

1

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

2

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

3

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

4

	WEDNESDAY
JAN 3	Kicks
JAN 10	Sweep Heel Kick
JAN 17	Kick Defenses
JAN 24	Mounted Pinned
JAN 31	Gun Front
FEB 7	Gun Side of Head
FEB 14	Gun Side Touching
FEB 21	Arm Bar Defense
FEB 28	Cavaliers
MAR 7	Knife Front
MAR 14	Knife Neck #1
MAR 21	Knife Neck #2
MAR 28	Knife Side
APR 4	Arm Triangle
APR 11	Leg Triangle
APR 18	Gun Behind
APR 25	Gun Dead Side
MAY 2	Gun Cupping
MAY 9	Guillotine/Defense
MAY 16	Knife Kick/360s
MAY 23	Headlock Behind Ground
MAY 30	Sit Outs
JUN 6	Stick Overhead
JUN 13	Stick Baseball Bat
JUN 20	Stick Off-Angle
JUN 27	Double Leg
JUL 4	Kicks
JUL 11	Sweep Heel Kick
JUL 18	Kick Defenses
JUL 25	Mounted Pinned
AUG 1	Gun Front
AUG 8	Gun Side of Head
AUG 15	Gun Side Touching
AUG 22	Arm Bar Defense
AUG 29	Cavaliers
SEP 5	Knife Front
SEP 12	Knife Neck #1
SEP 19	Knife Neck #2
SEP 26	Knife Side
OCT 3	Arm Triangle
OCT 10	Leg Triangle
OCT 17	Gun Behind
OCT 24	Gun Dead Side
OCT 31	Gun Cupping
NOV 7	Guillotine/Defense
NOV 14	Knife Kick/360s
NOV 21	Headlock Behind Ground
NOV 28	Sit Outs
DEC 5	Stick Overhead
DEC 12	Stick Baseball Bat
DEC 19	Stick Off-Angle