

# SEPTEMBER

WEEK 37

9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 SATURDAY
<b>11:00 AM Krav Maga 1-5</b>	<b>11:00 AM Krav Maga 1-4</b>	<b>11:00 AM Krav Maga 1-5</b>	<b>11:00 AM Krav Maga 1-4</b>	<b>11:00 AM Krav Maga 1-4</b>	<b>10:00 AM Krav Maga 1-4</b>
<b>Ev</b> Elbows 1-7 & Combination Attacks (2-6 strikes)	<b>Raiden</b> Gun to the Front (Body) & Gun to the Face	<b>Ev</b> Reverse Headlock, Guillotine, Standing Position (Swim Through & Throat Poke) & Side Control	<b>Jason</b> Bear Hugs from Front with Arms Free (With Space, No Space) & Bear Hugs from the Front with Arms Caught (With Space, No Space); Bear Hugs from Behind with Arms Free & Bear Hugs from Behind with Arms Caught	<b>Ev</b> Defending the Mount (Defending Punches, Buck, Trap & Roll); Choke while Mounted; Headlock or Close Choke while Mounted	<b>Shayne</b> Front Kick (Top of Foot/Instep) & Defensive Front Kick (Passive/ Advancing)
<b>12:00 PM Krav Maga 1-4</b>		<b>12:00 PM Sparring</b>		<b>12:00 PM Sparring</b>	
<b>Ev</b> Kicks - Round Kick & Back Kick					
<b>5:00 PM Krav Maga 1&amp;2</b>	<b>5:00 PM Krav Maga 1&amp;2</b>	<b>5:00 PM Krav Maga 1&amp;2</b>	<b>5:00 PM Krav Maga 1&amp;2</b>	<b>5:00 PM Krav Maga 1&amp;2</b>	
<b>Amit</b> Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind	<b>Ev &amp; Sergey</b> Choke Defenses - Front - Two Handed Pluck (Extended/ Condensed) & Front - One Handed Pluck	<b>Sergey</b> Outside 360 & Outside 360 w/ a counter	<b>Amit</b> Front Fall Break, Back Fall Break, Side Position & Getting Up (2 Handed, Turn & Run, Tactical)	<b>Ev</b> Inside Defense w/ Counter vs. Left; Inside Defense w/ Counter vs. Left Punch (using Left); Inside Defense w/ Counter vs. Right Punch & Slow Fighting @10%	
<b>6:00 PM Krav Maga 2-5</b>	<b>6:00 PM Krav Maga 2-5</b>	<b>6:00 PM Krav Maga 2-5</b>	<b>5:30 PM Sparring</b>	<b>6:00 PM Weapons</b>	
<b>Amit</b> Knife Defense vs. Straight Stab (Live/Dead Side) , vs. Forward Slash and vs. Backhand Slash	<b>Allie &amp; Ev</b> Long Gun from the Front (Live/ Dead Side), Long Gun from Side Behind Arm (Left/ Right)	<b>Allie &amp; Andrea</b> Kicking in Retreat & Choke from Side on Ground (Knee in Belly or Spin Out)			
<b>7:00 PM Krav Maga 1-4</b>	<b>7:00 PM Krav Maga 1-5</b>	<b>7:00 PM Krav Maga 1-5</b>	<b>7:00 PM Krav Maga 1-5</b>		
<b>Amit</b> Bear Hugs from Behind with Arms Free & Bear Hugs from Behind with Arms Caught	<b>Mark &amp; Allie</b> Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes)	<b>Andrea &amp; Mark</b> Low punches, Hammer Fists & Punches w/ Movement	<b>Jason</b> Choke from Behind (Windpipe/ Carotid)		