



Krav Maga English

Vocabulary list

ENGLISH
24h
online classes

Gloves

Body shield

Training handgun

kick/punch pad

focus/punch pad

Training knife

Block

Hook

Jab

Cross

Uppercut

Overhand

Lead leg

Rear leg

Parry

Lead uppercut

Rear uppercut

Bob-and-weave

Basic guard

High guard

Low guard

Duck

Rotate hips

Chin down

