

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
JAN 6	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind	Choke from the front with a push
JAN 13	1-hand pluck	Side Position	360s	Verbal Scenarios	Choke from the back with a push
JAN 20	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind	Arm Pulls
JAN 27	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses	Headlock from the side
FEB 3	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind
FEB 10	Choke from the back with a push	1-hand pluck	Side Position	360s	Verbal Scenarios
FEB 17	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind
FEB 24	Headlock from the side	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses
MAR 2	Headlock from behind	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses
MAR 9	Verbal Scenarios	Choke from the back with a push	1-hand pluck	Side Position	360s
MAR 16	2-hands held behind	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training
MAR 23	Inside Defenses	Headlock from the side	Choke from the side	Wrist Releases	Round kicks/round knees
MAR 30	Low Punch Defenses	Headlock from behind	Choke from the front with a push	2-hand pluck	Back Position
APR 6	360s	Verbal Scenarios	Choke from the back with a push	1-hand pluck	Side Position
APR 13	Combatives Training	2-hands held behind	Arm Pulls	Choke from the back	Focus Mitts
APR 20	Round kicks/round knees	Inside Defenses	Headlock from the side	Choke from the side	Wrist Releases
APR 27	Back Position	Low Punch Defenses	Headlock from behind	Choke from the front with a push	2-hand pluck
MAY 4	Side Position	360s	Verbal Scenarios	Choke from the back with a push	1-hand pluck
MAY 11	Focus Mitts	Combatives Training	2-hands held behind	Arm Pulls	Choke from the back
MAY 18	Wrist Releases	Round kicks/round knees	Inside Defenses	Headlock from the side	Choke from the side
MAY 25	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind	Choke from the front with a push
JUN 1	1-hand pluck	Side Position	360s	Verbal Scenarios	Choke from the back with a push
JUN 8	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind	Arm Pulls
JUN 15	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses	Headlock from the side
JUN 22	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind
JUN 29	Choke from the back with a push	1-hand pluck	Side Position	360s	Verbal Scenarios
JUL 6	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind
JUL 13	Headlock from the side	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses
JUL 20	Headlock from behind	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses
JUL 27	Verbal Scenarios	Choke from the back with a push	1-hand pluck	Side Position	360s
AUG 3	2-hands held behind	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training
AUG 10	Inside Defenses	Headlock from the side	Choke from the side	Wrist Releases	Round kicks/round knees
AUG 17	Low Punch Defenses	Headlock from behind	Choke from the front with a push	2-hand pluck	Back Position
AUG 24	360s	Verbal Scenarios	Choke from the back with a push	1-hand pluck	Side Position
AUG 31	Combatives Training	2-hands held behind	Arm Pulls	Choke from the back	Focus Mitts
SEP 7	Round kicks/round knees	Inside Defenses	Headlock from the side	Choke from the side	Wrist Releases
SEP 14	Back Position	Low Punch Defenses	Headlock from behind	Choke from the front with a push	2-hand pluck
SEP 21	Side Position	360s	Verbal Scenarios	Choke from the back with a push	1-hand pluck
SEP 28	Focus Mitts	Combatives Training	2-hands held behind	Arm Pulls	Choke from the back
OCT 5	Wrist Releases	Round kicks/round knees	Inside Defenses	Headlock from the side	Choke from the side
OCT 12	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind	Choke from the front with a push
OCT 19	1-hand pluck	Side Position	360s	Verbal Scenarios	Choke from the back with a push
OCT 26	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind	Arm Pulls
NOV 2	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses	Headlock from the side
NOV 9	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses	Headlock from behind
NOV 16	Choke from the back with a push	1-hand pluck	Side Position	360s	Verbal Scenarios
NOV 23	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training	2-hands held behind
NOV 30	Headlock from the side	Choke from the side	Wrist Releases	Round kicks/round knees	Inside Defenses
DEC 7	Headlock from behind	Choke from the front with a push	2-hand pluck	Back Position	Low Punch Defenses
DEC 14	Verbal Scenarios	Choke from the back with a push	1-hand pluck	Side Position	360s
DEC 21	2-hands held behind	Arm Pulls	Choke from the back	Focus Mitts	Combatives Training

