

Krav Maga Level 3 Lesson Plans

Plan 1

Headbutts:

- Forward
- Upward
- Side
- Backward

Ridge hand

Mouth of hand

Plan 2

Spinning defensive back kick

Offensive back kick

Heel kick

Inside slap kick

Outside slap kick

Inward angle knee

Plan 3

Takedowns:

- Double leg takedown
- Single leg takedown (head inside/head outside
- Single leg hyperextension

Knee taps:

- From the front
- From behind

Advance sprawl

Plan 4

High fall breaks (back/side)

Forward fall break

Rolls:

- Forward
- Forward roll with back fall break (HIGH SPEED)
- Backward roll
- Forward roll into a backward roll (HIGH SPEED)

Plan 5

Tie ups:

- Arm drags
- Pummeling
- Two hand head control (Thai clinch)
- Snap

Defense vs 2 hand head control:

- Repummel
- Pluck and palm strike
- Eye gouge

Plan 6

Inside defense vs left/right combination (using lead hand)

Outside defense:

- #1
- #2
- #3
- #4

Plan 7

Defense vs high round kick:

- Reflexive
- 2 points of contact
- 3 points of contact

Plan 8

Defense vs reverse headlock

Defense vs hair grabs:

- From the front
- Behind
- Side

Defense vs full nelson (leverage on the finger)

Defense vs bearhug:

- From behind lifting
- From behind leverage on the finger
- From the front lifting

Plan 9

Arm bar from the guard

Stacking escape from the guard

Defense vs choke from the side:

- Arm bar
- Kicking off

Plan 10

Defense vs headlock from the side (weight forward/weight back)

Side mount top position:

- Strikes
- Arm lock
- Transition to full mount
- Disengage from top position (knee on belly)

Side mount bottom position:

- Elbow escape
- Reversal