

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
JAN 6	2-hand pluck	Side Position	360s	2-hands behind	Headlock side	Push front
JAN 13	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back
JAN 20	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls
JAN 27	Choke side	2-hand pluck	Side Position	360s	2-hands behind	Headlock side
FEB 3	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind
FEB 10	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios
FEB 17	Arm pulls	Choke side	2-hand pluck	Side Position	360s	2-hands behind
FEB 24	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense
MAR 3	Headlock behind	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses
MAR 10	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position	360s
MAR 17	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees
MAR 24	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases	Back Position
MAR 31	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position
APR 7	360s	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows
APR 14	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases
APR 21	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck
APR 28	Side Position	360s	2-hands behind	Headlock side	Push front	1-hand pluck
MAY 5	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back
MAY 12	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side
MAY 19	2-hand pluck	Side Position	360s	2-hands behind	Headlock side	Push front
MAY 26	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back
JUN 2	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls
JUN 9	Choke side	2-hand pluck	Side Position	360s	2-hands behind	Headlock side
JUN 16	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind
JUN 23	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios
JUN 30	Arm pulls	Choke side	2-hand pluck	Side Position	360s	2-hands behind
JUL 7	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense
JUL 14	Headlock behind	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses
JUL 21	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position	360s
JUL 28	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees
AUG 4	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases	Back Position
AUG 11	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position
AUG 18	360s	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows
AUG 25	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases
SEP 1	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck
SEP 8	Side Position	360s	2-hands behind	Headlock side	Push front	1-hand pluck
SEP 15	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back
SEP 22	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side
SEP 29	2-hand pluck	Side Position	360s	2-hands behind	Headlock side	Push front
OCT 6	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back
OCT 13	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls
OCT 20	Choke side	2-hand pluck	Side Position	360s	2-hands behind	Headlock side
OCT 27	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind
NOV 3	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios
NOV 10	Arm pulls	Choke side	2-hand pluck	Side Position	360s	2-hands behind
NOV 17	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees	Inside Defense
NOV 24	Headlock behind	Push back	Choke back	Wrist Releases	Back Position	Low punch defenses
DEC 1	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position	360s
DEC 8	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows	Round Kicks/Knees
DEC 15	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases	Back Position
DEC 22	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck	Side Position
DEC 29	360s	2-hands behind	Headlock side	Push front	1-hand pluck	Elbows
JAN 5	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back	Wrist Releases
JAN 12	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side	2-hand pluck
JAN 19	Side Position	360s	2-hands behind	Headlock side	Push front	1-hand pluck
JAN 26	Elbows	Round Kicks/Knees	Inside Defense	Headlock behind	Push back	Choke back
FEB 2	Wrist Releases	Back Position	Low punch defenses	Verbal Scenarios	Arm pulls	Choke side

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

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

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TUESDAY

WEDNESDAY

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

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WEDNESDAY

SATURDAY

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

MIXED LEVEL

	MON LEVEL 4/5	TUES LEVEL 2/3	SAT LEVEL 1/2	SAT LEVEL 3/4	SUN LEVEL 2/3	SATURDAY
JAN 6						Full Body
JAN 13	Handgun					Full
JAN 20	Handgun	Hooks and Uppercuts	Inside Defenses	Sparring Drills	Bear Hugs	Full
JAN 27	Handgun	Hooks and Uppercuts	Inside Defenses	Sparring Drills	Bear Hugs	Full
FEB 3	Handgun	Kicks	Kicks	Groundwork/Guard	Hair/Arm Pulls	Lower
FEB 10	Submission Defenses	Kicks	Kicks	Groundwork/Guard	Hair/Arm Pulls	Lower
FEB 17	Submission Defenses	Punch Defenses	Groundwork	Kicks/Knees	Double Leg/Sprawl	Lower
FEB 24	Takedowns	Punch Defenses	Groundwork	Kicks/Knees	Double Leg/Sprawl	Lower
MAR 3	Takedowns	Headlocks (standing)	Choke Defenses	Punch Defenses	Sparring Drills	Upper
MAR 10	Stick	Headlocks (ground)	Choke Defenses	Punch Defenses	Sparring Drills	Upper
MAR 17	Stick	Kick Defenses	360s	Headlocks	Rolls/Falls	Upper
MAR 24	Stick	Kick Defenses	360s	Headlocks	Rolls/Falls	Upper
MAR 31	Stick	Groundwork: Guard	Arm Pulls	Sweeps	Headlocks (standing)	Full Body
APR 7	Sparring	Groundwork: Guard	Arm Pulls	Sweeps	Headlocks (ground)	Full
APR 14	Sparring	Chokes (standing)	Headlocks	Side Mount	Hooks and Uppercuts	Full
APR 21	Knife	Chokes (ground)	Headlocks	Side Mount	Hooks and Uppercuts	Full
APR 28	Knife	Groundwork: Mount	Hooks and Uppercuts	Double Leg	Kicks	Lower
MAY 5	Knife	Groundwork: Mount	Hooks and Uppercuts	Double Leg	Kicks	Lower
MAY 12	Knife	Single Leg/Knee Grab	Choke Defenses	Head Clinching	Punch Defenses	Lower
MAY 19	Kick Defenses	Single Leg/Knee Grab	Choke Defenses	Head Clinching	Punch Defenses	Lower
MAY 26	Kick Defenses	Chokes (standing)	Bear Hugs	Handgun	Headlocks (standing)	Upper
JUN 2	Guard attacks	Chokes (ground)	Bear Hugs	Handgun	Headlocks (ground)	Upper
JUN 9	Guard attacks	Bear Hugs	Inside Defenses	Choke Defenses	Kick Defenses	Upper
JUN 16	Long Gun	Bear Hugs	Inside Defenses	Choke Defenses	Kick Defenses	Upper
JUN 23	Long Gun	Hair/Arm Pulls	Kicks	Stick	Groundwork: Guard	Full Body
JUN 24	Long Gun	Hair/Arm Pulls	Kicks	Bear Hugs	Groundwork: Guard	Full
JUN 25	Long Gun	Double Leg/Sprawl	Groundwork	Bear Hugs	Chokes (standing)	Full
JUN 26	Sit Outs	Double Leg/Sprawl	Groundwork	Stick	Chokes (ground)	Full
JUN 27	Sit Outs	Sparring Drills	Choke Defenses	Stick	Groundwork: Mount	Lower
JUN 28	Throws	Sparring Drills	Choke Defenses	Bear Hugs	Groundwork: Mount	Lower
JUN 29	Throws	Rolls/Falls	360s	Single Leg	Single Leg/Knee Grab	Lower
JUN 30		Rolls/Falls	360s	Single Leg	Single Leg/Knee Grab	Lower
JUL 1		Headlocks (standing)	Arm Pulls	Hair Pulls	Chokes (standing)	Upper
JUL 2		Headlocks (ground)	Arm Pulls	Hair Pulls	Chokes (ground)	Upper
AUG 27	Lower	Full	Upper	Lower	Full	Upper
SEP 3	Lower	Full	Upper	Lower	Full	Upper
SEP 10	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
SEP 17	Upper	Lower	Full	Upper	Lower	Full
SEP 24	Upper	Lower	Full	Upper	Lower	Full
OCT 1	Upper	Lower	Full	Upper	Lower	Full
OCT 8	Full	Upper	Lower	Full	Upper	Lower
OCT 15	Full	Upper	Lower	Full	Upper	Lower
OCT 22	Full	Upper	Lower	Full	Upper	Lower
OCT 29	Full	Upper	Lower	Full	Upper	Lower
NOV 5	Lower	Full	Upper	Lower	Full	Upper
NOV 12	Lower	Full	Upper	Lower	Full	Upper
NOV 19	Lower	Full	Upper	Lower	Full	Upper
NOV 26	Lower	Full	Upper	Lower	Full	Upper
DEC 3	Upper Body	Lower Body	Full Body	Upper Body	Lower Body	Full Body
DEC 10	Upper	Lower	Full	Upper	Lower	Full
DEC 17	Upper	Lower	Full	Upper	Lower	Full
DEC 24	Upper	Lower	Full	Upper	Lower	Full