

# KRAV MAGA LESSON PLANS

## Lesson 1

Stances/Movement

Straight Punches

Eye Strikes

Front Kick To Groin

## Lesson 2

Palm Strikes

Knees/Round Knees

Hammer Fists - Forward, Down, Side

## Lesson 3

Elbows - 1,2,3,4,5,6,7

## Lesson 4

Ground Position & Movement

Getting Up From The Ground Transition Kick

Groin Kicking Position

Getting Up From The Ground

Side Position

Side Position & Movement

## Lesson 5

Round Kick

Side Kick/Axe Kick

## Lesson 6

Chops

Straight Punch With Advance

Straight Punch With Retreat

Low Straight Punch

Defense vs Low Straight Punch

## Lesson 7

Punches With Inside Defenses & 360's

## Lesson 8

Review Front Kick To Groin

All Wrist Releases

Defense vs Arm Pulls Front, Side & Behind

## Lesson 9

Hook Punch

Uppercut

Front Kicks To Vertical Target

## Lesson 10

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 11

Defensive Front Kick

Side Kick (with & without advance)

Back Kick (with & without advance)

## Lesson 12

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 13

Inside Defense With Counter vs Left Punch

Inside Defense With Counter vs Left Punch Using Left Hand

Inside Defense With Counter vs Right Punch (2 counters)

Inside Defense With Counter vs Right Punch (1 counter)

## Lesson 14

Review Hook Punch & Uppercut Punch

Defense vs Hook Punch Extended

Defense vs Hook Punch Covering

Defense vs Uppercut

Defense vs Overhand Right

## Lesson 15

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