

Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
12/28/20 – 12/31/20	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
1/4/21 – 1/7/21	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
1/11/21 – 1/14/21	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
1/18/21 – 1/21/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
1/25/21 – 1/28/21	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
2/1/21 – 2/4/21	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
2/8/21 – 2/11/21	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
2/15/21 – 2/18/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
2/22/21 – 2/25/21	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
3/1/21 – 3/4/21	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
3/8/21 – 3/11/21	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
3/15/21 – 3/18/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/22/21 – 3/25/21	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
3/29/21 – 4/1/21	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
4/5/21 – 4/8/21	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
4/12/21 – 4/15/21	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
4/19/21 – 4/22/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
4/26/21 – 4/29/21	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
5/3/21 – 5/6/21	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
5/10/21 – 5/13/21	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
5/17/21 – 5/20/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
5/24/21 – 5/27/21	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
5/31/21 – 6/3/21 Closed 5/31 Memorial Day	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
6/7/21 – 6/10/21	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
6/14/21 – 6/17/21	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/21/21 – 6/24/21	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking