

LEVEL 1

	MON	TUES	WED	THURS	SUN
JAN 2	Elbows	Back Position	In. def. high	Wrist Releases	Push f. Front
JAN 9	Round Kicks	Side Position	In. def. low	Headlock sd	Push f. Back
JAN 16	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind	Arm Pulls
JAN 23	1 Hand Pluck	Elbows	Back Position	In. def. high	Wrist Releases
JAN 30	Choke Side	Round Kicks	Side Position	In. def. low	Headlock sd
FEB 6	Choke Back	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind
FEB 13	Push f. Front	1 Hand Pluck	Elbows	Back Position	In. def. high
FEB 20	Push f. Back	Choke Side	Round Kicks	Side Position	In. def. low
FEB 27	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario	360s
MAR 6	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows	Back Position
MAR 13	Headlock sd	Push f. Back	Choke Side	Round Kicks	Side Position
MAR 20	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario
MAR 27	In. def. high	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows
APR 3	In. def. low	Headlock sd	Push f. Back	Choke Side	Round Kicks
APR 10	360s	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck
APR 17	Back Position	In. def. high	Wrist Releases	Push f. Front	1 Hand Pluck
APR 24	Side Position	In. def. low	Headlock sd	Push f. Back	Choke Side
MAY 1	Verbal Scenario	360s	Headlock Behind	Arm Pulls	Choke Back
MAY 8	Elbows	Back Position	In. def. high	Wrist Releases	Push f. Front
MAY 15	Round Kicks	Side Position	In. def. low	Headlock sd	Push f. Back
MAY 22	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind	Arm Pulls
MAY 29	1 Hand Pluck	Elbows	Back Position	In. def. high	Wrist Releases
JUN 5	Choke Side	Round Kicks	Side Position	In. def. low	Headlock sd
JUN 12	Choke Back	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind
JUN 19	Push f. Front	1 Hand Pluck	Elbows	Back Position	In. def. high
JUN 26	Push f. Back	Choke Side	Round Kicks	Side Position	In. def. low
JUL 3	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario	360s
JUL 10	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows	Back Position
JUL 17	Headlock sd	Push f. Back	Choke Side	Round Kicks	Side Position
JUL 24	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario
JULY 31	In. def. high	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows
AUG 7	In. def. low	Headlock sd	Push f. Back	Choke Side	Round Kicks
AUG 14	360s	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck
AUG 21	Back Position	In. def. high	Wrist Releases	Push f. Front	1 Hand Pluck
AUG 28	Side Position	In. def. low	Headlock sd	Push f. Back	Choke Side
SEP 4	Verbal Scenario	360s	Headlock Behind	Arm Pulls	Choke Back
SEP 11	Elbows	Back Position	In. def. high	Wrist Releases	Push f. Front
SEP 18	Round Kicks	Side Position	In. def. low	Headlock sd	Push f. Back
SEP 25	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind	Arm Pulls
OCT 2	1 Hand Pluck	Elbows	Back Position	In. def. high	Wrist Releases
OCT 9	Choke Side	Round Kicks	Side Position	In. def. low	Headlock sd
OCT 16	Choke Back	2 Hand Pluck	Verbal Scenario	360s	Headlock Behind
OCT 23	Push f. Front	1 Hand Pluck	Elbows	Back Position	In. def. high
OCT 30	Push f. Back	Choke Side	Round Kicks	Side Position	In. def. low
NOV 6	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario	360s
NOV 13	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows	Back Position
NOV 20	Headlock sd	Push f. Back	Choke Side	Round Kicks	Side Position
NOV 27	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck	Verbal Scenario
DEC 4	In. def. high	Wrist Releases	Push f. Front	1 Hand Pluck	Elbows
DEC 11	In. def. low	Headlock sd	Push f. Back	Choke Side	Round Kicks
DEC 18	360s	Headlock Behind	Arm Pulls	Choke Back	2 Hand Pluck

