

Krav Maga Level 2 Lesson Plans

Plan 1

Bobbing & Weaving

Basic sprawl

Controlling bent over attacker

Plan 2

Hook Punch

Uppercut

Combinations:

- Left straight/right straight/left hook
- Left straight/right straight/left hook/right uppercut
- Left straight/right straight/bob/right straight
- Left straight/right elbow #1
- Left straight/right straight/left hook/right elbow #1
- Right uppercut/left hook/right cross

Plan 3

Defensive front kick

Side kick (with and without advance)

Back kick (with and without advance)

Side kick or back kick with hammer fist combination

Uppercut back

Plan 4

Front kick to the groin with advance (fighting stance)

Front kick to the groin with advance (neutral stance)

Round kick with front leg

Front kick with front leg

Plan 5

Inside defense w/counter vs left punch

Inside defense w/counter vs left punch using left hand

Inside defense w/counter vs right punch (2 counters)

Inside defense w/counter vs right punch (1 counter)

Plan 6

Defense vs hook punch extended

Defense vs hook punch covering

Defense vs uppercut

Defense vs overhand right

Plan 7

360's with counters

Plan 8

Kick defenses:

- Reflexive defense vs front kick
- Outside stabbing defense vs front kick
- Plucking defense vs low to medium front kick
- Inside defense vs medium to high front kick
- Defense vs low round kick (stopping with shin)
- Defense vs low round kick (absorbing with thigh)
- Defense vs front kick (stop kick)
- Defense vs front kick (redirecting with shin)

Plan 9

Defense vs chokes against the walls (front/back)

Defense vs choke from behind with a pull

Defense vs knee grab

Plan 10

Bearhugs:

- Defense vs bearhug from the front (arms free)
- Defense vs bearhug from the front arms free (leverage on the neck)
- Defense vs bearhug from the front arms caught (with/without space)
- Defense vs bearhug from behind arms free
- Defense vs bearhug from behind arms caught (with/without space)

Plan 11

Fall breaks (side/ back)

Mount bottom position:

- Mount (bottom position)
- Defense vs punches while mounted (bucking hips)
- Buck, trap and roll vs full mount
- Defense vs choke while mounted
- Defense vs choke from behind while mounted
- Defense vs headlock while mounted
- Elbow escape vs full mount (shrimping)

Mount top position:

- Maintaining the mount
- Strikes
- Exiting full mount

Guard top position:

- Escaping the guard

Guard bottom position:

- Kick off from the guard (with/without space)

Plan 12

Wrist release vs 2 attackers

Wrist release vs 3 attackers

Defense vs foot grab:

- Stripping with axe kick
- Spinning out with round kick
- Spinning out with heel kick