

WEEK 12  
**MARCH**

16 MONDAY	17 TUESDAY	18 WEDNESDAY	19 THURSDAY	20 FRIDAY	21 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
<b>REVIA</b> Kicks - Round Kick & Back Kick	<b>SHAYNE</b> Inside Defenses Against Straight & Low Punches	<b>PATRICE</b> Elbows 1-7 & Combination Attacks (2-6 strikes)	<b>SHAYNE</b> Front Kick to Vertical Target (Ball of Foot) & Front Kick (Top of Foot/Instep)		<b>AMIT</b> 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	
<b>REVIA</b> Outside 360 & Outside 360 w/ a counter	<b>JAMES</b> Front Kick (Top of Foot/Instep) & <b>Defensive Front Kick (Passive/Advancing)</b>	<b>PATRICE</b> Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind	<b>JASON</b> <b>Punch Combinations 1 - 8</b>	<b>SHAYNE</b> Defense Against Shove/Grab (One Hand, Two Hands, Cross Push)	
		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	
<b>AMIT</b> <b>Defensive Front Kick - Passive and Advancing</b>	<b>SERGEY</b> Elbows 1-7 & Combination Attacks (2-6 strikes)	<b>SERGEY</b> Kicks - Round Kick & Back Kick	<b>AMIT</b> Low punches, Hammer Fists & Punches w/ Movement	<b>PATRICE</b> <b>Diagonal Round House Kick</b>	
			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	
<b>AMIT</b> Stop Kicks (Using Forward Leg and Using Back Leg) & Spinning Back Kick	<b>JAMES</b> <b>Defensive Front Kick (Passive/Advancing); Side Kick (Passive/Advancing); Advancing Back Kick</b>	<b>ANDREA</b> Gun to the Head Kneeling (from Front) & Gun to Face & Improvised Weapons			
7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL	7:00 PM Krav Maga ALL		
<b>AMIT</b> Defense v. Shove/Grab: Front Behind w/ a Push/Shove & Defense Against Being Pulled from Behind	<b>SHAYNE</b> Front Fall Break, Back Fall Break, Kicks from the Ground (Front, Round, Axe, Side)	<b>ANDREA</b> Front Kick to Vertical Target (Ball of Foot) & Front Kick (Top of Foot/Instep)	<b>KRAV MAGA CLASS CANCELED</b> <b>VKM TECHNIQUE REVIEW 7-8pm</b>		