

WEEK 8
FEBRUARY

17 MONDAY	18 TUESDAY	19 WEDNESDAY	20 THURSDAY	21 FRIDAY	22 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 Headlock from the Side & Headlock from the Side w/ Impending Punch	SHAYNE Choke from Behind (Windpipe/ Carotid)	EV Inside Defenses Against Straight & Low Punches	SHAYNE Front Fall Break, Back Fall Break, Kicks from the Ground (Front, Round, Axe, Side)		SHAYNE Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes)
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 Reverse Headlock, Guillotine, Standing Position (Swim Through & Throat Poke) & Side Control	JAMES Wrist Releases (Same Side Hand, Opposite Side, 2 Hand Grab, Overhand Grab)	EV Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes)	JASON Long Knee (No Grab), Knee with Grab (Straight & Round)	EV Defense vs. Low Round Kick (Evasion, Checking, Jamming) & Defense vs. Kick to Ribs (Ground)	
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 Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes) OR Defense vs. Hook Punch (Extended, Covering, Body)	EV & SERGEY Choke Defenses - Front - Two Handed Pluck (Extended/ Condensed) & Front - One Handed Pluck	EV Headlock from the Side & Headlock from the Side w/ Impending Punch	AMIT Choke Defenses - Front with a Push & From Behind OR Defensive Front Kick - Passive and Advancing	EV Gun to the Face, Gun to the Chest over Left Side	
			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 Inside Defense vs. Left/Right Turning Palm & Left Vertical Punch Block Against Right Cross & 2:1 Fighting	EV & JAMES Diagonal Round House Kick & Switch Kick (Switching Heel to Live Side) & Forward and Backward Rolls OR Wrist Grabs while Mounted & Forward to Backward Roll	PATRICE Inside Defense w/ Counter vs. Left; Inside Defense w/ Counter vs. Left Punch (using Left); Inside Defense w/ Counter vs. Right Punch			
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 Choke from Side (Extended & Condensed) (Static & w/a Push)	EV & SHAYNE Defense Against Shove/Grab (One Hand, Two Hands, Cross Push)	EV Long Knee (No Grab), Knee with Grab (Straight & Round) OR Choke from Behind (Windpipe/ Carotid)	JASON Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind		