

1

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

2

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

3

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

4

TUESDAY

WEDNESDAY

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

FITNESS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 2	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
JAN 9	Upper	Lower	Full	Upper	Lower	Full
JAN 16	Upper	Lower	Full	Upper	Lower	Full
JAN 23	Upper	Lower	Full	Upper	Lower	Full
JAN 30	Full	Upper	Lower	Full	Upper	Lower
FEB 6	Full	Upper	Lower	Full	Upper	Lower
FEB 13	Full	Upper	Lower	Full	Upper	Lower
FEB 20	Full	Upper	Lower	Full	Upper	Lower
FEB 27	Lower	Full	Upper	Lower	Full	Upper
MAR 6	Lower	Full	Upper	Lower	Full	Upper
MAR 13	Lower	Full	Upper	Lower	Full	Upper
MAR 20	Lower	Full	Upper	Lower	Full	Upper

MAR 27	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
APR 3	Upper	Lower	Full	Upper	Lower	Full
APR 10	Upper	Lower	Full	Upper	Lower	Full
APR 17	Upper	Lower	Full	Upper	Lower	Full
APR 24	Full	Upper	Lower	Full	Upper	Lower
MAY 1	Full	Upper	Lower	Full	Upper	Lower
MAY 8	Full	Upper	Lower	Full	Upper	Lower
MAY 15	Full	Upper	Lower	Full	Upper	Lower
MAY 22	Lower	Full	Upper	Lower	Full	Upper
MAY 29	Lower	Full	Upper	Lower	Full	Upper
JUN 5	Lower	Full	Upper	Lower	Full	Upper
JUN 12	Lower	Full	Upper	Lower	Full	Upper

JUN 19	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
JUN 26	Upper	Lower	Full	Upper	Lower	Full
JUL 3	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
JUL 10	Upper	Lower	Full	Upper	Lower	Full
JUL 17	Upper	Lower	Full	Upper	Lower	Full
JUL 24	Full	Upper	Lower	Full	Upper	Lower
JUL 31	Full	Upper	Lower	Full	Upper	Lower
AUG 7	Full	Upper	Lower	Full	Upper	Lower
AUG 14	Full	Upper	Lower	Full	Upper	Lower
AUG 21	Lower	Full	Upper	Lower	Full	Upper
AUG 28	Lower	Full	Upper	Lower	Full	Upper
SEP 4	Lower	Full	Upper	Lower	Full	Upper

SEP 11	Lower	Full	Upper	Lower	Full	Upper
SEP 18	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
SEP 25	Upper	Lower	Full	Upper	Lower	Full
OCT 2	Upper	Lower	Full	Upper	Lower	Full
OCT 9	Upper	Lower	Full	Upper	Lower	Full
OCT 16	Full	Upper	Lower	Full	Upper	Lower
OCT 23	Full	Upper	Lower	Full	Upper	Lower
OCT 30	Full	Upper	Lower	Full	Upper	Lower
NOV 6	Full	Upper	Lower	Full	Upper	Lower
NOV 13	Lower	Full	Upper	Lower	Full	Upper
NOV 20	Lower	Full	Upper	Lower	Full	Upper
NOV 27	Lower	Full	Upper	Lower	Full	Upper

DEC 4	Lower	Full	Upper	Lower	Full	Upper
DEC 11	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
DEC 18	Upper	Lower	Full	Upper	Lower	Full
DEC 25	Upper	Lower	Full	Upper	Lower	Full