

Krav Maga Level 5 Lesson Plans

Plan 1

Front kick/Round kick with switch

Two front kicks with switch

Outside slap kick and front with switch

Plan 2

Back kick defenses

- Redirecting with the shin
- Redirecting with forearm
- Outside stabbing defense
- Plucking/rowing defense

Plan 3

Machine gun takedown

One arm shoulder throw

Hip roll

Plan 4

Knife defenses:

- Downward stab
- Upward stab
- Straight stab (dead/live side)
- Forward slash
- Backhand slash

Plan 5

Rifle from the front (live side)

Rifle from the front (dead side)

Rifle from the side (behind the arm)

Plan 6

Gun from behind from a distance

Gun from the front cupping

Plan 7

Two straight knees with switch

Two back kicks with switch

Defense vs full nelson (forward throw & sweep)

Plan 8

Headlock from the side (being spun inward)

Headlock from the side (neck break)

Plan 9

Headlock from behind throw

Sacrifice throw

Plan 10

Knife defenses:

- Straight stab (dead/live side)
- Forward slash
- Backhand slash

Plan 11

Rifle from behind (touching)

Bayonet stab (live/dead side)