

2017 JULY

<-JUNE

AUGUST ->

M	T	W	T	F	S	S
26	27	28	29	##	1	2
3 Ground w/kicks Back,side,getting up	4 Basic sprawl take-downs. Double-leg	5 Low straight punch Straight punch. Palm strike	6 Hooks,uppercuts Helmet,covering Mittwork	7	8 Elbows 1-3 Knees w/control Choke 1 hand pluck	9
10 Chops inside/out Palm strikes. Front kick to groin	11 Choke from front w/push Choke from behind push backpack pull	12 Front kick to a vertical target. Round kick. Straight punch	13 Headlock from behind. Headlock from the side.	##	15 Elbows 4-7. Front kick to the groin. Choke from the side	###
17 Movement/footwor k Hammerfist fwd/down. Hammerfist to side	18 Headlock from behind Headlock from the side. Hair grab	19 Ground pos. W/kicks Back,side, getting up	20 Basic sprawl. Take downs. Double leg	##	22 Review mvmt. Straight Punch. Low Straight Punch. Straight punch with	###
24 Elbows 1-3 Knees with control Hammerfist to side	25 Hooks. Uppercuts. Mittwork. Helmet and cover	26 Elbows 4-7 Front kick to groin. Movement	27 Choke from front w/a push. Choke from behind w/ push Backpack pull	##	29 Front kick vertical target. Round kick. Defensive front kick	###
31 Hammerfist fwd/Dwn chops	1	2	3	4	5	6