Krav Haganah – Class Rotation

Date / Week of	Monday / Tuesday – Session 1	Wednesday / Thursday – Session 2
1/5/26 – 1/08/26	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
1/12/26 – 1/15/26	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
1/19/26 –1/22/26	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
1/26/26 – 1/29/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
2/2/26 – 2/5/26	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
2/19/26 – 2/12/26	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
2/16/26 – 2/19/26	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
2/23/26 – 2/26/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/2/26 – 3/5/26	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
3/9/26 – 3/12/26	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
3/16/26 –3/19/26	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
3/23/26 –3/26/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
3/30/26 – 4/2/26	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking
4/6/26 – 4/9/26	Sucker Punch Defense Series Knife Defense Angles 1 & 3	Straight Punch Defense Series Knife Defense Angles 2&4
4/13/26 – 4/16/26	Push Kick Defense Knife Defense Underhand Stab	Roundhouse Kick Defense Knife Defense Overhead – Low Variation
4/20/26 – 4/23/26	Lapel Grab Knife Defense Overhead – High Variation	Lapel Grab with Punch Knife Defense Straight Stab – Long & Short
4/27/26 – 4/30/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
5/4/26 – 5/7/26	Side Headlock High Knife Defense Hostage from Rear	Side Headlock High – Variation Knife Defense Front Neck Inside
5/11/26 – 5/14/26	Side Headlock Low – Run Variation Knife Defense Neck Outside	Side Headlock Sit and Spin Gun Disarm Front Head
5/18/26 – 5/21/26	Bear Hug Arms Pinned Gun Disarm Front Chest	Bear Hug Arms Free Gun Disarm Hostage Rear – to Side of Head
5/25/26 – 5/28/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/1/26 – 6/4/26	Front Choke Static and Push Gun Disarm Hostage Rear – to Lower Back	Side Choke Static and Push Gun Disarm Hostage Front – Execution Style
6/8/26 – 6/11/26	Rear Choke Push Gun Disarm Under Chin (with Grab)	Rear Choke Pull Gun Disarm Front of Ear
6/15/26 – 6/18/26	Rear Headlock Static Gun Disarm Front of the Elbow	Rear Headlock Pull Gun Disarm Behind the Ear
6/22/26 – 6/25/26	Environmental scenarios with stress inoculation, review defenses with and without weapons	
6/29/26 – 7/2/26	Outside Tackle Gun Disarm Behind the Elbow	Inside Tackle Gun Disarm Back – Static and Walking