

vzw Krav Maga TrainingsCentrum PROGRAM (Part I)

JANUARY (GREEN)			FEBRUARY (YELLOW)		
WEEK 1	0000-0030	Combatives	WEEK 1	0000-0030	Combatives
	0030-0100	Defenses		0030-0100	Defenses
	0100-0130	Falls and Rolls		0100-0130	Self-Defenses
	0130-0200	Self-Defenses		0130-0200	Soft Techniques
WEEK 2	0000-0030	Combatives	WEEK 2	0000-0030	Combatives
	0030-0100	Groundfighting		0030-0100	Groundfighting
	0100-0130	Defenses		0100-0130	Defenses
	0130-0200	Falls and Rolls		0130-0200	Self-Defenses
WEEK 3	0000-0030	Combatives	WEEK 3	0000-0030	Combatives
	0030-0100	Self-Defenses		0030-0100	Soft Techniques
	0100-0130	Groundfighting		0100-0130	Groundfighting
	0130-0200	Defenses		0130-0200	Defenses
WEEK 4	0000-0030	Combatives	WEEK 4	0000-0030	Combatives
	0030-0100	Falls and Rolls		0030-0100	Self-Defenses
	0100-0130	Self-Defenses		0100-0130	Soft Techniques
	0130-0200	Groundfighting		0130-0200	Groundfighting
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses

MARCH (BLUE)			APRIL (ORANGE)		
WEEK 1	0000-0030	Combatives	WEEK 1	0000-0030	Combatives
	0030-0100	Defenses		0030-0100	Defenses
	0100-0130	Stick Defenses		0100-0130	Self-Defenses
	0130-0200	Kick Defenses		0130-0200	Falls
WEEK 2	0000-0030	Combatives	WEEK 2	0000-0030	Combatives
	0030-0100	Gun Defenses		0030-0100	Groundfighting
	0100-0130	Groundfighting		0100-0130	Defenses
	0130-0200	Takedowns		0130-0200	Self-Defenses
WEEK 3	0000-0030	Combatives	WEEK 3	0000-0030	Combatives
	0030-0100	Defenses		0030-0100	Groundfighting
	0100-0130	Stick Defenses		0100-0130	Defenses
	0130-0200	Kick Defenses		0130-0200	Self-Defenses
WEEK 4	0000-0030	Combatives	WEEK 4	0000-0030	Combatives
	0030-0100	Gun Defenses		0030-0100	Falls
	0100-0130	Groundfighting		0100-0130	Groundfighting
	0130-0200	Takedowns		0130-0200	Defenses
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses

vzw Krav Maga TrainingsCentrum PROGRAM (Part II)

MAI (BROWN)			JUNE (GREEN)		
WEEK 1	0000-0030	Combatives	WEEK 1	0000-0030	Combatives
	0030-0100	Throws		0030-0100	Defenses
	0100-0130	Self-Defenses		0100-0130	Falls and Rolls
	0130-0200	Knife Defenses		0130-0200	Self-Defenses
WEEK 2	0000-0030	Combatives	WEEK 2	0000-0030	Combatives
	0030-0100	Shotgun/Rifle Defenses		0030-0100	Groundfighting
	0100-0130	Handgun Defenses		0100-0130	Defenses
	0130-0200	Throws		0130-0200	Falls and Rolls
WEEK 3	0000-0030	Combatives	WEEK 3	0000-0030	Combatives
	0030-0100	Self-Defenses		0030-0100	Self-Defenses
	0100-0130	Knife Defenses		0100-0130	Groundfighting
	0130-0200	Shotgun/Rifle Defenses		0130-0200	Defenses
WEEK 4	0000-0030	Combatives	WEEK 4	0000-0030	Combatives
	0030-0100	Handgun Defenses		0030-0100	Falls and Rolls
	0100-0130	Throws		0100-0130	Self-Defenses
	0130-0200	Self-Defenses		0130-0200	Groundfighting
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses

JULY (BLACK)			AUGUST (BLACK)		
WEEK 1	0000-0030	Handguns	WEEK 1	0000-0030	Handguns
	0030-0100	Carjacking		0030-0100	Carjacking
	0100-0130	Handguns vs. Third Parties		0100-0130	Handguns vs. Third Parties
	0130-0200	Edged Weapons		0130-0200	Edged Weapons
WEEK 2	0000-0030	Blunt Objects vs. Edged Weapons	WEEK 2	0000-0030	Blunt Objects vs. Edged Weapons
	0030-0100	Blunt Objects vs. Blunt Objects		0030-0100	Blunt Objects vs. Blunt Objects
	0100-0130	Edged weapon vs. Edged weapon		0100-0130	Edged weapon vs. Edged weapon
	0130-0200	Hand Grenades		0130-0200	Hand Grenades
WEEK 3	0000-0030	Handguns	WEEK 3	0000-0030	Handguns
	0030-0100	Carjacking		0030-0100	Carjacking
	0100-0130	Handguns vs. Third Parties		0100-0130	Handguns vs. Third Parties
	0130-0200	Edged Weapons		0130-0200	Edged Weapons
WEEK 4	0000-0030	Blunt Objects vs. Edged Weapons	WEEK 4	0000-0030	Blunt Objects vs. Edged Weapons
	0030-0100	Blunt Objects vs. Blunt Objects		0030-0100	Blunt Objects vs. Blunt Objects
	0100-0130	Edged weapon vs. Edged weapon		0100-0130	Edged weapon vs. Edged weapon
	0130-0200	Hand Grenades		0130-0200	Hand Grenades
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses

vzw Krav Maga TrainingsCentrum PROGRAM (Part III)

SEPTEMBER (YELLOW)			OCTOBER (BLUE)		
WEEK 1	0000-0030	Combatives	WEEK 1	0000-0030	Combatives
	0030-0100	Defenses		0030-0100	Defenses
	0100-0130	Self-Defenses		0100-0130	Stick Defenses
	0130-0200	Soft Techniques		0130-0200	Kick Defenses
WEEK 2	0000-0030	Combatives	WEEK 2	0000-0030	Combatives
	0030-0100	Groundfighting		0030-0100	Gun Defenses
	0100-0130	Defenses		0100-0130	Groundfighting
	0130-0200	Self-Defenses		0130-0200	Takedowns
WEEK 3	0000-0030	Combatives	WEEK 3	0000-0030	Combatives
	0030-0100	Soft Techniques		0030-0100	Defenses
	0100-0130	Groundfighting		0100-0130	Stick Defenses
	0130-0200	Defenses		0130-0200	Kick Defenses
WEEK 4	0000-0030	Combatives	WEEK 4	0000-0030	Combatives
	0030-0100	Self-Defenses		0030-0100	Gun Defenses
	0100-0130	Soft Techniques		0100-0130	Groundfighting
	0130-0200	Groundfighting		0130-0200	Takedowns
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses

NOVEMBER (ORANGE)			DECEMBER (BROWN)		
WEEK 1	0000-0030	Combatives	WEEK 1	0000-0030	Combatives
	0030-0100	Defenses		0030-0100	Throws
	0100-0130	Self-Defenses		0100-0130	Self-Defenses
	0130-0200	Falls		0130-0200	Knife Defenses
WEEK 2	0000-0030	Combatives	WEEK 2	0000-0030	Combatives
	0030-0100	Groundfighting		0030-0100	Shotgun/Rifle Defenses
	0100-0130	Defenses		0100-0130	Handgun Defenses
	0130-0200	Self-Defenses		0130-0200	Throws
WEEK 3	0000-0030	Combatives	WEEK 3	0000-0030	Combatives
	0030-0100	Groundfighting		0030-0100	Self-Defenses
	0100-0130	Defenses		0100-0130	Knife Defenses
	0130-0200	Self-Defenses		0130-0200	Shotgun/Rifle Defenses
WEEK 4	0000-0030	Combatives	WEEK 4	0000-0030	Combatives
	0030-0100	Falls		0030-0100	Handgun Defenses
	0100-0130	Groundfighting		0100-0130	Throws
	0130-0200	Defenses		0130-0200	Self-Defenses
WEEK 5	0000-0200	Bonus + Knife Defenses	WEEK 5	0000-0200	Bonus + Knife Defenses