

KRAV MAGA OVERZICHT 2021 – 2022

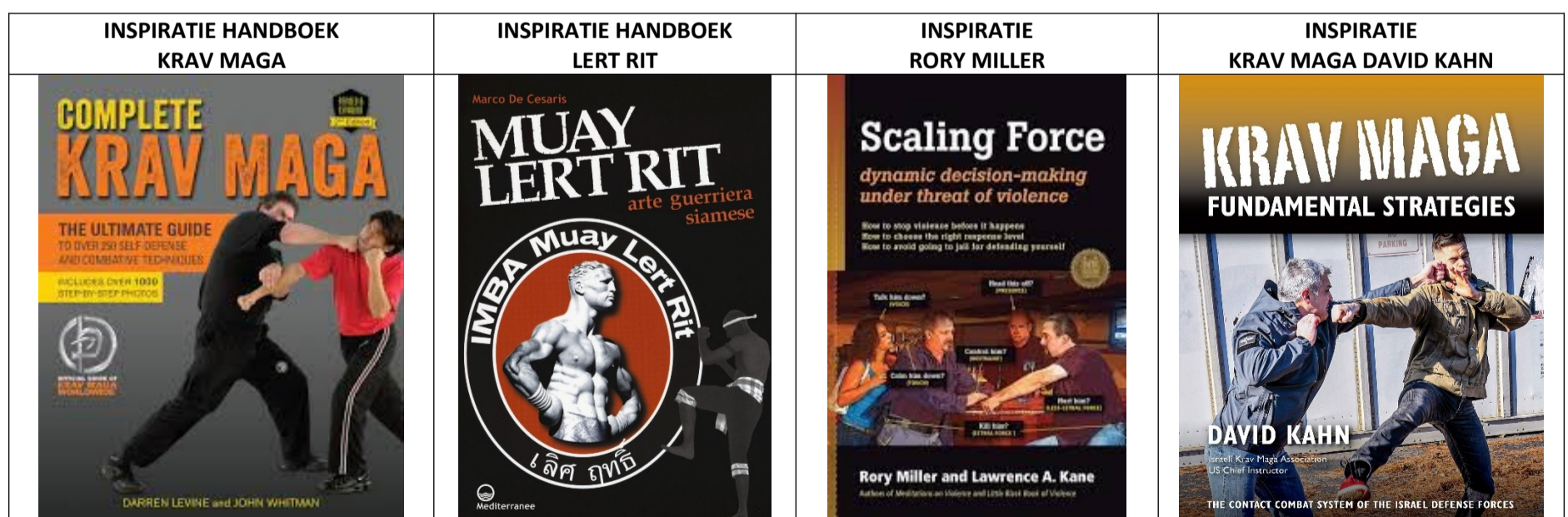
CYCLUS I

CYCLUS 1: van week 35 (30/08/2021) tot week 40 (10/10/2021) → Level Yellow

	Week 35	Week 36	Week 37	Week 38	Week 39	Week 40
0000-0045	Deel I	Deel I	Deel I	Deel I	Deel I	Deel I
	Opwarming: HIIT Combo n°1 (Link) Verdediging tgn Combo n°1 Sparring	Opwarming: HIIT Combo n°2 (Link) Verdediging tgn Combo n°2 Sparring	Opwarming: HIIT Combo n°3 (Link) Verdediging tgn Combo n°3 Sparring	Opwarming: HIIT Combo n°4 (Link) Verdediging tgn Combo n°4 Sparring	Opwarming: HIIT Combo n°6 (Link) Verdediging tgn Combo n°6 Sparring	Opwarming: HIIT Combo n°7 (Link) Verdediging tgn Combo n°7 Sparring
0045-0130	Deel II	Deel II	Deel II	Deel II	Deel II	Deel II
	Defenses: p52-57 Self-Defense: p59-69 Groundfighting: p75 -82	Defenses: p52-57 Self-Defense: p59-69 Groundfighting: p75 -82	Defenses: p105-120 Self-Defense: p121-135 Groundfighting: p138-154	Defenses: p105-120 Self-Defense: p121-135 Groundfighting: p138-154	Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213
0130-0200	Deel III	Deel III	Deel III	Deel III	Deel III	Deel III
	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down
THEORIE	The Best Use of a Training Partner	The Difference Between Anger and Rage	Recognizing Your Own Triggers to Avoid Violence	Contending with Road Rage	Conflict Avoidance and Escape	Multiple Opponents

