

# KRAV MAGA LEVEL 3 CURRICULUM

## Lesson Plan #1

### Punches

- Thai Pad Combinations
  - Focus Mitt Combinations Punch Defenses
  - Ridge Hand/Mouth of Hand Punches
  - Inside Defense vs. L/R/ (w/ forward hand)
  - \*\*\*\*\* Overhand Punch Defense vs. Right (Orange Belt Technique page51)
- \*Self Defense  
Defense vs. Choke from Behind w/ Pull

## Lesson Plan #2

### Outside Defenses

- #1 - Palm Toward Face
  - #2 - Palm Away
  - #3 - Roll Up
  - #4 - Stabbing
- \*Self Defense  
Defense vs. Choke from Behind against a wall  
Defense vs. Choke from Front against a wall

## Lesson Plan #3

### Kicks

- Defensive Back Kick w/Spin
  - Offensive Back Kick
  - Heel Kick (not listed on student curriculum)
  - Outside Slap Kick (not tested)
  - Inside Slap Kick (not tested)
  - Inward Angle Knee
- \*Self Defense  
Defense vs. Bearhug from Behind arms caught  
Defense vs. Bearhug from Front arms free

## Lesson Plan #4

### Kick Defenses

- Defense vs. High Round Kick (Reflexive)
  - Defense vs. High Round Kick (2 point)
  - Defense vs. High Round Kick (3 point)
- \*Self Defense  
Defense vs. Headlock from Behind Bar Arm  
Defense vs. Headlock from Behind Carotid

## **Lesson Plan #5**

### Fall Breaks

- High Fall Breaks (back and side)
- Forward Fall Break (soft/ hard)
- \*Self Defense
- Ground Fighting position and movement
- Ground Fighting kicks from the ground
- Ground Fighting getting up

## **Lesson Plan #6**

### Rolls

- Forward Roll (regular)
- Back Roll
- Forward Roll/ Back Roll to Fall Break
- Forward Roll/ Back Roll to Stand Up
- \*Self Defense
- Choke from Front w/push
- Choke from Behind w/push

## **Lesson Plan #7**

### Bearhugs/ Full Nelson

- \*Combatives
- Eye Gouge
- Elbow Strikes #3
- Knee Strikes
- Bearhug from Behind (Leverage on Finger)
- Bearhug from Behind (Lifting)
- Bearhug from Front (Lifting)
- Defense vs Full Nelson (Leverage on Finger)

## **Lesson Plan #8**

### Headlocks

- \*Combatives
- Palm Heel Strike
- Ridge Hand Punch
- Elbow Strike #5
- Reverse Headlock

## **Lesson Plan #9**

### Hairgrabs

- \*Combatives
- Straight Punch
- Palm Heel Strike
- 360 defense #7
- Hair Grab- Front (in place)
- Hair Grab- Front/ Side (impending knee)
- Hair Grab- Behind

## **Lesson Plan #10**

### Head-Butt

- Head-Butt Forward
  - Head-Butt Side (bearhug context)
  - Head-Butt Backward (bearhug context)
- \*Self Defense  
Defense vs. Bearhug from Behind with arms free  
Defense vs. Bearhug from Behind with arms caught  
Defense vs. Bearhug from Front with arms free

## **Lesson Plan #11**

### Sprawl

- \*\*Review Basic Sprawl
  - Advanced Sprawl
- \*Combative  
Mount: Top Position Striking  
Mount: Top Position Exiting Full Mount

## **Lesson Plan #12**

### Takedowns

- Double Leg
  - Single Leg - Head Inside/ Outside
  - Knee Tap- Single Leg - Forward/ Backward
  - Knee Tap- Single Leg (low single hyper-extension at ankle)
  - Snap Downs
- \*Self Defense  
Defense vs. Knee Grab

## **Lesson Plan #13**

### Control

- Pummeling (over-hook/ under-hook)
  - Arm Drag
  - 2-Hand Head Control (thai clinch)
  - Repummel- Defense vs. 2-Hand Head Control
  - Pluck and Palm Strike
  - Eye Gouge
- \*Combatives  
Palm Heel Strike  
Inward Angle Knee Strike  
Front Kick to Vertical Target

## **Lesson Plan #14**

### Ground Fighting

- Armbar from Guard
- Stacking from the Guard
- Choke from Side on Ground - Kick to Face
- Choke from Side on Ground - Takedown to Arm-Bar
- \*Combatives
- Defense vs. Punches while mounted (inside and outside defense)
- Strikes to opponents face or groin

## **Lesson Plan #15**

### Headlocks on Ground

- Headlock from Side on Ground (basic position)
- Headlock from Side on Ground (weight Forward)
- Headlock from Side on Ground (weight Back)
- \*Combatives
- Palm Heel Strikes
- Hammerfist Punch

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## **Lesson Plan #16**

### Side Control (Top Position)

- Strikes
- Arm Lock
- Transition to Full Mount
- Disengage from top position (knee to sternum)

### Side Control (Bottom Position)

- Basic Position
- Elbow Escape
- Reversal

## **Lesson Plan #17**

### Fighting

- Stand Up
- Ground

## **Lesson Plan #18**

### Intro to Weapons (not tested)

- Basic Handgun to the Front, Side, and Behind
- Stick - Overhead and Baseball Bat