



October 2024

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------------------------|---|--|----------|--------------------------------------|--|
| 30 5:30 Black Belt Club | OCT 1 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7) | 2 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12) | 3 | 4 6:30 Black Belt Club | 5 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7) |
| 7 5:30 Black Belt Club | 8 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7) | 9 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12) | 10 | 11 6:30 Black Belt Club | 12 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7) |
| 14 5:30 Black Belt Club | 15 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7) | 16 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12) | 17 | 18 6:30 Black Belt Club | 19 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7) |
| 21 5:30 Black Belt Club | 22 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7) | 23 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12) | 24 | 25 6:30 Black Belt Club | 26 GRACIE GAME DAY: MANNERS 11:45am-1:15pm *Costumes Encouraged* |
| 28 5:30 Black Belt Club | 29 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7) | 30 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12) | 31 | NOV 1 6:30 Black Belt Club | 2 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7) |

| Week of | Jr. Combatives Weekly Focus |
|--------------------------|--|
| September 30 – October 5 | Rear Takedown w/ Elevator Sweep |
| October 7 – October 12 | Clinch Aggressive w/Punch Block Series |
| October 14 – October 19 | Haymaker Punch Defense w/ Twisting Arm Control |
| October 21 – October 26 | Clinch Conservative w/Punch Block Series |
| October 28 -November 2 | Leghook w/ Mount Controls |

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