

Krav Maga Level 1 Lesson Plans

(Reminder to review fighting stance, straight punches and movement in every class)

Plan 1

Choke from the front (1 handed pluck)

Choke from the front (2 handed pluck)

Palm strike (from low to high)

Elbow #1

Elbow #6

Knees

Plan 2

Choke from behind

Elbow #5

Elbow #4

Elbow #3

Hammerfist to the side

Plan 3

Choke from the side

Elbow #2

Inside/Outside chop

Hammerfist forward

Plan 4

Choke from the front (push)

Choke from behind (push)

Straight punch

Hammerfist to the side

Plan 5

Front kick to the groin

Elbow #7

Front kick to a vertical target

Round kick

Round knee

Plan 6

Headlock from the side

Headlock from behind (bar arm/carotid

Hammerfist downward

Hammerfist forward

Plan 7

Straight punch

Straight punch with advance

Straight punch with retreat

Low straight punch

Inside defense

Inside defense vs straight low punch

Plan 8

360's (all)

Defense vs pull (front/ side)

Defense vs pull from behind

Plan 9

Back position (ground)

Movement from back position

Side position (ground)

Movement from side position

Front kick (ground)

Round kick (ground)

Transition kick

Axe kick

Getting up from ground

Plan 10

Wrist releases

- Same side
- Opposite side
- One wrist held by two hands
- Two hands held low
- Two hands held high
- Two hands held behind

Arm pulls (all)