

WEEK 6
FEBRUARY

| 3 MONDAY | 4 TUESDAY | 5 WEDNESDAY | 6 THURSDAY | 7 FRIDAY | 8 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 Kicks - Round Kick & Back Kick | SHAYNE Choke Defenses - Front - Two Handed Pluck (Extended/ Condensed) & Front - One Handed Pluck | EV Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind | SHAYNE Low punches, Hammer Fists & Punches w/ Movement | | JASON Bear Hugs from Front with Arms Free (With Space, No Space) & Bear Hugs from the Front with Arms Caught (With Space, No Space) |
| 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 Choke Defenses - Front with a Push & From Behind | JAMES Front Fall Break, Back Fall Break, Kicks from the Ground (Front, Round, Axe, Side) OR Choke from Behind (Windpipe/ Carotid) | EV Defense vs. Knife Against Body, Behind Elbow (Right Left) | JASON Choke from Side (Extended & Condensed) (Static & w/a Push) OR Defense vs. Hook Punch (Extended, Covering, Body) | EV Stances (Neutral, Passive, Fighting), Moving Forward, Backward, Sideways, Punches with Movement | |
| 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 Choke Defenses - Front with a Push & From Behind | EV & SERGEY Inside Defenses Against Straight & Low Punches | SERGEY Wrist Releases (Same Side Hand, Opposite Side, 2 Hand Grab, Overhand Grab) | AMIT Choke from Side (Extended & Condensed) (Static & w/a Push) | EV Elbows 1-7 & Combination Attacks (2-6 strikes) | |
| | | | 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 Side Kick & Plucking Defense vs. Side Kick OR Gun to the Head Kneeling (from Front) & Gun to Face & Improvised Weapons | EV & JAMES Stop Kicks (Using Forward Leg and Using Back Leg) & Spinning Back Kick | ANDREA Defensive Front Kick (Passive/ Advancing); Side Kick (Passive/ Advancing); Advancing Back Kick OR Defense vs. Rear Naked Choke (Prevent Defense & Bridging Backwards) | | | |
| 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 Outside 360 & Outside 360 w/ a counter OR Headlock from the Side & Headlock from the Side w/ Impending Punch | EV & SHAYNE Front Kick to Vertical Target (Ball of Foot) & Front Kick (Top of Foot/Instep) | ANDREA Straight Punches & Inside Defenses Against Straight Punches OR Choke Against the Wall from Front & Shove Against Wall from Behind | JASON Defensive Front Kick - Passive and Advancing OR Gun from the Side (Behind Left Arm) & Gun from the Side (Behind Right Arm) | | |