LEVEL 2

	TUES	WED	THURS
JAN 2	Head Movement	Elbow Escape	Wall Chokes
JAN 9	Hooks/Overhand	Def. Guard	Choke Behind w/ Pull
JAN 16	Uppercut	Maint. Mount	Bearhug Front
JAN 23	Front/Back kick	Leg Pulls from Ground	Bearhug Behind
JAN 30	Side Kick/Wrist Release	Head Movement	Def. Mount
FEB 6	Adv. Front Kick	Hooks/Overhand	Elbow Escape
FEB 13	Hook/Uppercut Defense	Uppercut	Def. Guard
FEB 20	Inside Def. w/ counters	Front/Back kick	Maint. Mount
FEB 27	360s w/counters	Side Kick/Wrist Release	Leg Pulls from Ground
MAR 6	Kick Def. Arm	Adv. Front Kick	Head Movement
MAR 13	Kick Def. Leg	Hook/Uppercut Defense	Hooks/Overhand
MAR 20	Def. vs Knee Grab (whizzer)	Inside Def. w/ counters	Uppercut
MAR 27	Fall Breaks	360s w/counters	Front/Back kick
APR 3	Wall Chokes	Kick Def. Arm	Side Kick/Wrist Release
APR 10	Choke Behind w/ Pull	Kick Def. Leg	Adv. Front Kick
APR 17	Bearhug Front	Def. vs Knee Grab (whizzer)	Hook/Uppercut Defense
APR 24	Bearhug Behind	Fall Breaks	Inside Def. w/ counters
MAY 1	Def. Mount	Wall Chokes	360s w/counters
MAY 8	Elbow Escape	Choke Behind w/ Pull	Kick Def. Arm
MAY 15	Def. Guard	Bearhug Front	Kick Def. Leg
MAY 22	Maint. Mount	Bearhug Behind	Def. vs Knee Grab (whizzer)
MAY 29	Leg Pulls from Ground	Def. Mount	Fall Breaks
JUN 5	head movement	Elbow Escape	Wall Chokes
JUN 12	Hooks/Overhand	Def. Guard	Choke Behind w/ Pull
JUN 19	Uppercut	Maint. Mount	Bearhug Front
JUN 26	Front/Back kick	Leg Pulls from Ground	Bearhug Behind
JUL 3	Side Kick/Wrist Release	head movement	Def. Mount
JUL 10	Adv. Front Kick	Hooks/Overhand	Elbow Escape
JUL 17	Hook/Uppercut Defense	Uppercut	Def. Guard
JUL 24	Inside Def. w/ counters	Front/Back kick	Maint. Mount
JULY 31	360s w/counters	Side Kick/Wrist Release	Leg Pulls from Ground
AUG 7	Kick Def. Arm	Adv. Front Kick	head movement
AUG 14	Kick Def. Leg	Hook/Uppercut Defense	Hooks/Overhand
AUG 21	Def. vs Knee Grab (whizzer)	Inside Def. w/ counters	Uppercut
AUG 28	Fall Breaks	360s w/counters	Front/Back kick
SEP 4	Wall Chokes	Kick Def. Arm	Side Kick/Wrist Release
SEP 11	Choke Behind w/ Pull	Kick Def. Leg	Adv. Front Kick
SEP 18	Bearhug Front	Def. vs Knee Grab (whizzer)	Hook/Uppercut Defense
SEP 25	Bearhug Behind	Fall Breaks	Inside Def. w/ counters
OCT 2	Def. Mount	Wall Chokes	360s w/counters
OCT 9	Elbow Escape	Choke Behind w/ Pull	Kick Def. Arm
OCT 16	Def. Guard	Bearhug Front	Kick Def. Leg
OCT 23	Maint. Mount	Bearhug Behind	Def. vs Knee Grab (whizzer)
OCT 30	Leg Pulls from Ground	Def. Mount	Fall Breaks
NOV 6	Head Movement	Elbow Escape	Wall Chokes
NOV 13	Hooks/Overhand	Def. Guard	Choke Behind w/ Pull
NOV 20	Uppercut	Maint. Mount	Bearhug Front
NOV 27	Front/Back kick	Leg Pulls from Ground	Bearhug Behind
DEC 4	Side Kick/Wrist Release	Head Movement	Def. Mount
DEC 11	Adv. Front Kick	Hooks/Overhand	Elbow Escape
DEC 18	Hook/Uppercut Defense	Uppercut	Def. Guard

