

KM 1 - Monday - Wednesday & Saturday

12/1

Choke from the side

Choke from behind

Elbow #2 Horizontal side

Elbow #5 Vertical back and up

12/3

Ground position (back)

Ground position (side)

Front kick from the ground

Round kick from the ground

12/4

Movement

Advancing/Retreating Straight Punch

Straight punches

Straight low punches

12/5

(Review straight punch, advancing straight punch, straight punch low)

Inside defenses

Inside defense low

360's (all)

12/8

(Reminder, movement and punches should be taught as well. Ex: Punching/movement warm up)

Offensive front kick

Round kick

Knees

12/10

(Reminder, movement and punches should be taught as well. Ex: Punching/movement warm up)

Choke from behind with a push

Choke from the front with a push

12/11

(Reminder, movement and punches should be taught as well. Ex: Punching/movement warm up)

Elbow #1 Horizontal forward

Elbow #2 Horizontal side

Choke from the side

12/12

Elbows (all 7)

Wrist releases (all)

12/15

Front kick to the groin

Front kick to vertical target

Palm strikes

Punch/kick combination

12/17

(Reminder, movement and punches should be taught as well. Ex: Punching/movement warm up)

Choke from behind

Choke from the front (1/2 handed pluck)

12/18

Hammerfist forward

Hammerfist downward

Hammerfist to the side

Headlock from the side

Headlock from behind (bar arm, carotid)

12/19

Ground position (back)

Ground position (side)

Front kick from the ground

Round kick from the ground

axe kick from the ground

Side kick from the ground

Getting up from the ground

12/22

(Reminder, movement and punches should be taught as well. Ex: Punching/movement warm up)

360's (#1,#2,#3,#4)

Choke from behind

Choke from the front two handed pluck

12/24

Front kick to the groin

Palm strikes

Choke from the front- (1 & 2 handed pluck)

12/26

(Review straight punch, advancing straight punch, straight punch low)

Inside defenses

Inside defense low

360's (all)

12/29

Movement

Advancing/Retreating Straight Punch

Straight punches

Straight low punches

12/31

Ground position (back)

Ground position (side)

Front kick from the ground

Round kick from the ground

12/6

KM 2 Day

Choke from the front against wall

Choke from behind against wall

Choke from behind with a pull

12/13

KM 1 Day

Choke from the side

Choke from behind

Elbow #2 Horizontal side

Elbow #5 Vertical back and up

12/20

KM 2 Day

Defense vs. front kick (stop kick) when early

Defense vs. front kick to groin (redirect with shin)

Defense vs. low round kick (absorbing shin)

Defense vs. low round kick (absorbing thigh)

Defense vs. knee grab (whizzer)

12/27

KM 1 Day

(Review straight punch, advancing straight punch, straight punch low)

Inside defenses

Inside defense low

360's (all)

KM 2 Wednesday & Saturday

12/1

Punch combinations:

- Left jab,Right cross,Left hook
- Left jab,Right cross,Left hook,Right uppercut • Left jab,Right cross,Bob (Roll),Right cross
- Left jab,Right elbow
- Left jab,Right cross,Left hook,Right elbow
- Right uppercut,Left hook,Right cross

12/5

Side/back kick- turn into fight with appropriate weapon based on distance

Uppercut back kick

Defensive Front kick

Advancing front kick (FS/NS)

Front & round kick kicks/forward leg (in place, step kick, switch kick) Round kick - to all level (body and head)

Kick combinations (front/round)

12/8

(Review Inside defense)

Inside defense with counters (all)

360's with counters (all)

12/12

Defense vs. front kick (stop kick) when early

Defense vs. front kick to groin (redirect with shin)

Defense vs. low round kick (absorbing shin)

Defense vs. low round kick (absorbing thigh)

Defense vs. knee grab (whizzer)

12/15

Bearhug, front/arms free (space)

Bearhug, front/arms free-leverage on neck

Bearhug, front/arms caught (space)

Bearhug, front/arms caught (no space)

12/19

Mount, top position (maintaining)

Elbow escape (from full mount)

Striking from mount

Pop up from mount

12/22

(Review buck, trap and roll)

Headlock while mounted

Choke while mounted

Choke from behind while mounted (defender on stomach)

12/26

(Review Hook,Overhand punches)

Hook defense, extended

Hook defense, covering

Uppercut defense

Overhand right defense

12/29

Back fall break

Side fall break

Axe kick (from ground)

Foot grab/pull from ground (stripping hand) Foot grab/pull from ground (spinning in/out) Wrist release
vs. 2/3 attackers (training drill)

KM 2/3 Tuesday

12/4

KM 3 Day

(Review all bearhugs)

Defense vs Bearhug from behind (leverage on the finger)

Defense vs Bearhug lifting (front & back)

Full nelson (leverage on the finger)

12/11

KM3 Day

Arm Drags

Pummeling

Two Handed Head Control

Single Leg takedown

Double Leg takedown

12/18

KM4 Day

Guillotine from the guard

Defense vs Guillotine from the guard

Headlock from behind (Rear naked choke)

Defense vs Headlock from behind