CYCLUS 1: van week 41 (11/10/2021) tot week 46 (21/11/2022) → Level Blue/Brown

	Week 41	Week 42	Week 43	Week 44	Week 45	Week 46
0000-0045	Deel I	Deel I	Deel I	Deel I	Deel I	Deel I
	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring
0045-0130	Deel II	Deel II	Deel II	Deel II	Deel II	Deel II
	Defenses: p230-234 Stick-Defenses: p235-239 Knife-Defenses: p241-242 Groundfighting: p260 -268	Defenses: p230-234 Stick-Defenses: p235-239 Gun-Defenses: p243-255 Groundfighting: p260 -268	Defenses: p230-57 Stick-Defenses: p235-239 Gun-Defenses: p243-255 Groundfighting: p260 -268	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329
0130-0200	Deel III	Deel III	Deel III	Deel III	Deel III	Deel III
	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Physiological Reactions to Threats and Violence	Legal Use of Force Requirements	Defensive (Dis)Engagement Mindset	Anatomical Targeting and Self-Protection	Preemptive Linear Strikes	Multiple Opponents



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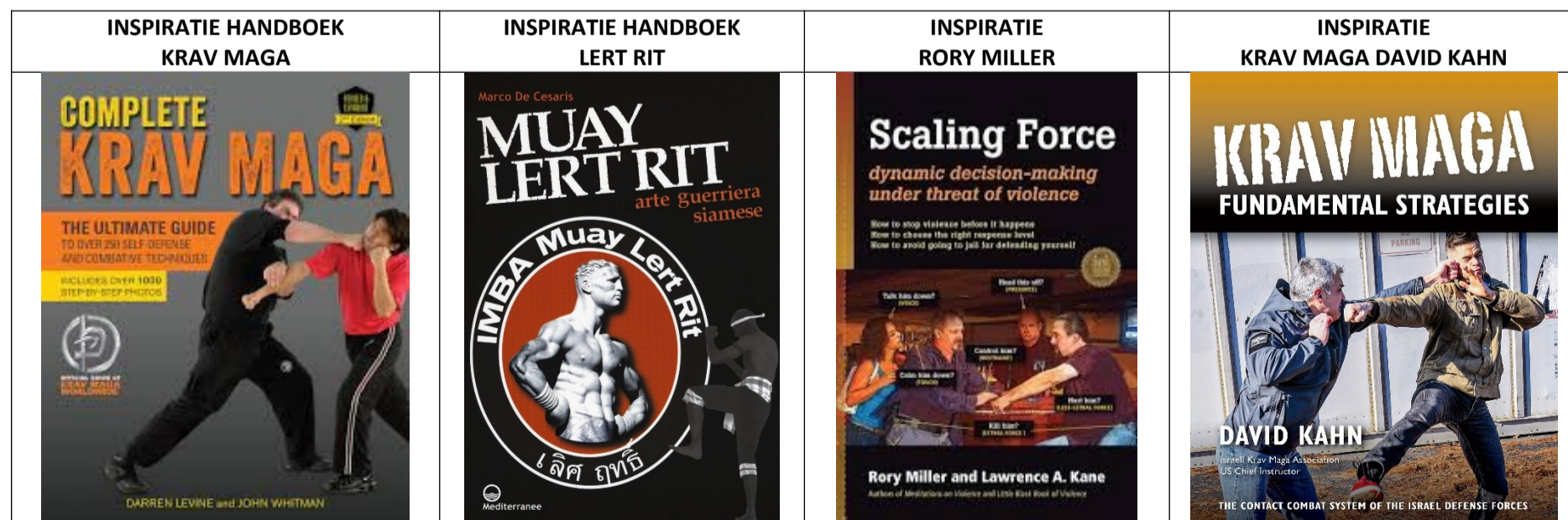
CYCLUS II

