

Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
6/28/21 – 7/1/21 Closed 7/3 July 4 th	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
7/5/21 – 7/8/21	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
7/12/21 – 7/15/21	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
7/19/21 – 7/22/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
7/26/21 – 7/29/21	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
8/2/21 – 8/5/21	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
8/9/21 – 8/12/21	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
8/16/21 – 8/19/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
8/23/21 – 8/26/21	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
8/30/21 – 9/2/21	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
9/6/21 – 9/9/21 Closed 9/6 Labor Day	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
9/13/21 – 9/16/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
9/20/21 – 9/23/21	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
9/27/21 – 9/30/21	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
10/4/21 – 10/7/21	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
10/11/21 – 10/14/21	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
10/18/21 – 10/21/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
10/25/21 – 10/28/21	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
11/1/21 – 11/4/21	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
11/8/21 – 11/11/21	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
11/15/21 – 11/18/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
11/22/21 – 11/25/21 Closed 11/24 – 11/27	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
11/29/21 – 12/2/21	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
12/6/21 – 12/9/21	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
12/13/21 – 12/16/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
12/20/21 – 12/23/21 Closed 12/23-12/25	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking