

Advanced Krav Maga Wk 7

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

#11- left cover body, left duck, left hook to body, left hook to head, cross, hook

#12- right cover body, right duck, right hook to body, right uppercut, left hook, right cross

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."
30 sit ups and 20 jump knee tucks AMRAP (as many rounds as possible) 3min

Lethal Force Techniques

Lethal force objectives are only employed if the defender is under reasonable apprehension of imminent death or grievous bodily harm with no other means of escaping or surviving the violent encounter.

Incapacitation techniques- disabling the attacker by affecting the systems of the body: respiratory system, circulatory system, nervous system and skeletal system

- Vascular neck restraint
- Ankle crush
- Attacks to the spine

Termination techniques- used to cause internal decapitation or cervical dislocation by rotating the neck at an angle beyond its normal range of movement. This action disrupts the medulla, at the junction of brain and skull, by separating them. It will relax the veins of the body, blood will not return to the heart, and the person is thus dead -- zero cardiac output -- before the body falls to the ground.

- From side head control
- From rear standing
- From rear seated
- From rear standing back to back

Aggressiveness Drill: "Instills a Survival Mindset and develops our Killer Instincts"
Circle of pads- striking non stop standing 30sec kneeling 30sec and on back 30sec