

Team Renegade

Dates	Topic Coverd	Coach(s)	Hours Trained
3/30 - 4/6/2010	Throwing, Team Training	Koepfer - NY Combat Sambo	4
2005 - 2009	Combat Sambo	Koepfer - Private lessons	20
9/14-16/2007	Sambo Summit Training Camp	Koepfer, Taktarov, Fields, DeRose	16
8/8/2010	Sambo for MMA	Fedor Emilianenko	2.5
5/4/2011	Sport Sambo	Koepfer	2
Total			44.5