

JANUARY - FEBRUARY

27 MONDAY	28 TUESDAY	29 WEDNESDAY	30 THURSDAY	31 FRIDAY	1 SATURDAY
9:00 AM Krav Maga ALL	9:00 AM Krav Maga ALL	9:00 AM Krav Maga ALL	9:00 AM Krav Maga ALL		10:00 AM Krav Maga ALL
EV Bear Hugs from Front with Arms Free (With Space, No Space) & Bear Hugs from the Front with Arms Caught (With Space, No Space)	SHAYNE Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes)	EV Front Kick to Vertical Target (Ball of Foot) & Front Kick (Top of Foot/Instep)	SHAYNE Gun from the Side in Front of the Elbow (Right/Left)		AMIT Low punches, Hammer Fists & Punches w/ Movement
11:00 AM Krav Maga ALL	11:00 AM Krav Maga ALL	11:00 AM Krav Maga ALL	11:00 AM Krav Maga ALL	11:00 AM Krav Maga ALL	
EV Knife Intimidation off the Body from the Front, Knife Intimidation Against the Body from Front	SHAYNE Diagonal Round House Kick & Switch Kick (Switching Heel to Live Side) & Forward and Backward Rolls	EV Reverse Headlock, Guillotine, Standing Position (Swim Through & Throat Poke) & Side Control	JASON Elbows 1-7 & Preventative (Educational Block, Throat Poke, Eye Flick)	EV Wrist Releases (Same Side Hand, Opposite Side, 2 Hand Grab, Overhand Grab)	
12:00 PM Technical Sparring		12:00 PM Technical Sparring		12:00 PM Technical Sparring	
5:00 PM Krav Maga 1&2	5:00 PM Krav Maga 1&2	5:00 PM Krav Maga 1&2	5:00 PM Krav Maga 1&2	5:00 PM Krav Maga 1&2	
AMIT Front Kick (Top of Foot/Instep) & Defensive Front Kick (Passive/ Advancing)	EV & SERGEY Defense vs. Hook Punch (Extended, Covering, Body)	SERGEY Elbows 1-7 & Preventative (Educational Block, Throat Poke, Eye Flick)	AMIT Straight Punches & Inside Defenses Against Straight Punches	EV Bear Hugs from Behind with Arms Free & Bear Hugs from Behind with Arms Caught	
			5:30 PM Technical Sparring		
6:00 PM Krav Maga 2-5	6:00 PM Krav Maga 2-5	6:00 PM Krav Maga 2-5		6:00 PM Weapons	
AMIT Gun from Side and Behind at Distance (Left and Right) OR Defending the Mount (Defending Punches, Buck, Trap & Roll); Choke while Mounted; Headlock or Close Choke while Mounted	EV & JAMES Plucking Defense vs. Side Kick, Reflexive Defense vs. Front Kick to Groin OR Outside Stabbing Defense & Defense vs. High & Medium Front Kick	ANDREA Side Headlock from Ground (Weight Forward/ Weight Back) & Headbutts (Forward, Upward, To the Side, From the Back)			
7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL		
AMIT Front Fall Break, Back Fall Break, Kicks from the Ground (Front, Round, Axe, Side) OR Choke from Behind (Windpipe/ Carotid)	EV & SHAYNE Defensive Front Kick - Passive and Advancing	ANDREA Wrist Releases (Same Side Hand, Opposite Side, 2 Hand Grab, Overhand Grab) OR Diagonal Round House Kick & Switch Kick (Switching Heel to Live Side)	JASON Choke from Behind (Windpipe/ Carotid)		