

## DAILY TECHNIQUES April-June

Date	Technique	
1-Apr	Choke from the front	
2-Apr	Ground: Side/back position, movement, getting up	Kicks from the ground (Front, Round, Side, Transition)
3-Apr	Headlock from Behind (Bar Arm)	
4-Apr	Choke from the front w/ a push	Elbow #2/Side Hammerfirst (Turning into the fight)
5-Apr	Choke from behind	Elbow #3/Hammerfist behind (Turning into the fight)
6-Apr	Choke from the side	Elbow #2/Side Hammerfirst/Knees
7-Apr	Choke from the front (1 handed pluck)	Palm Heels/ Elbow #1/Knees
8-Apr	Headlock from the side	Getting up from the ground
9-Apr	Headlock from the side	Emphasis on head control/ hammerfist to throat
10-Apr	Choke from behind	Elbows #3, #4 and #5
11-Apr	Choke from the front (2-handed pluck)	Front kick to the groin
12-Apr	Choke from the front (1 handed pluck)	Palm Heels/Knees/Elbow #1 & #6
13-Apr	Headlock from Behind (Bar Arm w/ Carotid)	
14-Apr	Choke from the front (1 handed pluck)	
15-Apr	Headlock from Behind (Bar Arm w/ Carotid)	
16-Apr	Ground: Back position, movement, getting up	Front kick, Transition kick
17-Apr	Wrist Releases	Arm Pulls
18-Apr	Ground: Side position, movement, getting up	Kicks from side position
19-Apr	Ground: Back position, movement, getting up	Round Kick (Forearm, Scissor kick)
20-Apr	Wrist Releases	Arm Pulls
21-Apr	Inside Defenses (High Only)	Straight Punches, Advancing/Retreating
22-Apr	Ground: Side position, movement, getting up	Kicks from Side Position
23-Apr	Inside Defenses (High Only)	Straight Punches, Advancing/Retreating
24-Apr	360s (High Only)	
25-Apr	360s (Low Only)	
26-Apr	Inside Defenses (Low Only)	
27-Apr	Ground: Side position, movement, getting up	Kicks from Side Position
28-Apr	Choke from the side	Elbow #2/ Side Hammerfirst/Turn in to control w/ knees
29-Apr	Inside Defenses (High Only)	Straight Punches, Advancing/Retreating
30-Apr	Choke from the front (1 handed pluck)	
1-May	Headlock from Behind (Bar Arm w/ Carotid)	Emphasis on creating wedge w/ shoulder
2-May	360s (High Only)	

3-May Inside Defenses (High Only)	
4-May Choke from the front (2-handed pluck)	Front kick/Elbow #1 & #7/Knees
5-May Inside Defenses (Low Only)	
6-May Choke from behind	Elbow #3/Hammerfist behind (Turning into the fight)
7-May Choke from the side	360 Defenses (All positions)
8-May Ground: Side position, movement, getting up	Kicks from Side Position
9-May Inside Defenses (High and Low)	
10-May Choke from behind w/ a push	Work on reacting to attacker after defense is made
11-May Choke from the front (1 handed pluck)	Knees (Turning and controlling attacker)
12-May Choke from the front w/ a push	
13-May Choke from the side	
14-May Choke from the front (2-handed pluck)	
15-May Ground: Side position, movement, getting up	Kicks from Side Position
16-May Choke from the front (2-handed pluck)	
17-May Wrist Releases	Arm Pulls
18-May Headlock from the side	Getting up from the ground
19-May Headlock from Behind (Bar Arm)	
20-May Choke from the front (1 handed pluck)	
21-May Inside Defenses (High and Low)	
22-May Inside Defenses (High and Low)	
23-May Headlock from the side	Emphasis on head control/ hammerfist to throat
24-May Choke from the front w/ a push	Knees (Controlling attacker)
25-May Choke from behind w/ a push	Emphasis on controlling attacker after defense is made
26-May 360s (High and Low)	
27-May 360s (High and Low)	
28-May Choke from behind w/ a push	Emphasis on controlling attacker after defense is made
29-May Choke from the front w/ a push	Knees (Controlling attacker)
30-May Headlock from Behind (Bar Arm)	
31-May Choke from the front w/ a push	Elbow #2/Side Hammerfist turn into fight
1-Jun Choke from behind w/ a push	Elbow #3/Hammerfist behind (Turning into the fight)
2-Jun Choke from the side	Elbow #2/Side Hammerfist/Knees
3-Jun	

4-Jun Choke from the front (1 handed pluck)	Palm Heels/ Elbow #1/Knees
5-Jun Headlock from the side	Emphasis on head control/ hammerfist to throat
6-Jun Headlock from the side	Emphasis on head control/ hammerfist to throat
7-Jun Ground: Back position, movement, getting up	Front kick, Transition kick
8-Jun Wrist Releases	Arm Pulls
9-Jun Ground: Side position, movement, getting up	Kicks from Side Position
10-Jun Ground: Back position, movement, getting up	Round Kick (Forearm, Scissor kick)
11-Jun Wrist Releases	Arm Pulls
12-Jun Inside Defenses (High Only)	Straight Punches, Advancing/Retreating
13-Jun 360s (High Only)	
14-Jun 360s (Low Only)	
15-Jun Inside Defenses (Low Only)	
16-Jun Ground: Side position, movement, getting up	Kicks from Side Position
17-Jun Choke from the side	Elbow #2/ Side Hammerfirst/Turn in to control w/ knees