LEVEL 3

	MON	TUES
JAN 2	Kicks	Choke Side Gr.
JAN 9	Sprawl/Snap	Knee Tap/Toe Pick
JAN 16	Punch Def	Head Clinch/Headbutts
JAN 23	Head Clinch/Headbutts	Headlock Side Gr
JAN 30	Kick Def	Stand. Guillotine
FEB 6	Dbl Leg	Arm Drags/Pummeling
FEB 13	Arm Drags/Pummeling	Side Mount Top
FEB 20	Hair Grabs	Front/Back Rolls
FEB 27	Bear Hugs	Side Mount Bottom
MAR 6	Single Leg	Kicks
MAR 13	Guard	Sprawl/Snap
MAR 20	Choke Side Gr.	Punch Def
MAR 27	Knee Tap/Toe Pick	Head Clinch/Headbutts
APR 3	Head Clinch/Headbutts	Kick Def
APR 10	Headlock Side Gr	Dbl Leg
APR 17	Stand. Guillotine	Arm Drags/Pummeling
APR 24	Arm Drags/Pummeling	Hair Grabs
MAY 1	Side Mount Top	Bear Hugs
MAY 8	Rolls/High Fall Break	Single Leg
MAY 15	Side Mount Bottom	Guard
MAY 22	Kicks	Choke Side Gr.
MAY 29	Sprawl/Snap	Knee Tap/Toe Pick
JUN 5	Punch Def	Head Clinch/Headbutts
JUN 12	Head Clinch/Headbutts	Headlock Side Gr
JUN 19	Kick Def	Stand. Guillotine
JUN 26	Dbl Leg	Arm Drags/Pummeling
JUL 3	Arm Drags/Pummeling	Side Mount Top
JUL 10	Hair Grabs	Rolls/High Fall Break
JUL 17	Bear Hugs	Side Mount Bottom
JUL 24	Single Leg	Kicks
JULY 31	Guard	Sprawl/Snap
AUG 7	Choke Side Gr.	Punch Def
AUG 14	Knee Tap/Toe Pick	Head Clinch
AUG 21	Head Clinch	Kick Def
AUG 28	Headlock Side Gr	Dbl Leg
SEP 4	Stand. Guillotine	Arm Drags/Pummeling
SEP 11	Arm Drags/Pummeling	Hair Grabs
SEP 18	Side Mount Top	Bear Hugs
SEP 25	Rolls/High Fall Break	Single Leg
OCT 2	Side Mount Bottom	Guard
OCT 9	Kicks	Choke Side Gr.
OCT 16	Sprawl/Snap	Knee Tap/Toe Pick
OCT 23	Punch Def	Head Clinch/Headbutts
OCT 30	Head Clinch/Headbutts	Headlock Side Gr
NOV 6	Kick Def	Stand. Guillotine
NOV 13	Dbl Leg	Arm Drags/Pummeling
NOV 20	Arm Drags/Pummeling	Side Mount Top
NOV 27	Hair Grabs	Rolls/High Fall Break
DEC 4	Bear Hugs	Side Mount Bottom
DEC 11	Single Leg	Kicks
DEC 18	Guard	Sprawl/Snap

LEVEL 4

	MON	WED
JAN 2	Kicks/Kick Defenses	Gun Side/Pushing
JAN 9	Knife Threat	Leg and Arm Triangle
JAN 16	Stick Off Angle	Guillotine and Defense
JAN 23	Head Clinching/Sit Out	Headlock from Behind and Defense.
JAN 30	Gun Behind/Dead Side	Kicks/Kick Defenses
FEB 6	Double Leg	Knife Threat
FEB 13	Cavaliers	Stick Off Angle
FEB 20	Gun Cupping	Head Clinching/Sit Out
FEB 27	Sweeps	Gun Behind/Dead Side
MAR 6	Head Clinching	Double Leg
MAR 13	Baseball Bat/Overhead	Cavaliers
MAR 20	Knife Def	Gun Cupping
MAR 27	Gun Front/Side of Head	Sweeps
APR 3	Gun Side/Pushing	Head Clinching
APR 10	Leg and Arm Triangle	Baseball Bat/Overhead
APR 17	Guillotine and Defense	Knife Def
APR 24	Headlock from Behind and Defense.	Gun Front/Side of Head
MAY 1	Sit Out	Gun Side/Pushing
MAY 8	Kicks/Kick Defenses	Leg and Arm Triangle
MAY 15	Knife Threat	Guillotine and Defense
MAY 22	Stick Off Angle	Headlock from Behind and Defense.
MAY 29	Head Clinching/Sit Out	Sit Out
JUN 5	Gun Behind/Dead Side	Kicks/Kick Defenses
JUN 12	Double Leg	Knife Threat
JUN 19	Cavaliers	Stick Off Angle
JUN 26	Gun Cupping	Head Clinching/Sit Out
JUL 3	Sweeps	Gun Behind/Dead Side
JUL 10	Head Clinching	Double Leg
JUL 17	Baseball Bat/Overhead	Cavaliers
JUL 24	Knife Def	Gun Cupping
JULY 31	Gun Front/Side of Head	Sweeps
AUG 7	Gun Side/Pushing	Head Clinching
AUG 14	Leg and Arm Triangle	Baseball Bat/Overhead
AUG 21	Guillotine and Defense	Knife Def
AUG 28	Headlock from Behind and Defense.	Gun Front/Side of Head
SEP 4	Sit Out	Gun Side/Pushing
SEP 11	Kicks/Kick Defenses	Leg and Arm Triangle
SEP 18	Knife Threat	Guillotine and Defense
SEP 25	Stick Off Angle	Headlock from Behind and Defense.
OCT 2	Head Clinching/Sit Out	Sit Out
OCT 9	Gun Behind/Dead Side	Kicks/Kick Defenses
OCT 16	Double Leg	Knife Threat
OCT 23	Cavaliers	Stick Off Angle
OCT 30	Gun Cupping	Head Clinching/Sit Out
NOV 6	Sweeps	Gun Behind/Dead Side
NOV 13	Head Clinching	Double Leg
NOV 20	Baseball Bat/Overhead	Cavaliers
NOV 27	Knife Def	Gun Cupping
DEC 4	Gun Front/Side of Head	Sweeps
DEC 11	Gun Side/Pushing	Head Clinching
DEC 18	Leg and Arm Triangle	Baseball Bat/Overhead