

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

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

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MONDAY

WEDNESDAY

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

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WEDNESDAY

JAN 4	Kicks
JAN 11	Sweep Heel Kick
JAN 18	Kick Defenses
JAN 25	Mounted Pinned
FEB 1	Gun Front
FEB 8	Gun Side of Head
FEB 15	Gun Side Touching
FEB 22	Arm Bar Defense
MAR 1	Cavaliers
MAR 8	Knife Front
MAR 15	Knife Neck #1
MAR 22	Knife Neck #2
MAR 29	Knife Side
APR 5	Arm Triangle
APR 12	Leg Triangle
APR 19	Gun Behind
APR 26	Gun Dead Side
MAY 3	Gun Cupping
MAY 10	Guillotine/Defense
MAY 17	Knife Kick/360s
MAY 24	Headlock Behind Ground
MAY 31	Sit Outs
JUN 7	Stick Overhead
JUN 14	Stick Baseball Bat
JUN 21	Stick Off-Angle
JUN 28	Double Leg

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MONDAY

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