

## Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
7/7/25 – 7/10/25	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
7/14/25 – 7/17/25	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
7/21/25 – 7/24/25	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
7/28/25 – 7/31/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
8/4/25 – 8/7/25	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
8/11/25 – 8/14/25	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
8/18/25 – 8/21/25	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
8/25/25 – 8/28/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
9/1/25 – 9/4/25	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
9/8/25 – 9/11/25	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
9/15/25 – 9/18/25	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
9/22/25 – 9/25/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
9/29/25 – 10/2/25	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
10/6/25 – 10/9/25	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
10/13/25 – 10/16/25	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
10/20/25 – 10/23/25	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
10/27/25 – 10/30/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
11/3/25 – 11/6/25	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside

11/10/25 – 11/13/25	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
11/17/25 – 11/20/25	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
11/24/25 – 11/27/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
12/1/25 – 12/4/25	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
12/8/25 – 12/11/25	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
12/15/25 – 12/18/25	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
12/22/25 – 12/25/25		Environmental scenarios with stress inoculation, review defenses with and without weapons
12/29/25 – 1/1/25	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking