

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

**2**

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

**3**

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

**4**

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

**5**

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

# FITNESS

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