S= Systema
F= Fast Martial Arts
K= Kenjutsu

Deadpool

Starting from Beginner to Merc with a mouth: 6 months training program!
Partendo da Principiante fino a Merc with the mouth: 6 mesi di allenamento programmato!

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Beginner	M T W T F S S S1 F1 K1	M T W T F S S S2 F2 K2	M T W T F S S S3 F3 K3	M T W T F S S S4 F4 K4	M T W T F S S S5 F5 K5	M T W T F S S S6 F6 K6
Advanced Avanzato	M T W T F S S S1F1K1 S1F1K1	M T W T F S S S2F2K2 S2 F2 K2	M T W T F S S S3F3K3 S3 F3 K3	M T W T F S S S4F4K4 S4 F4 K4	M T W T F S S S5F5K5 S5 F5 K5	M T W T F S S S6F6K6 S6 F6 K6
Expert Esperto	M T W T F S S S1 S1 S1 F1 F1 F1 K1 K1 K1	M T W T F S S S2 S2 S2 F2 F2 F2 K2 K2 K2	M T W T F S S S3 S3 S3 F3 F3 F3 K3 K3 K3	M T W T F S S S4 S4 S4 F4 F4 F4 K4 K4 K4	M T W T F S S S5 S5 S5 F5 F5 F5 K5 K5 K5	M T W T F S S S6 S6 S6 F6 F6 F6 K6 K6 K6
Merc with a mouth	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6	M T W T F S S S1S2S3 S4S5 S6 F1 F2 F3 F4 F5 F6 K1 K2 K3 K5 K5 K6