

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

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

3

MON

JAN 1	Side Control Top
JAN 8	Punch Defenses
JAN 15	Kicks
JAN 22	Kick Defenses
JAN 29	Rolls
FEB 5	Hair Grabs
FEB 12	Head Butts/Head Clinch
FEB 19	Bear Hugs
FEB 26	Full Nelson
MAR 5	Rev. Headlock (Standing and on Ground)
MAR 12	Sprawl/Snap
MAR 19	Dbl Leg
MAR 26	Single Leg
APR 2	Pumpling/Arm Drags
APR 9	Guard
APR 16	Choke Side Ground
APR 23	Side Control Top
APR 30	Side Control Bottom
MAY 7	Sparring
MAY 14	Punch Defenses
MAY 21	Kicks
MAY 28	Kick Defenses
JUN 4	Rolls
JUN 11	Hair Grabs
JUN 18	Head Butts/Head Clinch
JUN 25	Bear Hugs
JUL 2	Full Nelson
JUL 9	Rev. Headlock (Standing and on Ground)
JUL 16	Sprawl/Snap
JUL 23	Dbl Leg
JULY 30	Single Leg
AUG 6	Pumpling/Arm Drags
AUG 13	Guard
AUG 20	Choke Side Ground
AUG 27	Side Control Top
SEP 3	Side Control Bottom
SEP 10	Sparring
SEP 17	Punch Defenses
SEP 24	Kicks
OCT 1	Kick Defenses
OCT 8	Rolls
OCT 15	Hair Grabs
OCT 22	Head Butts/Head Clinch
OCT 29	Bear Hugs
NOV 5	Full Nelson
NOV 12	Rev. Headlock (Standing and on Ground)
NOV 19	Sprawl/Snap
NOV 26	Dbl Leg
DEC 3	Single Leg
DEC 10	Pumpling/Arm Drags
DEC 17	Guard
DEC 24	Choke Side Ground

4

WED

JAN 1	Kicks
JAN 8	Sweeps
JAN 15	Kick Defenses
JAN 22	Overhead/Off Angle Stick
JAN 29	Baseball Bat Swing
FEB 5	Cavaliers
FEB 12	Knife threats front/Kicks
FEB 19	Knife in front of arm
FEB 26	Gun Front/Side of Head
MAR 5	Gun Side
MAR 12	Gun Behind
MAR 19	Gun Dead Side/Cupping
MAR 26	Pinned Wrists/Arm Bar Defense
APR 2	Leg/Arm Triangle
APR 9	Guillotine Attack and Defense
APR 16	Headlock Behind on Ground
APR 23	Sit Outs
APR 30	Blast Double
MAY 7	Kicks
MAY 14	Sweeps
MAY 21	Kick Defenses
MAY 28	Overhead/Off Angle Stick
JUN 4	Baseball Bat Swing
JUN 11	Cavaliers
JUN 18	Knife threats front/Kicks
JUN 25	Knife in front of arm
JUL 2	Gun Front/Side of Head
JUL 9	Gun Side
JUL 16	Gun Behind
JUL 23	Gun Dead Side/Cupping
JULY 30	Pinned Wrists/Arm Bar Defense
AUG 6	Leg/Arm Triangle
AUG 13	Guillotine Attack and Defense
AUG 20	Headlock Behind on Ground
AUG 27	Sit Outs
SEP 3	Blast Double
SEP 10	Kicks
SEP 17	Sweeps
SEP 24	Kick Defenses
OCT 1	Overhead/Off Angle Stick
OCT 8	Baseball Bat Swing
OCT 15	Cavaliers
OCT 22	Knife threats front/Kicks
OCT 29	Knife in front of arm
NOV 5	Gun Front/Side of Head
NOV 12	Gun Side
NOV 19	Gun Behind
NOV 26	Gun Dead Side/Cupping
DEC 3	Pinned Wrists/Arm Bar Defense
DEC 10	Leg/Arm Triangle
DEC 17	Guillotine Attack and Defense
DEC 24	Headlock Behind on Ground

5

SAT

JAN 1	Shoulder/Hip Throw
JAN 8	Knife Over/Under
JAN 15	Handgun Behind close and Far
JAN 22	Machine Gun Takedown
JAN 29	Straight Stab Live/Dead
FEB 5	Long Gun Front
FEB 12	Headlock Roll
FEB 19	Knife Slashes
FEB 26	Long Gun Behind
MAR 5	Headlock Throw/Sit Through
MAR 12	Knife Threats 360
MAR 19	Long Gun in Front of Arm
MAR 26	Full Nelson
APR 2	Multiple Attacker Drills
APR 9	Multiple Attacker Sparring
APR 16	Shoulder/Hip Throw
APR 23	Knife Over/Under
APR 30	Handgun Behind close and Far
MAY 7	Machine Gun Takedown
MAY 14	Straight Stab Live/Dead
MAY 21	Long Gun Front
MAY 28	Headlock Roll
JUN 4	Knife Slashes
JUN 11	Long Gun Behind
JUN 18	Headlock Throw/Sit Through
JUN 25	Knife Threats 360
JUL 2	Long Gun in Front of Arm
JUL 9	Full Nelson
JUL 16	Multiple Attacker Drills
JUL 23	Multiple Attacker Sparring
JULY 30	Shoulder/Hip Throw
AUG 6	Knife Over/Under
AUG 13	Handgun Behind close and Far
AUG 20	Machine Gun Takedown
AUG 27	Straight Stab Live/Dead
SEP 3	Long Gun Front
SEP 10	Headlock Roll
SEP 17	Knife Slashes
SEP 24	Long Gun Behind
OCT 1	Headlock Throw/Sit Through
OCT 8	Knife Threats 360
OCT 15	Long Gun in Front of Arm
OCT 22	Full Nelson
OCT 29	Multiple Attacker Drills
NOV 5	Multiple Attacker Sparring
NOV 12	Shoulder/Hip Throw
NOV 19	Knife Over/Under
NOV 26	Handgun Behind close and Far
DEC 3	Machine Gun Takedown
DEC 10	Straight Stab Live/Dead
DEC 17	Long Gun Front
DEC 24	Headlock Roll