

# 1

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

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

# 3

## MONDAY

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

## WEDNESDAY

Arm bar
Stacking
Sit Up and Sweep
Choke from side on Ground
Side Control Top
Side Control Bottom
Head Butts
Punch Defenses
Kicks
Kick Defenses
Rolls
Hair Grabs
Bear Hugs
Full Nelson
Reverse headlock
Sprawls
Double Leg
Single Leg
Ankle Pick
Arm bar
Stacking
Sprawls
Double Leg
Single Leg
Full Nelson
Reverse headlock
Stacking
Double Leg
Single Leg
Ankle Pick
Full Nelson
Reverse headlock
Sprawls
Double Leg
Single Leg
Ankle Pick
Full Nelson
Reverse headlock
Sprawls
Double Leg
Single Leg
Ankle Pick
Full Nelson

# 4

## WEDNESDAY

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

# 5

## TUESDAY

JAN 2	Knife Overhead
JAN 9	Knife Underhand
JAN 16	Handgun Behind Close
JAN 23	Handgun Behind Far
JAN 30	Machine Gun Takedown
FEB 6	Straight Stab Live Side
FEB 13	Straight Stab Dead side
FEB 20	Long Gun Live Side
FEB 27	Long Gun Dead Side
MAR 6	Headlock Roll
MAR 13	Knife Slash Forward
MAR 20	Knife Slash Backhand
MAR 27	Long Gun Behind Live Side
APR 3	Long Gun Behind Dead Side
APR 10	Headlock Throw/Sit Through
APR 17	Knife Threats 360
APR 24	Long Gun In Front of Arm Live Side
MAY 1	Long Gun In Front of Arm Dead Side
MAY 8	Full Nelson
MAY 15	Multiple Attacker Drills
MAY 22	Multiple Attacker Sparring
MAY 29	Shoulder Throw
JUN 5	Hip Throw
JUN 12	Knife Overhead
JUN 19	Knife Underhand
JUN 26	Handgun Behind Close
JUL 3	Handgun Behind Far
JUL 10	Machine Gun Takedown
JUL 17	Straight Stab Live Side
JUL 24	Straight Stab Dead side
JUL 31	Long Gun Live Side
AUG 7	Long Gun Dead Side
AUG 14	Headlock Roll
AUG 21	Knife Slash Forward
AUG 28	Knife Slash Backhand
SEP 4	Long Gun Behind Live Side
SEP 11	Long Gun Behind Dead Side
SEP 18	Headlock Throw/Sit Through
SEP 25	Knife Threats 360
OCT 2	Long Gun In Front of Arm Live Side
OCT 9	Long Gun In Front of Arm Dead Side
OCT 16	Full Nelson
OCT 23	Multiple Attacker Drills
OCT 30	Multiple Attacker Sparring
NOV 6	Shoulder Throw
NOV 13	Hip Throw
NOV 20	Knife Overhead
NOV 27	Knife Underhand
DEC 4	Handgun Behind Close
DEC 11	Handgun Behind Far
DEC 18	Machine Gun Takedown

# FITNESS

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>JAN 2</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>JAN 9</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JAN 16</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JAN 23</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JAN 30</b>	Full	Upper	Lower	Full	Upper	Lower
<b>FEB 6</b>	Full	Upper	Lower	Full	Upper	Lower
<b>FEB 13</b>	Full	Upper	Lower	Full	Upper	Lower
<b>FEB 20</b>	Full	Upper	Lower	Full	Upper	Lower
<b>FEB 27</b>	Lower	Full	Upper	Lower	Full	Upper
<b>MAR 6</b>	Lower	Full	Upper	Lower	Full	Upper
<b>MAR 13</b>	Lower	Full	Upper	Lower	Full	Upper
<b>MAR 20</b>	Lower	Full	Upper	Lower	Full	Upper
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<b>MAR 27</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>APR 3</b>	Upper	Lower	Full	Upper	Lower	Full
<b>APR 10</b>	Upper	Lower	Full	Upper	Lower	Full
<b>APR 17</b>	Upper	Lower	Full	Upper	Lower	Full
<b>APR 24</b>	Full	Upper	Lower	Full	Upper	Lower
<b>MAY 1</b>	Full	Upper	Lower	Full	Upper	Lower
<b>MAY 8</b>	Full	Upper	Lower	Full	Upper	Lower
<b>MAY 15</b>	Full	Upper	Lower	Full	Upper	Lower
<b>MAY 22</b>	Lower	Full	Upper	Lower	Full	Upper
<b>MAY 29</b>	Lower	Full	Upper	Lower	Full	Upper
<b>JUN 5</b>	Lower	Full	Upper	Lower	Full	Upper
<b>JUN 12</b>	Lower	Full	Upper	Lower	Full	Upper
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<b>JUN 19</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>JUN 26</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JUL 3</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>JUL 10</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JUL 17</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JUL 24</b>	Upper	Lower	Full	Upper	Lower	Full
<b>JUL 31</b>	Full	Upper	Lower	Full	Upper	Lower
<b>AUG 7</b>	Full	Upper	Lower	Full	Upper	Lower
<b>AUG 14</b>	Full	Upper	Lower	Full	Upper	Lower
<b>AUG 21</b>	Full	Upper	Lower	Full	Upper	Lower
<b>AUG 28</b>	Lower	Full	Upper	Lower	Full	Upper
<b>SEP 4</b>	Lower	Full	Upper	Lower	Full	Upper
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<b>SEP 11</b>	Lower	Full	Upper	Lower	Full	Upper
<b>SEP 18</b>	Lower	Full	Upper	Lower	Full	Upper
<b>SEP 25</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>OCT 2</b>	Upper	Lower	Full	Upper	Lower	Full
<b>OCT 9</b>	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
<b>OCT 16</b>	Upper	Lower	Full	Upper	Lower	Full
<b>OCT 23</b>	Upper	Lower	Full	Upper	Lower	Full
<b>OCT 30</b>	Upper	Lower	Full	Upper	Lower	Full
<b>NOV 6</b>	Full	Upper	Lower	Full	Upper	Lower
<b>NOV 13</b>	Full	Upper	Lower	Full	Upper	Lower
<b>NOV 20</b>	Full	Upper	Lower	Full	Upper	Lower
<b>NOV 27</b>	Full	Upper	Lower	Full	Upper	Lower
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<b>DEC 4</b>	Lower	Full	Upper	Lower	Full	Upper
<b>DEC 11</b>	Lower	Full	Upper	Lower	Full	Upper
<b>DEC 18</b>	Lower	Full	Upper	Lower	Full	Upper
<b>DEC 25</b>	Lower	Full	Upper	Lower	Full	Upper