CYCLUS 2: van week 47 (22/11/2021) tot week 52 (02/01/2022) → Level Orange

	Week 47	Week 48	Week 49	Week 50	Week 51	Week 52
0000-0045	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring
0045-0130	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154
0130-0200	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Absorbing and Moving with an Attack	Fighting Ranges	Combatives Power and Balance	Self-Defense Fight Timing	Tactical Retreating	When and How to Counterattack

CYCLUS 2: van week 01 (03/01/2022) tot week 06 (13/02/2022) → Level Green

	Week 47	Week 48	Week 49	Week 50	Week 51	Week 52
0000-0045	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring
0045-0130	Deel II Combatives: p158-168 Defenses: p169-181 Falls: p182-186 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213
0130-0200	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Defending against a Skilled Fighter	Deceptive Fighting	Ground Survival	Defending an Ambush	Multiple Opponents	Breaking Up a Fight



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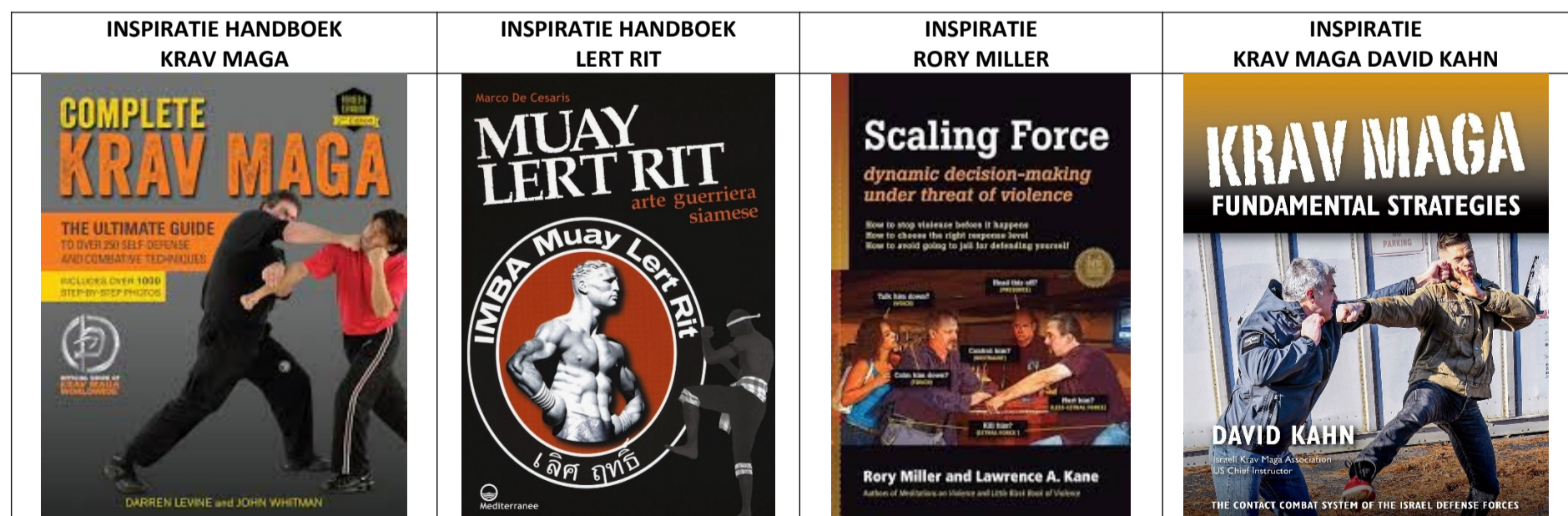
CYCLUS I

