

## Krav Haganah – Class Rotation

<b>Date / Week of</b>	<b>Monday / Tuesday – Session 1</b>	<b>Wednesday / Thursday – Session 2</b>
6/29/20 – 7/2/20	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
7/6/20 – 7/9/20	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
7/13/20 – 7/16/20	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
7/20/20 – 7/23/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
7/27/20 – 7/30/20	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
8/3/20 – 8/6/20	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
8/10/20 – 8/13/20	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
8/17/20 – 8/20/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
8/24/20 – 8/27/20	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
8/31/20 – 9/3/20	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
9/7/20 – 9/10/20	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
9/14/20 – 9/17/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
9/21/20 – 9/24/20	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
9/28/20 – 10/1/20	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
10/5/20 – 10/8/20	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
10/12/20 – 10/15/20	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
10/19/20 – 10/22/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
10/26/20 – 10/29/20	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
11/2/20 – 11/5/20	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
11/9/20 – 11/12/20	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
11/16/20 – 11/19/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
11/23/20 – 11/26/20 Closed 25-28 Thanksgiving	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
11/30/20 – 12/3/20	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
12/8/20 – 12/10/20	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
12/15/20 – 12/17/20	Environmental scenarios with stress inoculation, review defenses with and without weapons	
12/21/20 – 12/24/20 Closed 24-26 Christmas	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking