

Krav Maga Level 4 Curriculum

Lesson Plan #1

Warm up

- *Hammer fist (Forward & Down)*
- *Swing out hammer fist (Element of surprise)*

PUNCHES

- SWING OUT HAMMERFIST – ELEMENT OF SURPRISE

Lesson Plan #2

Warm up

- *Front kicks*
- *Back kicks*

KICKS

- AXE KICK
- SPINNING SLAP KICK
- HEEL KICK
- SPINNING HEEL KICK

Lesson Plan #3

Warm up

- *Front fall breaks*
- *back fall breaks*

SWEEPS

- SWEEP WITH FORWARD KICK
- SWEEP WITH HEEL KICK

Lesson Plan #4

Warm up

- *Front kicks*
- *Side Round Kicks*

KICK DEFENSES

- GENERAL DEFENSE
- SLIDING DEFENSE vs. HIGH ROUND KICK
- SLIDING DEFENSE vs. SPINNING HEEL KICK
- KICK DEFENSE vs. SPINNING HEEL KICK
- DEFENSE vs. HIGH SIDE KICK
- DEFENSE vs. LOW/MEDIUM SIDE KICK (pluck)
- DEFENSE vs. SIDE KICK (sideways to kicker)

Lesson Plan #5

Warm up

- *Back position groundwork*
- *Fighting Stance Ground*
- *Get up Ground*
- *Front Kick Ground*

ROLLS

- ROLL IN ALL DIRECTIONS

Lesson Plan #6

Warm up

- *360 All of them Review*

STICK DEFENSES

- OVERHEAD SWING
- OVERHEAD SWING OFF-ANGLE
- BASEBALL BAT SWING – 1HAND/2HANDS

Lesson Plan #7

Warm up

- *Arm pull all direction (LEVEL I)*

CAVALIERS (CONTROL/JOINT MANIPULATION)

- #1 TWO HAND CONTROLLING, WITH OPTION OF TAKEDOWN WITH STEP BACK
- #2 TWO HANDS CONTROLLING, WITH OPTION OF TAKEDOWN WITH STEP FORWARD
- #3 USING THUMBS
- #4 USING ELBOW

Lesson Plan #8

Warm up

- *Offensive Front Kick / Defensive Stop Kick*

KNIFE DEFENSES

- KICK DEFENSE vs. KNIFE ATTACK FROM A DISTANCE
- KNIFE ATTACKS – 360 DEFENSES (NOT TESTED)

Lesson Plan #9

Warm up

- *Cavalier*
 - # 1 Two hand controlling step back
 - #2 Two hand controlling step forward
 - #3 Using Thumb
 - #4 Using Elbow

HANDGUN DEFENSE

- GUN FROM FRONT
- GUN TO SIDE OF HEAD
- GUN FROM SIDE, IN FRONT OF ARM
- GUN FROM FRONT – PUSHING INTO STOMACH
- GUN FROM FRONT – POINT OF CONTROL (2 hand cupping)
- GUN FROM SIDE, BEHIND ARM
- GUN FROM BEHIND, TOUCHING (live and dead side)

Lesson Plan #10

Warm up

- *Side control (Bottom position)*
- *Basic position*
- *Elbow escape*
- *Reversal*

GROUND

- GUARD/ARM TRIANGLE (attack)
- TRIANGLE CHOKE (legs) (attack)
- GUILLOTINE FROM THE GUARD (attack)
- GUILLOTINE FROM THE GUARD (defense)
- HEADLOCK FRO BEHIND ON GROUND (attack)
- HEADLOCK FROM BEHIND ON GROUND (defense)
- SIT OUT VARIATION #1 – TAKING OPPONENT’S BACK
- SIT OUT VARIATION #2 – TO SIDE CONTROL
- SIT OUT VARIATION #3 – TO PULL GUARD

Lesson Plan #11

Warm up

- *Back fall break*
- *Side fall break*
- *Front fall break*

TAKEDOWN

- DOUBLE LEG - BLAST