CYCLUS 1: van week 07 (14/02/2022) tot week 12 (27/03/2022) → Level Yellow

	Week 07	Week 08	Week 09	Week 10	Week 11	Week 12
0000-0045	Deel I	Deel I	Deel I	Deel I	Deel I	Deel I
	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring	Opwarming: HIIT Combo Tactiek: Giorgio Petrosyan Sparring
0045-0130	Deel II	Deel II	Deel II	Deel II	Deel II	Deel II
	Defenses: p52-57 Self-Defense: p59-69 Groundfighting: p75 -82	Defenses: p52-57 Self-Defense: p59-69 Groundfighting: p75 -82	Defenses: p105-120 Self-Defense: p121-135 Groundfighting: p138-154	Defenses: p105-120 Self-Defense: p121-135 Groundfighting: p138-154	Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213
0130-0200	Deel III	Deel III	Deel III	Deel III	Deel III	Deel III
	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down
THEORIE	The Best Use of a Training Partner	The Difference Between Anger and Rage	Recognizing Your Own Triggers to Avoid Violence	Contending with Road Rage	Conflict Avoidance and Escape	Multiple Opponents

CYCLUS 1: van week 13 (28/03/2022) tot week 18 (08/05/2022) → Level Blue/Brown

	Week 13	Week 14	Week 15	Week 16	Week 17	Week 18
0000-0045	Deel I	Deel I	Deel I	Deel I	Deel I	Deel I
	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring	Opwarming: HIIT Combo Tactiek: Israel Adesanyana Sparring
0045-0130	Deel II	Deel II	Deel II	Deel II	Deel II	Deel II
	Defenses: p230-234 Stick-Defenses: p235-239 Knife-Defenses: p241-242 Groundfighting: p260 -268	Defenses: p230-234 Stick-Defenses: p235-239 Gun-Defenses: p243-255 Groundfighting: p260 -268	Defenses: p230-57 Stick-Defenses: p235-239 Gun-Defenses: p243-255 Groundfighting: p260 -268	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329	Self-Defenses: p289-297 Knife-Defenses: p298-311 Gun-Defenses: p312-329
0130-0200	Deel III	Deel III	Deel III	Deel III	Deel III	Deel III
	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down	Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Physiological Reactions to Threats and Violence	Legal Use of Force Requirements	Defensive (Dis)Engagement Mindset	Anatomical Targeting and Self-Protection	Preemptive Linear Strikes	Multiple Opponents



KRAV MAGA OVERZICHT 2021 – 2022

CYCLUS II

CYCLUS 2: van week 19 (09/05/2022) tot week 24 (19/06/2022) → Level Orange

	Week 19	Week 20	Week 21	Week 22	Week 23	Week 24
0000-0045	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring	Deel I Opwarming: HIIT Combo Tactiek: Saenchai Sparring
0045-0130	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154	Deel II Defenses: p105-120 Self-Defense: p121-135 Falls: p136-137 Groundfighting: p138 -154
0130-0200	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Absorbing and Moving with an Attack	Fighting Ranges	Combatives Power and Balance	Self-Defense Fight Timing	Tactical Retreating	When and How to Counterattack

CYCLUS 2: van week 25 (03/01/2022) tot week 30 (31/07/2022) → Level Green

	Week 25	Week 26	Week 27	Week 28	Week 29	Week 30
0000-0045	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring	Deel I Opwarming: HIIT Combo Tactiek: Masato Kobayashi Sparring
0045-0130	Deel II Combatives: p158-168 Defenses: p169-181 Falls: p182-186 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213	Deel II Combatives: p158-168 Defenses: p169-181 Self-Defense: p187-195 Groundfighting: p196-213
0130-0200	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down	Deel III Carroussel Bas Rutten Sparring Cooling Down
THEORIE	Defending against a Skilled Fighter	Deceptive Fighting	Ground Survival	Defending an Ambush	Multiple Opponents	Breaking Up a Fight

