

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Class Plan March 2019

Level 2/3 Class Plans

Tuesday, March 5, 2019 - Lesson 11 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts – Combinations (10 minutes)	- Bucking
	- Trap and Roll
	Choke w/ Attacker in Mount
	Mount – Top Position
	- Maintaining Mount
	- Striking
	- Trap Opponent’s arms to Chest/ Pop up & Out

Thursday, March 7, 2019 – Lesson 9 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Arm Bar from Guard
Focus Mitts – Combinations (10 minutes)	Choke from Side on Ground
	- Arm Bar
	- Kicking (caged head gear of kicking)
	Headlock from the Side
	Stacking Escape from the Guard

Saturday, March 9, 2019

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Advance from Fight Stance & Neutral
Focus Mitts (Punch Combos)	Choke from Front – Tripod (L1), Partner (L2+)
	Bearhugs from Front – Tripod (L1), Partner (L2+)

Monday, March 11, 2019 – All Levels – Spring Break

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Knees
Movement	Choke from Behind - Tripod (L1), Partner (L2+)
Focus Mitts (Punch Combos)	Bearhugs from Behind - Tripod (L1), Partner (L2+)

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Tuesday, March 12, 2019 – All Levels – Spring Break

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Headlocks – Bar Arm and Carotid
Movement	- Tripod (L1), Partner (L2+)
Focus Mitts (Punch Combos)	

Saturday, March 16, 2019

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Front Kick to Groin
Movement	- Fight Stance
Focus Mitts (Punch Combos)	- Advance from Fight Stance & Neutral

Tuesday, March 19, 2019 – SPAR DAY #1

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	
Focus Mitts (Punch Combos)	

Thursday, March 21, 2019 - Lesson 12 (Level 2)

Warmup /Review	Work – Ground
Review Rules, Character & Self-Defense Theme	Mount – Bottom Position
Focus Mitts – Combinations	- Headlock while Mounted
- Curriculum Combos	- Elbow Escape
- Student personal combos	

Character Theme: Be Intentional
Self Defense Theme: Set Boundaries

Saturday, March 23, 2019

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Shadow Boxing
Movement	Bearhugs from Front – Tripod (L1), Partner (L2+)
Focus Mitts (Punch Combos)	

Tuesday, March 26, 2019 - Lesson 10 (Level 3)

Warmup /Review	Work
Review Rules, Character & Self-Defense Theme	Side Mount
Focus Mitts – Combinations (10 minutes)	Top Positon & Strikes from Top Mount
- Curriculum Combos	Transition to full mount
- Student personal combos	Disengage from top position
	Bottom Position
	Elbow Escape
	Reversal

Thursday, March 28, 2019 – Spar Day #2

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	***SPAR DAY***
Fight Stance	
Movement	
Focus Mitts (Punch Combos)	

Saturday, March 30, 2019

Warmup /Review	Work
Review Rules, Character & Self Defense Theme	Straight Punch Combinations
Fight Stance	Bearhugs from Behind - Tripod (L1), Partner (L2+)
Movement	
Focus Mitts (Punch Combos)	