

WEEK 9
FEBRUARY

| 24 MONDAY | 25 TUESDAY | 26 WEDNESDAY | 27 THURSDAY | 28 FRIDAY | 29 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 Defense Against Shove/Grab (One Hand, Two Hands, Cross Push) | SHAYNE Front Kick (Top of Foot/Instep) & Front Kick (Top of Foot/Instep) & | EV Defensive Front Kick - Passive and Advancing | SHAYNE Bear Hugs from Behind with Arms Free & Bear Hugs from Behind with Arms Caught | | PATRICE Long Knee (No Grab), Knee with Grab (Straight & Round) |
| 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 Front Kick to Vertical Target (Ball of Foot) & Front Kick (Top of Foot/Instep) | SHAYNE Choke Defenses - Front with a Push & From Behind OR Choke from Behind (Windpipe/Carotid) | EV Front Fall Break, Back Fall Break, Side Position & Getting Up (2 Handed, Turn & Run, Tactical) | JASON Elbows 1-7 & Combination Attacks (2-6 strikes) | EV Knife Intimidation off the Body from the Front, Knife Intimidation Against the Body from Front | |
| 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 from Behind (Windpipe/Carotid) | EV & SERGEY Stances (Neutral, Passive, Fighting), Moving Forward, Backward, Sideways, Punches with Movement | SERGEY Straight Punches & Inside Defenses Against Straight Punches OR Diagonal Round House Kick | REVI Defense Against Shove/Grab (One Hand, Two Hands, Cross Push) | EV Low punches, Hammer Fists & Punches w/ Movement | |
| | | | 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 Kick Defense vs. High Round Kick (2 & 3 Points Contact) & Reflexive Defense vs. Front Kick to Groin & Leg Check | EV & JAMES The Guard: Striking Options from the Guard, Kicking Off from the Guard, Choke Defense while Attacker is in Guard & Ridge Hand | ANDREA Outside Stabbing Defense & Defense vs. High & Medium Front Kick | | | |
| 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 Headlock from the Side & Headlock from the Side w/ Impending Punch | EV & SHAYNE Kicks - Round Kick & Back Kick | ANDREA Outside 360 & Outside 360 w/ a counter OR Reverse Headlock, Guillotine, Standing Position (Swim Through & Throat Poke) & Side Control | JASON Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes) | | |