

Krav Maga Level 4 Lesson Plans

Plan 1

Axe kick

Outside slap kick with a spin

Heel kick with a spin

Plan 2

Sweep with forward kick

Sweep with heel kick

Round kick taking out one or both legs

Plan 3

General defense vs medium to high attacks

Sliding defense vs high round kick

Sliding defense vs spinning heel kick

Kick defense vs spinning heel kick

Plan 4

Defense vs high side kick

Defense vs low to medium side kick (plucking/rowing)

Defense vs side kick (sideways to attacker)

Plan 5

Stick Defense:

- Overhead swing
- Overhead swing off angle (1 step)
- Overhead swing off angle (2 step)
- Baseball swing

Plan 6

Knife defense:

- Kick defense vs knife attack
- Kick defense vs straight stab (bail out)
- Hand defenses (general 360's and inside defenses)

Cavaliers (1/2/3/4)

Plan 7

Gun from the front

Gun from the front (to the head)

Gun to the side of the head

Plan 8

Gun from the side, touching (in front and behind arm)

Gun from the front pushing

Gun from behind touching

Plan 9

Pull in and choke vs punch (arm triangle)

Triangle choke (with legs)

Guillotine from the guard

Defense vs guillotine

Headlock from behind

Defense vs headlock from behind

Sit outs - all variations (1,2,3)