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

	MONDAY	WED
JAN 6	Head Butts	Bear Hugs
JAN 13	Punch Defenses	Full Nelson
JAN 20	Kicks	Reverse headlock
JAN 27	Kick Defenses	Sprawls
FEB 3	Rolls	Double Leg
FEB 10	Hair Grabs	Single Leg
FEB 17	Bear Hugs	Ankle Pick
FEB 24	Full Nelson	Arm bar
MAR 2	Reverse headlock	Stacking
MAR 9	Sprawls	Sit Up and Sweep
MAR 16	Double Leg	Choke from side on Ground
MAR 23	Single Leg	Side Control Top
MAR 30	Ankle Pick	Side Control Bottom
APR 6	Arm bar	Head Butts
APR 13	Stacking	Punch Defenses
APR 20	Sit Up and Sweep	Kicks
APR 27	Choke from side on Ground	Kick Defenses
MAY 4	Side Control Top	Rolls
MAY 11	Side Control Bottom	Hair Grabs
MAY 18	Head Butts	Bear Hugs
MAY 25	Punch Defenses	Full Nelson
JUN 1	Kicks	Reverse headlock
JUN 8	Kick Defenses	Sprawls
JUN 15	Rolls	Double Leg
JUN 22	Hair Grabs	Single Leg
JUN 29	Bear Hugs	Ankle Pick
JUL 6	Full Nelson	Arm bar
JUL 13	Reverse headlock	Stacking
JUL 20	Sprawls	Sit Up and Sweep
JUL 27	Double Leg	Choke from side on Ground
AUG 3	Single Leg	Side Control Top
AUG 10	Ankle Pick	Side Control Bottom
AUG 17	Arm bar	Head Butts
AUG 24	Stacking	Punch Defenses
AUG 31	Sit Up and Sweep	Kicks
SEP 7	Choke from side on Ground	Kick Defenses
SEP 14	Side Control Top	Rolls
SEP 21	Side Control Bottom	Hair Grabs
SEP 28	Head Butts	Bear Hugs
OCT 5	Punch Defenses	Full Nelson
OCT 12	Kicks	Reverse headlock
OCT 19	Kick Defenses	Sprawls
OCT 26	Rolls	Double Leg
NOV 2	Hair Grabs	Single Leg
NOV 9	Bear Hugs	Ankle Pick
NOV 16	Full Nelson	Arm bar
NOV 23	Reverse headlock	Stacking
NOV 30	Sprawls	Sit Up and Sweep
DEC 7	Double Leg	Choke from side on Ground
DEC 14	Single Leg	Side Control Top
DEC 21	Ankle Pick	Side Control Bottom
DEC 30	Arm bar	Head Butts

**MONDAY****WED**

JAN	Stick	Knife
FEB	Sweeps/Cavaliers/Throws	Sparring/Kick Defenses
MAR	Gun	Groundwork
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 6	Shoulder/Hip Throw
JAN 13	Knife Over/Under
JAN 20	Handgun Behind close and Far
JAN 27	Machine Gun Takedown
FEB 3	Straight Stab Live/Dead
FEB 10	Long Gun Front
FEB 17	Headlock Roll
FEB 24	Knife Slashes
MAR 2	Long Gun Behind
MAR 9	Headlock Throw/Sit Through
MAR 16	Knife Threats 360
MAR 23	Long Gun in Front of Arm
MAR 30	Full Nelson
APR 6	Multiple Attacker Drills
APR 13	Multiple Attacker Sparring
APR 20	Shoulder/Hip Throw
APR 27	Knife Over/Under
MAY 4	Handgun Behind close and Far
MAY 11	Machine Gun Takedown
MAY 18	Straight Stab Live/Dead
MAY 25	Long Gun Front
JUN 1	Headlock Roll
JUN 8	Knife Slashes
JUN 15	Long Gun Behind
JUN 22	Headlock Throw/Sit Through
JUN 29	Knife Threats 360
JUL 6	Long Gun in Front of Arm
JUL 13	Full Nelson
JUL 20	Multiple Attacker Drills
JUL 27	Multiple Attacker Sparring
AUG 3	Shoulder/Hip Throw
AUG 10	Knife Over/Under
AUG 17	Handgun Behind close and Far
AUG 24	Machine Gun Takedown
AUG 31	Straight Stab Live/Dead
SEP 7	Long Gun Front
SEP 14	Headlock Roll
SEP 21	Knife Slashes
SEP 28	Long Gun Behind
OCT 5	Headlock Throw/Sit Through
OCT 12	Knife Threats 360
OCT 19	Long Gun in Front of Arm
OCT 26	Full Nelson
NOV 2	Multiple Attacker Drills
NOV 9	Multiple Attacker Sparring
NOV 16	Shoulder/Hip Throw
NOV 23	Knife Over/Under
NOV 30	Handgun Behind close and Far
DEC 7	Machine Gun Takedown
DEC 14	Straight Stab Live/Dead
DEC 21	Long Gun Front
DEC 23	Headlock Roll

SPARRING

JAN 6	Focus Mitts and Striking (hands)
JAN 13	Focus Mitts and Striking (with kicks)
JAN 20	Counters - hands as defending tool
JAN 27	Counters - head movement
FEB 3	CQC - Elbows, Knees, and Clinch
FEB 10	Focus Mitts and Striking (hands)
FEB 17	Focus Mitts and Striking (with kicks)
FEB 24	Footwork and Movement
MAR 2	Counters - Countering the Kick
MAR 9	Multiple Attackers - Footwork and Strategy
MAR 16	Full Sparring Day
MAR 23	Single and Double Leg Takedowns
MAR 30	Takedown Defenses
APR 6	Ground - Mount & Guard
APR 13	Ground - Side Control
APR 20	Ground to Feet Sparring
APR 27	Main Skill
MAY 4	Footwork and Movement
MAY 11	Focus Mitts and Striking (hands)
MAY 18	Focus Mitts and Striking (with kicks)
MAY 25	Counters - hands as defending tool
JUN 1	Counters - head movement
JUN 8	CQC - Elbows, Knees, and Clinch
JUN 15	Focus Mitts and Striking (hands)
JUN 22	Focus Mitts and Striking (with kicks)
JUN 29	Footwork and Movement
JUL 6	Counters - Countering the Kick
JUL 13	Multiple Attackers - Footwork and Strategy
JUL 20	Full Sparring Day