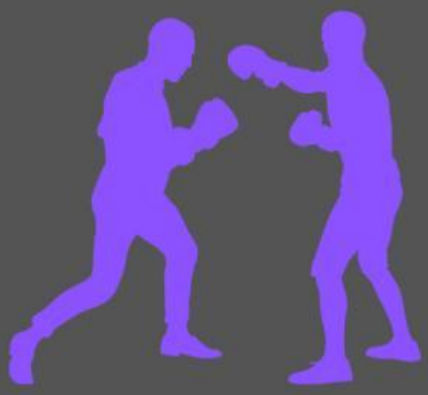


Krav Maga English

Vocabulary list

ENGLISH 24h online classes

Gloves	Lead uppercut
Body shield	Rear uppercut
Training handgun	Bob-and-weave
kick/punch pad	Basic guard
focus/punch pad	High guard
Training knife	Low guard
Block	Duck
Hook	Rotate hips
Jab	Chin down
Cross	
Uppercut	
Overhand	
Lead leg	
Rear leg	
Parry	



LIVEWORKSHEETS