

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>SUNDAY</b>
<b>JAN 7</b>	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
<b>JAN 14</b>	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
<b>JAN 21</b>	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
<b>JAN 30</b>	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
<b>FEB 4</b>	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side
<b>FEB 11</b>	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind
<b>FEB 18</b>	Arm Pulls	Choke from the side	2-hand pluck	360s	Verbal Scenarios
<b>FEB 25</b>	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind
<b>MAR 4</b>	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses
<b>MAR 11</b>	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck	360s
<b>MAR 18</b>	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training
<b>MAR 25</b>	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees
<b>APR 1</b>	360s	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck
<b>APR 8</b>	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck
<b>APR 15</b>	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back
<b>APR 22</b>	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
<b>APR 29</b>	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
<b>MAY 6</b>	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
<b>MAY 13</b>	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
<b>MAY 20</b>	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side

	<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THURS</b>
<b>JAN 6</b>	360s w/counters	Head Movement	Elb. Esc/Rev Mnt	Wall Chokes
<b>JAN 15</b>	Kick Def. Arm	Hooks/Overhand	Def. Guard	Choke Behind w/ Pull
<b>JAN 22</b>	Kick Def. Leg	Uppercut	Maint. Mount	Bearhug Front
<b>JAN 23</b>	Def. vs Knee Grab (whizzer)	Front/Back kick	Leg Pulls from Ground	bearhug Behind
<b>JAN 30</b>	Fall Breaks	Side Kick/Wrist Release	Head Movement	Def. Mount
<b>FEB 4</b>	Wall Chokes	Adv. Front Kick	Hooks/Overhand	Elb. Esc/Rev Mnt
<b>FEB 11</b>	Choke Behind w/ Pull	Hook/Uppercut Defense	Uppercut	Def. Guard
<b>FEB 18</b>	Bearhug Front	Inside Def. w/ counters	Front/Back kick	Maint. Mount
<b>FEB 25</b>	Bearhug Behind	360s w/counters	Side Kick/Wrist Release	Leg Pulls from Ground
<b>MAR 4</b>	Def. Mount	Kick Def. Arm	Adv. Front Kick	Head Movement
<b>MAR 11</b>	Elb. Esc/Rev Mnt	Kick Def. Leg	Hook/Uppercut Defense	Hooks/Overhand
<b>MAR 18</b>	Def. Guard	Def. vs Knee Grab (whizzer)	Inside Def. w/ counters	Uppercut
<b>MAR 25</b>	Maint. Mount	Fall Breaks	360s w/counters	Front/Back kick
<b>APR 1</b>	Leg Pulls from Ground	Wall Chokes	Kick Def. Arm	Side Kick/Wrist Release
<b>APR 8</b>	Head Movement	Choke Behind w/ Pull	Kick Def. Leg	Adv. Front Kick
<b>APR 15</b>	Hooks/Overhand	Bearhug Front	Def. vs Knee Grab (whizzer)	Hook/Uppercut Defense
<b>APR 22</b>	Uppercut	Bearhug Behind	Fall Breaks	Inside Def. w/ counters
<b>APR 29</b>	Front/Back kick	Def. Mount	Wall Chokes	360s w/counters
<b>MAY 6</b>	Side Kick/Wrist Release	Elb. Esc/Rev Mnt	Choke Behind w/ Pull	Kick Def. Arm
<b>MAY 13</b>	Adv. Front Kick	Def. Guard	Bearhug Front	Kick Def. Leg
<b>MAY 20</b>	Hook/Uppercut Defense	Maint. Mount	bearhug Behind	Def. vs Knee Grab (whizzer)

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WED</b>
<b>JAN 7</b>	Head Butts	Arm bar	Bear Hugs
<b>JAN 14</b>	Punch Defenses	Stacking	Full Nelson
<b>JAN 21</b>	Kicks	Sit Up and Sweep	Reverse headlock
<b>JAN 30</b>	Kick Defenses	Choke from side on Ground	Sprawls
<b>FEB 4</b>	Rolls	Side Control Top	Double Leg
<b>FEB 11</b>	Hair Grabs	Side Control Bottom	Single Leg
<b>FEB 18</b>	Bear Hugs	Head Butts	Ankle Pick
<b>FEB 25</b>	Full Nelson	Punch Defenses	Arm bar
<b>MAR 4</b>	Reverse headlock	Kicks	Stacking
<b>MAR 11</b>	Sprawls	Kick Defenses	Sit Up and Sweep
<b>MAR 18</b>	Double Leg	Rolls	Choke from side on Ground
<b>MAR 25</b>	Single Leg	Hair Grabs	Side Control Top
<b>APR 1</b>	Ankle Pick	Bear Hugs	Side Control Bottom
<b>APR 8</b>	Arm bar	Full Nelson	Head Butts
<b>APR 15</b>	Stacking	Reverse headlock	Punch Defenses
<b>APR 22</b>	Sit Up and Sweep	Sprawls	Kicks
<b>APR 29</b>	Choke from side on Ground	Double Leg	Kick Defenses
<b>MAY 6</b>	Side Control Top	Single Leg	Rolls
<b>MAY 13</b>	Side Control Bottom	Ankle Pick	Hair Grabs
<b>MAY 20</b>	Head Butts	Arm bar	Bear Hugs