



T.N.T. DEFENSE ACADEMY

CYCLE SCHEDULE



WEEK	SESSION 1 MONDAY 8-9:30pm	SESSION 2 WEDNESDAY 8-9:30pm	SESSION 3 SATURDAY 1-1:45pm	SESSION 4 SATURDAY 1:45-2:30pm
	B.L.A.S.T.	B.L.A.S.T.	S.L.A.S.H.	G.E.T. UP
1: 18 May	Straight Punch & Hook Punch	Review, Gun Disarm – Front of Body	Forehand Throat, Knife Sparring	Attacking - From Side Control
2: 25 May	Groin Kick & Angle Kick	Review, Gun Disarm – Front of Face	Forehand Throat Review, Forehand Throat Reverse, K.S.	Attacking - From Full Mount
3: 01 Jun	Front Choke & Rear Two-Handed Choke	Review, Gun Disarm – Under Jaw	Forehand Throat Reverse Review, Backhand Throat, K.S.	Attacking - From Guard
4: 08 Jun	Side Headlock & Rear Choke- Static	Review, Gun Disarm – Temple Behind Ear	Backhand Throat Review, Backhand Throat Reverse, K.S.	Attacking - Scarf Hold
5: 15 Jun	Rear Choke Pulling & Clench	Review, Gun Disarm – Temple Front of Ear	B.L.A.S.T. STRESS DRILLS	S.L.A.S.H. STRESS DRILLS
6: 22 Jun	Rear Bear Hug Under & Over Arms	Review, Gun Disarm – Elbow Front	Backhand Throat Reverse Review, Angle 3 Counter, Forehand Body, K.S.	Defending – Side Control, (knife & gun)
7: 29 Jun	Front Bear Hug Under & Over Arms	Review, Gun Disarm – Elbow Rear	Forehand Body Review, Forehand Body Reverse, K.S.	Defending – Mount (knife & gun)
8: 06 Jul	Shirt Grab Only & Punching	Review Gun Disarm – Rear	Forehand Body Reverse Review, Backhand Body, K.S.	Defending - Guard
9: 13 Jul	Tackle Early & Late	Review, Gun Disarm – Hostage (both)	Backhand Body Review, Straight Thrust Counter, K.S.	Defending - Scarf Hold (knife & gun)
10: 20 Jul	Straight Punch & Hook Punch	Review, Knife Defense –Fore/Back Throat	B.L.A.S.T. STRESS DRILLS	S.L.A.S.H. STRESS DRILLS
11: 27 Jul	Groin Kick & Angle Kick	Review, Knife Defense – Fore/Back Body	Straight Thrust Review, Underhand Stab Counter, Knife Sparring	Attacking - From Side Control
12: 03 Aug	Front Choke & Rear Two-Handed Choke	Review, Knife Defense – Overhead Stab	Underhand Stab Review, Knife Sparring	Attacking - From Mount
13: 10 Aug	Side Headlock & Rear Choke- Static	Review, Knife Defense – Straight Thrust	Dual Knife Tactics, Deployment Drills, Knife Sparring	Attacking - From Guard
14: 17 Aug	Rear Choke Pulling & Clench	Review, Knife Defense – Underhand Stab	Multiple Attackers, Deployment Drills, Knife Sparring	Attacking - Head Control
15: 24 Aug	Rear Bear Hug Under & Over Arms	Review Knife Threat – Neck Inside	B.L.A.S.T. Fitness	B.L.A.S.T. STRESS DRILLS
16: 31 Aug	Front Bear Hug Under & Over Arms	Review Knife threat – Neck Outside	Seated / Lying Deployment Knife Sparring	Seminar
17: 07 Sep	Shirt Grab Only & Punching	Review Knife Threat – Neck Rear	B.L.A.S.T. Fitness	Certification