

Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
12/25/23 – 12/28/23 Closed 12/25 and 12/26	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
1/1/24 – 1/4/24 Closed 1/1 and 1/2	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
1/8/24 – 1/11/24	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
1/15/24 – 1/18/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
1/22/24 – 1/25/24	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
1/29/24 – 2/1/24	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
2/5/24 – 2/8/24	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
2/12/24 – 2/15/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
2/20/24 – 2/22/24	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
2/26/24 – 2/29/24	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
3/4/24 – 3/7/24	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
3/11/24 – 3/14/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/18/24 – 3/21/24	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
3/25/24 – 3/28/24	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
4/1/24 – 4/4/24	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
4/8/24 – 4/11/24	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
4/15/24 – 4/18/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
4/22/24 – 4/25/24	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
4/29/24 – 5/2/24	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
5/6/24 – 5/9/24	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
5/13/24 – 5/16/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
5/20/24 – 5/23/24	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
5/27/23 – 5/30/24 Closed 5/27 for Memorial Day	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
6/3/24 – 6/6/24	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
6/10/24 – 6/13/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/17/24 – 6/20/24	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking