



# No BsJJ Technical Calendar

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Aa Name	📅 Date	☰ Tags
<u>Maintaining Chest to Back in front of the elbows</u>	@April 15, 2025	Bite-Size JJ
<u>Establish Chest to Back in front of the elbows</u>	@April 8, 2025	Bite-Size JJ
<u>Short offense from chest to back in front of the elbows: Go behinds</u>	@April 22, 2025	Bite-Size JJ
<u>Positional Advance vs Submission threat from front headlock: Go-Behind vs Guillotine Dilemma</u>	@April 29, 2025	Bite-Size JJ
<u>Recap Chest to Back in front of the elbows</u>	@May 6, 2025	Bite-Size JJ
<u>Chest to back in front of the elbows defense</u>	@May 13, 2025	Bite-Size JJ
<u>Basic go behind defense</u>	@May 20, 2025	Bite-Size JJ
<u>Basic guillotine defense</u>	@May 27, 2025	Bite-Size JJ
<u>Defensive to Offensive Cycle in Front headlock</u>	@June 3, 2025	Bite-Size JJ
<u>Recap Front headlock defense</u>	@June 10, 2025	Bite-Size JJ
<u>Establishing Chest to Back Behind the Elbows: Wrestling</u>	@June 17, 2025	Bite-Size JJ
<u>Establishing Chest to back behind the elbows from ground exchange &amp;</u>	@June 24, 2025	Bite-Size JJ

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<u>maintaining the connection</u>		
<u>Strategies to improve the Chest to back behind the elbows connection:</u>	@July 1, 2025	Bite-Size JJ
<u>Force a top pin from turtle</u>	@July 8, 2025	Bite-Size JJ
<u>Guillotine-Darce dilemma from half guard chest to chest when partner gets an underhook</u>	@May 1, 2025 → May 2, 2025	All Levels
<u>Middle stage underhook counter from half guard chest to chest top</u>	@May 8, 2025 → May 9, 2025	All Levels
<u>Middle stage underhook counter 2 from half guard chest to chest top: underhook + early stage lower leg shift).</u>	@May 15, 2025 → May 16, 2025	All Levels
<u>Late stage underhook counter from half guard chest to chest: underhook + lower leg shift</u>	@May 22, 2025 → May 23, 2025	All Levels
<u>Recapping underhook counters from half guard chest to chest top</u>	@May 29, 2025 → May 30, 2025	All Levels
<u>Front headlock vs quadpod: misdirectional go behinds</u>	@April 30, 2025	Takedowns
<u>Front headlock vs quadpod: cradles</u>	@May 5, 2025	Takedowns
<u>Front headlock vs quadpod: cradle</u>	@May 7, 2025	Takedowns
<u>Front headlock vs quadpod: ankle picks</u>	@May 12, 2025	Takedowns
<u>Front headlock vs quadpod: ankle picks</u>	@May 14, 2025	Takedowns
<u>Front headlock vs quadpod: late stage chances</u>	@May 19, 2025	Takedowns
<u>Front headlock vs quadpod: late stage chances</u>	@May 21, 2025	Takedowns
<u>Front headlock vs quadpod: Recap</u>	@May 26, 2025	Takedowns

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<u>Intro to front headlock vs Ref Position &amp; High wrist guillotine</u>	@June 2, 2025	Takedowns
<u>Front headlock vs ref position: Anaconda</u>	@June 9, 2025	Takedowns
<u>Front headlock vs quadpod: Recap</u>	@May 28, 2025	Takedowns
<u>Intro to front headlock vs Ref Position &amp; High wrist guillotine</u>	@June 4, 2025	Takedowns
<u>Front headlock vs ref position: Anaconda</u>	@June 11, 2025	Takedowns
<u>Q&amp;A and independent practice of half guard chest to chest top</u>	@June 5, 2025 → June 6, 2025	All Levels
<u>Q&amp;A and independent practice of half guard chest to chest top</u>	@June 12, 2025 → June 13, 2025	All Levels
<u>Front headlock vs ref position: Counters to the most common reaction</u>	@June 16, 2025	Takedowns
<u>Front headlock vs ref position: Counters to the most common reaction</u>	@June 18, 2025	Takedowns
<u>Front headlock vs ref position: Counters to the most common reaction</u>	@June 23, 2025	Takedowns
<u>Front headlock vs ref position: Counters to the most common reaction</u>	@June 25, 2025	Takedowns
<u>Front headlock vs ref position: Recap</u>	@June 30, 2025	Takedowns
<u>Front headlock vs ref position: Recap</u>	@July 2, 2025	Takedowns
<u>Front headlock vs turtle: Intro</u>	@July 7, 2025	Takedowns
<u>Front headlock vs turtle: Intro</u>	@July 9, 2025	Takedowns
<u>Front headlock vs turtle: Positional advancement</u>	@July 14, 2025	Takedowns

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<u>Front headlock vs turtle: Positional advancement</u>	@July 16, 2025	Takedowns
<u>Front headlock vs turtle: Positional advancement</u>	@July 21, 2025	Takedowns
<u>Front headlock vs turtle: Positional advancement</u>	@July 23, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Darce&amp;Anaconda</u>	@July 30, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Darce&amp;Anaconda</u>	@July 28, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 4, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 6, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 11, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 13, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 18, 2025	Takedowns
<u>Front headlock vs turtle: endgame. Crucifix</u>	@August 20, 2025	Takedowns
<u>Front headlock vs turtle: Recap</u>	@August 25, 2025	Takedowns
<u>Front headlock vs turtle: Recap</u>	@August 27, 2025	Takedowns
<u>Q&amp;A + independent practice of Chest to back in front of the elbow</u>	@September 1, 2025	Takedowns
<u>Q&amp;A + independent practice of Chest to back in front of the elbow</u>	@September 3, 2025	Takedowns
<u>Q&amp;A + independent practice of Chest to back in front of the elbow</u>	@September 8, 2025	Takedowns
<u>Q&amp;A + independent practice of Chest to back in front of the elbow</u>	@September 10, 2025	Takedowns

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<u>Recap chest to back behind the elbows</u>	@July 15, 2025	Bite-Size JJ
<u>Breaking Initial Chest to Back Behind the Elbows Connection</u>	@July 22, 2025	Bite-Size JJ
<u>Prevent further Chest to Back Behind the Elbows Connection</u>	@July 29, 2025	Bite-Size JJ
<u>Maximize Chest to Back Behind the Elbows defensive efforts</u>	@August 5, 2025	Bite-Size JJ
<u>Chest to Back Behind the Elbows defenses: Recap</u>	@August 19, 2025	Bite-Size JJ
<u>Maximize Chest to Back Behind the Elbows defensive efforts</u>	@August 12, 2025	Bite-Size JJ