

Consistent • Safe • Simple | BJJ Lifestyle Tips

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
Class Notes W1	Drill 10-15m	Class	Δ Mobility 10-15m	Drill or Rest	Class (light if sore)	Δ Mobility Weekly review
Class Notes W2	Drill 10-15m	Class	Δ Mobility 10-15m	Drill or Rest	Class (light if sore)	Δ Mobility Weekly review
Class Notes W3	Drill 10-15m	Class	Δ Mobility 10-15m	Drill or Rest	Class (light if sore)	Δ Mobility Weekly review
Class Notes W4	Drill 10-15m	Class	Δ Mobility 10-15m	Drill or Rest	Class (light if sore)	Δ Mobility Weekly review

Weekly Focus

- W1 Movement basics & survival (frames, shrimp, stand-up)
- W2 One passing path + one guard retention drill
- W3 Submission chain from your best guard
- W4 Review + positional rounds (light intensity)

Weekly Habits

- 2-3 Classes / week (○○○)
- 2 Home Drills / week (●●)
- 2 Mobility sessions / week (△△)
- After each class: 3 bullet notes (☞)

Notes: