

Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
1/6/25 – 1/09/25	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
1/13/25 – 1/16/25	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
1/20/25 – 1/23/25	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
1/27/25 – 1/30/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
2/3/25 – 2/6/25	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
2/10/25 – 2/13/25	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
2/17/25 – 2/20/25	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
2/24/25 – 2/27/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/3/25 – 3/6/25	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
3/10/25 – 3/13/25	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
3/17/25 – 3/20/25	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
3/24/25 – 3/27/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/31/25 – 4/3/24	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
4/7/25 – 4/10/25	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
4/14/25 – 4/17/25	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
4/21/25 – 4/24/25	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
4/28/25 – 5/1/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
5/5/25 – 5/8/25	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
5/12/25 – 5/15/25	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
5/19/25 – 5/22/25	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
5/26/25 – 5/29/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/2/25 – 6/5/25	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
6/9/25 – 6/12/25	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
6/16/25 – 6/19/25	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
6/23/25 – 6/26/25	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/30/25 – 7/3/25	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking