

**Cummings Combat Sambo Training Log**

<b>Dates</b>	<b>Topics Covered</b>	<b>Coach(es)</b>	<b>Hours</b>
3/8/2008	leg locks	Koepfer	2
10/24/2008	sambo	Koulikov	4
<b>Total</b>			<b>6</b>