

WEEK 11
MARCH

9 MONDAY	10 TUESDAY	11 WEDNESDAY	12 THURSDAY	13 FRIDAY	14 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 Inside Defenses Against Straight & Low Punches	SHAYNE Front Fall Break, Back Fall Break, Kicks from the Ground (Front, Round, Axe, Side)	REVIA Choke from Side (Extended & Condensed) (Static & w/a Push)	SHAYNE Straight Punches & Inside Defenses Against Straight Punches		JASON Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind
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 Defense vs. Hook Punch (Extended, Covering, Body)	REVIA Knife Intimidation off the Body from the Front, Knife Intimidation Against the Body from Front	JASON Front Fall Break, Back Fall Break, Side Position & Getting Up (2 Handed, Turn & Run, Tactical)	REVIA Gun to the Front (Body) & Gun to the Face	
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 Headlock from the Side & Headlock from the Side w/ Impending Punch OR Defense vs. Hook Punch (Extended, Covering, Body)	EV & SERGEY Front Kick (Top of Foot/Instep) & Defensive Front Kick (Passive/ Advancing)	SERGEY Long Knee (No Grab), Knee with Grab (Straight & Round) OR Defensive Front Kick - Passive and Advancing	AMIT Straight Punches (Left/Right Combination), Palm Strikes, & Combination Attacks (2-6 Strikes)	PATRICE 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 Punch Combinations 1 - 8 OR Knife Defense vs. Downward Stab, Upward Stab, Upward Stab to Throat	EV & JAMES Inside Defense vs. Left/Right (Lean Back & Trap, Lean Back & Kick) & Inside Defense vs. Left/Right - Forward Hand/ Roll Under	ANDREA Sweeps (Foot-to- Heel & Heel-to- Heel) & Shoulder/ Body Checking OR Spinning Hammer Fist (Attack & Defense) & Spinning Elbow (Attack & Defense)			
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 Straight Punches & Inside Defenses Against Straight Punches	EV & SHAYNE Outside 360 & Outside 360 w/ a counter	ANDREA Choke Defenses - Front - Two Handed Pluck (Extended/ Condensed) & Front - One Handed Pluck	JASON Bear Hugs from Front with Arms Free (With Space, No Space) & Bear Hugs from the Front with Arms Caught (With Space, No Space)		