

## Krav Haganah – Class Rotation

<b>Date / Week of</b>	<b>Monday / Tuesday – Session 1</b>	<b>Wednesday / Thursday – Session 2</b>
6/27/22 – 6/30/22	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
7/4/22 – 7/7/22 CLOSED 7/4 July 4 <sup>th</sup>	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
7/11/22 – 7/14/22	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
7/18/22 – 7/21/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
7/25/22 – 7/28/22	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
8/1/22 – 8/4/22	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
8/8/22 – 8/11/22	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
8/15/22 – 8/18/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
8/22/22 – 8/25/22	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
8/29/22 – 9/1/22	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
9/5/22 – 9/8/22 CLOSED Labor Day 9/5	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
9/12/22 – 9/15/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
9/19/22 – 9/22/22	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
9/26/22 – 9/29/22	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
10/3/22 – 10/6/22	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
10/10/22 – 10/13/22	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
10/17/22 – 10/20/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
10/24/22 – 10/27/22	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
10/31/22 – 11/3/22	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
11/7/22 – 11/10/22	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
11/14/22 – 11/17/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
11/21/22 – 11/24/22 Closed 23-24Thanksgiving	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
11/28/22 – 12/1/22	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
12/5/22 – 12/8/22	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
12/12/22 – 12/15/22	Environmental scenarios with stress inoculation, review defenses with and without weapons	
12/19/22 – 12/22/22 Closed 12/24 and 12/31	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking