

March



2024



Mon	Tues	Wed	Thurs	Fri	Sat
				1 Comfort in Chaos JG 5:30pm – Lesson 15: Double Leg Takedown Lesson 7: Punch Block Series (Stages 1-4) BBC 6:30pm – Lesson 15: Double Leg Takedown BBS3 - Lesson 6: Arm Triangle Counters	2 Comfort in Chaos Matt Munchkins & LC – 11:30am Gracie Game 2: Shark Bite Gracie Game Day: 1-2pm
4 Escapes BBC – 4:30pm Combatives: Lesson 8: Straight Armlock BBC: BBS1 - Lesson 6: Straight Armlock Counters	5	6 Escapes JG – 4:30pm Standing: Lesson 19: Pull Guard Ground: Lesson 8: Straight Armlock	7	8 Escapes JG 5:30pm – Standing: Lesson 23: Standing Headlock Defense Ground: Lesson 9: Elevator Sweep BBC 6:30pm – Combatives: Lesson 9: Elevator Sweep BBC: BBS1 - Lesson 7: Twisting Arm Control	9 Escapes Matt Munchkins & LC – 11:30am Gracie Game 3: Bulldozer
11 Stranger Danger BBC – 4:30pm Combatives: Lesson 10: Elbow Escape BBC: BBS1 - Lesson 8: Neck-hug Sequence	12	13 Stranger Danger JG – 4:30pm Standing: Lesson 26: Rear Takedown Ground: Lesson 10: Elbow Escape	14	15 Stranger Danger JG 5:30pm Standing: Lesson 27: Haymaker Punch Defense Ground: Lesson 11: Positional Control (Side Mount) BBC 6:30pm	16 Stranger Danger Matt Munchkins & LC – 11:30am Gracie Game 4: Crazy Horse

				Combatives: Lesson 11: Positional Control (Side Mount) BBC: BBS1 - Lesson 9: Cross Choke Sequence	
18 Controls BBC – 4:30pm Combatives: Lesson 12: Body Fold Takedown BBC: BBS1 - Lesson 12: Bump and Shoot	19	20 Controls JG – 4:30pm Standing: Lesson 29: Guillotine Defense Ground: Lesson 14: Headlock Counters	21	22 Controls JG 5:30pm Standing: Lesson 31: Standing Armlock Ground: Lesson 16: Headlock Escape 1 BBC 6:30pm Combatives: Lesson 13: Clinch (Conservative Opponent) BBC: BBS1 - Lesson 13: High-low Guard	23 Controls Matt Munchkins & LC – 11:30am Gracie Game 5: Tackle the Giant
25 Helping Others BBC – 4:30pm Combatives: Lesson 14: Headlock Counters BBC: BBS2 - Lesson 12: Turtle Get-up	26	27 Helping Others JG – 4:30pm Standing: Lesson 5: Leg Hook Takedown Ground: Lesson 17: Straight Armlock	28	29 Helping Others JG 5:30pm Standing: Lesson 6: Clinch (Aggressive Opponent) Ground: Lesson 18: Double Ankle Sweep BBC 6:30pm Combatives: Lesson 15: Double Leg Takedown BBG: BBS3 - Lesson 11: Back Door Escape	30 Helping Others Matt Munchkins & LC – 11:30am Gracie Game 6: Crocodile Control