

Krav Maga Level 1 Curriculum

Lesson plan #1

Stances, Movement

Straight Punches

Palm Strikes

Front Kick to Groin

Elbows all 7

Hammer fists-Forward, Side and Down

Knees

Lesson Plan #2

Palm Strikes

Eye Strikes

Front Kick to Groin

Knees and round knees

Choke from the Front 2 handed pluck

Choke from the Front 1 handed pluck

Lesson Plan #3

Hammer Fists-Forward, Down,Side

Knees

Elbows All 7

Choke from the side

Choke from Behind

Lesson Plan #4

Ground Position and movement

Getting up from the Ground

Transition Kick

Front kick from the Ground

Round Kick

Side Position and Movement

Side Kick, Axe Kick

Lesson Plan #5

Chops

Straight Punch with Advance

Straight Punch with retreat

Low Straight Punch

Defense vs Low Straight Punch

Lesson Plan #6

Punches

Inside def vs straight Punches

360 defenses all

Lesson Plan #7

Elbows all 7

Hammer fists

Choke from the front with a Push

Choke from Behind with a Push

Lesson Plan #8

Knees

Defense vs Headlock from Behind Bar Arm and Carotid

Defense vs Headlock from the Side

Lesson Plan #9

Wrist releases

Same side, opposite hand, one wrist held by 2 hands, 2 hands held down, 2 hands held high, 2 hands held

Behind the back

Defense vs Arm Pulls-Front, side and from behind

Lesson Plan #10

Front Kick to groin

Front kick to Vertical Target

Round Kick