

Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
12/26/23 – 12/29/23 Closed 12/31 for New Years	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
1/2/22 – 1/5/23	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
1/9/23 – 1/12/23	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
1/16/23 – 1/19/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
1/23/23 – 1/26/23	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
1/30/23 – 2/2/23	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
2/6/23 – 2/9/23	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
2/13/23 – 2/16/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
2/21/23 – 2/23/23	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
2/27/23 – 3/2/23	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
3/6/23 – 3/8/23	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
3/13/23 – 3/16/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/20/23 – 3/23/23	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
3/27/23 – 3/30/23	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
4/3/23 – 4/6/23	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
4/10/23 – 4/13/23	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
4/17/23 – 4/20/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
4/24/23 – 4/27/23	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
5/1/23 – 5/4/23	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
5/8/23 – 5/11/23	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
5/15/23 – 5/18/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
5/22/23 – 5/25/23	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
5/29/23 – 6/1/23 Closed 5/29 for Memorial Day	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
6/5/23 – 6/8/23	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
6/12/23 – 6/15/23	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/19/23 – 6/22/23	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking