

Advanced Krav Maga Wk 6

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 full fight gear

#9- slip left, jab, cross

#10- slip right, cross, jab

Impact on focus mitts- 1 min

Offense and defense with partner- 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."

10 push ups with band and 10 jump squats AMRAP (as many rounds as possible) 3min

Control Techniques

"Techniques used to subdue or restrain an attacker for control or arrest."

Tactical Takedowns:

1. Front rotation head push to put assailant in seated position
2. Leg sweep
3. Rear neck flexion to put assailant in seated position
4. Front tackle

From seated position to take to belly down pull arm around leg and guide head

* Apply takedowns during all self defense 30sec each: chokes, headlocks, bear hugs

Tactical Locks:

Rotational locks- -rotating a joint beyond normal range of motion

Twisting wrist lock

Figure 4 shoulder lock

Hammer lock

Hyperflexion Locks – decreasing the angle between two parts

Downward wrist lock

Reverse downward wrist lock

Goose neck wrist lock

Chicken wing wrist lock

Hyperextension Locks- bending a joint against its normal range of motion using a fulcrum

Arm bar

Knee bar

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