

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
JAN 7	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
JAN 14	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
JAN 21	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
JAN 30	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
FEB 4	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side
FEB 11	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind
FEB 18	Arm Pulls	Choke from the side	2-hand pluck	360s	Verbal Scenarios
FEB 25	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind
MAR 4	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses
MAR 11	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck	360s
MAR 18	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training
MAR 25	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees
APR 1	360s	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck
APR 8	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck
APR 15	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back
APR 22	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
APR 29	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
MAY 6	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
MAY 13	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
MAY 20	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side
MAY 27	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind
JUN 3	Arm Pulls	Choke from the side	2-hand pluck	360s	Verbal Scenarios
JUN 10	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind
JUN 17	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses
JUN 24	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck	360s
JUL 1	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training
JUL 8	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees
JUL 15	360s	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck
JUL 22	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck
JUL 29	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back
AUG 5	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
AUG 12	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
AUG 19	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
AUG 26	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
SEP 2	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side
SEP 9	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind
SEP 16	Arm Pulls	Choke from the side	2-hand pluck	360s	Verbal Scenarios
SEP 23	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind
SEP 30	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses
OCT 7	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck	360s
OCT 14	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck	Combatives Training
OCT 21	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back	Round kicks/round knees
OCT 28	360s	Verbal Scenarios	Arm Pulls	Choke from the side	2-hand pluck
NOV 4	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push	1-hand pluck
NOV 11	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push	Choke from the back
NOV 18	2-hand pluck	360s	Verbal Scenarios	Arm Pulls	Choke from the side
NOV 25	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side	Choke from the front with a push
DEC 2	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind	Choke from the back with a push
DEC 9	Choke from the side	2-hand pluck	360s	Verbal Scenarios	Arm Pulls
DEC 16	Choke from the front with a push	1-hand pluck	Combatives Training	2-hands held behind	Headlock from the side
DEC 23	Choke from the back with a push	Choke from the back	Round kicks/round knees	Inside Defenses	Headlock from behind

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

	MONDAY	TUESDAY	WED
JAN 7	Head Butts	Arm bar	Bear Hugs
JAN 14	Punch Defenses	Stacking	Full Nelson
JAN 21	Kicks	Sit Up and Sweep	Reverse headlock
JAN 30	Kick Defenses	Choke from side on Ground	Sprawls
FEB 4	Rolls	Side Control Top	Double Leg
FEB 11	Hair Grabs	Side Control Bottom	Single Leg
FEB 18	Bear Hugs	Head Butts	Ankle Pick
FEB 25	Full Nelson	Punch Defenses	Arm bar
MAR 4	Reverse headlock	Kicks	Stacking
MAR 11	Sprawls	Kick Defenses	Sit Up and Sweep
MAR 18	Double Leg	Rolls	Choke from side on Ground
MAR 25	Single Leg	Hair Grabs	Side Control Top
APR 1	Ankle Pick	Bear Hugs	Side Control Bottom
APR 8	Arm bar	Full Nelson	Head Butts
APR 15	Stacking	Reverse headlock	Punch Defenses
APR 22	Sit Up and Sweep	Sprawls	Kicks
APR 29	Choke from side on Ground	Double Leg	Kick Defenses
MAY 6	Side Control Top	Single Leg	Rolls
MAY 13	Side Control Bottom	Ankle Pick	Hair Grabs
MAY 20	Head Butts	Arm bar	Bear Hugs
MAY 27	Punch Defenses	Stacking	Full Nelson
JUN 3	Kicks	Sit Up and Sweep	Reverse headlock
JUN 10	Kick Defenses	Choke from side on Ground	Sprawls
JUN 17	Rolls	Side Control Top	Double Leg
JUN 24	Hair Grabs	Side Control Bottom	Single Leg
JUL 1	Bear Hugs	Head Butts	Ankle Pick
JUL 8	Full Nelson	Punch Defenses	Arm bar
JUL 15	Reverse headlock	Kicks	Stacking
JUL 22	Sprawls	Kick Defenses	Sit Up and Sweep
JUL 29	Double Leg	Rolls	Choke from side on Ground
AUG 5	Single Leg	Hair Grabs	Side Control Top
AUG 12	Ankle Pick	Bear Hugs	Side Control Bottom
AUG 19	Arm bar	Full Nelson	Head Butts
AUG 26	Stacking	Reverse headlock	Punch Defenses
SEP 2	Sit Up and Sweep	Sprawls	Kicks
SEP 9	Choke from side on Ground	Double Leg	Kick Defenses
SEP 16	Side Control Top	Single Leg	Rolls
SEP 23	Side Control Bottom	Ankle Pick	Hair Grabs
SEP 30	Head Butts	Arm bar	Bear Hugs
OCT 7	Punch Defenses	Stacking	Full Nelson
OCT 14	Kicks	Sit Up and Sweep	Reverse headlock
OCT 21	Kick Defenses	Choke from side on Ground	Sprawls
OCT 28	Rolls	Side Control Top	Double Leg
NOV 4	Hair Grabs	Side Control Bottom	Single Leg
NOV 11	Bear Hugs	Head Butts	Ankle Pick
NOV 18	Full Nelson	Punch Defenses	Arm bar
NOV 25	Reverse headlock	Kicks	Stacking
DEC 2	Sprawls	Kick Defenses	Sit Up and Sweep
DEC 9	Double Leg	Rolls	Choke from side on Ground
DEC 16	Single Leg	Hair Grabs	Side Control Top
DEC 23	Ankle Pick	Bear Hugs	Side Control Bottom
DEC 30	Arm bar	Full Nelson	Head Butts

**MONDAY****WED**

JAN	Stick	Knife
FEB	Sweeps/Cavaliers/Throws	Sparring/Kick Defenses
MAR	Gun	Gun
APR	Groundwork	Stick
MAY	Knife	Sweeps/Cavaliers/Throws
JUN	Sparring/Kick Defenses	Gun
JUL	Gun	Groundwork
AUG	Stick	Knife
SEP	Sweeps/Cavaliers/Throws	Sparring/Kick Defenses
OCT	Gun	Gun
NOV	Groundwork	Stick
DEC	Knife	Sweeps/Cavaliers/Throws

**SATURDAY**

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