

| MONDAY APRIL 3 | TUESDAY APRIL 4 | WEDNESDAY APRIL 5 | THURSDAY APRIL 6 | FRIDAY | SATURDAY APRIL 8 |
|----------------------------|--------------------------------|-----------------------------------|--------------------------------|--------|-----------------------------------|
| 5:45 L1 GenZ | 5:30 L2/3 GenZ | 5:45 L1 GenZ | 5:30 L2/3 GenZ | | 10:30 L1 GenZ |
| <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | | <u>Techniques:</u> |
| Palm Heel Punch | Pluck, Buck, and Roll | Elbows 4-7 | Punches 1-4 | | Knees with Control |
| Knees with Control | Headlock from the Side | Round Kick | Mittwork | | Chops Inside/Out |
| Front Kick to Groin | Bearhug from Behind, Arms Free | Hammerfist Forward/Down | Stepping Outside Elbows | | 10:30 L2/3 GenZ |
| MONDAY APRIL 10 | TUESDAY APRIL 11 | WEDNESDAY APRIL 12 | THURSDAY APRIL 13 | FRIDAY | Techniques: |
| 5:45 L1 GenZ | 5:30 L2/3 GenZ | 5:45 L1 GenZ | 5:30 L2/3 GenZ | | Take Downs |
| <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | | Double Leg |
| Round Kick | Hair Grab from Front | Round Kick | Fall Break | | SATURDAY APRIL 15 |
| Low Straight Punch | Hair Grab Off-Angle | Low Straight Punch | Pluck, Buck, and Roll | | <u>Techniques:</u> |
| Elbows 1-3 | Advancing Front Kick to Groin | Elbows 1-3 | Getting Up | | Hammerfist Forward/Down |
| MONDAY APRIL 17 | TUESDAY APRIL 18 | WEDNESDAY APRIL 19 | THURSDAY APRIL 20 | FRIDAY | Kick to the Groin |
| 5:45 L1 GenZ | 5:30 L2/3 GenZ | 5:45 L1 GenZ | 5:30 L2/3 GenZ | | 10:30 L2/3 |
| <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | | <u>Techniques:</u> |
| Elbow 4-7 | Advancing Front Kick to Groin | Elbow 4-7 | Back Kick | | Stepping Outside the Arms |
| Front Kick Vertical Target | Hair Grab from Front | Front Kick Vertical Target | Back Kick w/Advance | | Mittwork |
| Hammerfist Forward/Down | Hair Grab Off-Angle | Hammerfist Forward/Down | Headlock from Side | | SATURDAY APRIL 22 |
| MONDAY APRIL 24 | TUESDAY APRIL 25 | WEDNESDAY APRIL 26 | THURSDAY APRIL 27 | FRIDAY | 10:30 L1 GenZ |
| 5:45 L1 GenZ | 5:30 L2/3 GenZ | 5:45 L1 GenZ | 5:30 L2/3 GenZ | | <u>Techniques:</u> |
| <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | <u>Techniques:</u> | | Straight Punches |
| Straight Punch | Mittwork | Hammerfist to the side w/w/o step | Bearhug from Behind, Arms Free | | Shirt/Backpack Pull |
| Palm strike | Stepping Outside Elbows | Elbows 1-3 | Pluck, Buck, and Roll | | Palm Strikes |
| Movement | Punch Review 1-4 | Chops Inside/Out | Getting Up | | 10:30 L2/3 |
| | | | | | <u>Techniques:</u> |
| | | | | | Hair Grab from Front |
| | | | | | Hair Grab Off-Angle |
| | | | | | SATURDAY APRIL 29 |
| | | | | | 10:30 L1 GenZ |
| | | | | | <u>Techniques:</u> |
| | | | | | Front Kick to Groin |
| | | | | | Hammerfist to the side w/w/o step |
| | | | | | 10:30 L2/3 GenZ |
| | | | | | <u>Techniques:</u> |
| | | | | | Take Downs |
| | | | | | Double Leg |

