

## Krav Haganah – Class Rotation

<b>Date / Week of</b>	<b>Monday / Tuesday – Session 1</b>	<b>Wednesday / Thursday – Session 2</b>
6/24/24 – 6/27/24	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
7/1/24 – 7/4/24 Closed 7/4 Independence Day	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
7/8/24 – 7/11/24	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
7/15/24 – 7/18/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
7/22/24 – 7/25/24	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
7/29/24 – 8/1/24	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
8/5/24 – 8/8/24	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
8/12/24 – 8/15/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
8/19/24 – 8/22/24	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
8/26/24 – 8/29/24	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
9/2/24 – 9/5/24	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
9/9/24 – 9/12/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
9/16/24 – 9/19/24	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
9/23/24 – 9/26/24	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
9/30/24 – 10/3/24	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
10/7/24 – 10/10/24	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
10/14/24 – 10/17/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
10/21/24 – 10/24/24	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
10/28/24 – 10/31/24	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
11/4/24 – 11/7/24	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
11/11/24 – 11/14/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
11/18/24 – 11/21/24	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
11/25/24 – 11/28/24 Closed 27-30 Thanksgiving	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
12/2/24 – 12/5/24	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
12/9/24 – 12/12/24	Environmental scenarios with stress inoculation, review defenses with and without weapons	
12/16/24 – 12/19/24	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking