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 hot weapon the handgun is used to shoot: use rubber guns to practice dry fire and airsoft guns to shoot

- Sprint in single hand retention- engage threat at 10ft
- Move through a crowd (in single arm retention)- get to threat and engage at 10ft
- Multiple threats- engage multiple targets
- Threat and no threat- turn away from target, on cue turn and engage threat targets only
- Move off the X- laterally move right or left while shooting
- "Slicing the Pie"- engage a threat around a corner
- Shoot from cover- engage a threat from behind cover
- VIP Protection 2 guards- one jumps in front to engage threat while the other escorts principle away
- VIP Protection 1 guard- arm sweeps in front of principle to move him behind and engage threat

*Use double taps on all drills

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