

Krav Maga Level 2 Curriculum

Lesson Plan #1

Evasives:

- Bobbing & Weaving
- Controlling bent over attacker
- Basic sprawl
- Defense vs knee grab

Lesson 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

Lesson 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

Lesson 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

Lesson 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)

Lesson Plan #6

Review:

- Hook Punch
- Uppercut Punch

Defense vs hook punch extended

Defense vs hook punch covering

Defense vs uppercut

Defense vs overhand right

Sparring/Sparring Drills

Lesson Plan #7

360's with counters

Single/Multiple attacker drills using 360's

Lesson Plan #8a

Review

- Defensive Front Kick
- Side Kick (with & without advance)
- Back Kick (with & without advance)
- Side Kick or Back Kick w/ Hammer Fist Combo
- Kick defenses w/Arms:
 - 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

Lesson Plan #8b

Review:

- Front kick to the groin w/ advance (fighting stance)
- Front kick to the groin with advance (neutral stance)
- Round kick w/ front leg
- Front kick w/ front leg

Kick defenses w/Legs:

- 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)

Lesson Plan #9

Review:

- Choke from front with push
- Choke from behind with push
- Choke from behind (in place/stagnant)

Defense vs chokes against the walls (front/back)

Defense vs choke from behind with a pull

Lesson Plan #10a

Uppercut back kick (Heel Stomp, Shin Scrape)

Bearhugs:

- Defense vs bearhug from the front (arms free)
- Defense vs bearhug from behind arms free
- Defense vs bearhug from the front arms free (leverage on the neck)
- Drills with Combatives from these positions

Lesson Plan #10b

Review:

Uppercut back kick (Heel Stomp, Shin Scrape)

Bearhugs:

- Defense vs bearhug from the front arms caught (with/without space)
- Defense vs bearhug from behind arms caught (with/without space)
- Drills with Combatives from these positions

Lesson Plan #11a

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)

Lesson Plan #11b

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)

Lesson 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