



MCAS MIRAMAR

MARINE



JIU JITSU

**MCAS Miramar
Submission
Grappling Club
and
Competition Team**

Who: Any Marines, Sailors,
Soldiers, and Airmen aboard
MCAS Miramar

Location: Bldg 2525 (enter
through the double door on the
north side of the bldg)

Times and Schedule: 1100-1300
Monday: Brazilian Jiu-Jitsu
Tuesday: Striking or
Conditioning
Wednesday: Judo/Jiu-Jitsu
Thursday: Brazilian Jiu-Jitsu
Friday: Striking or
Conditioning

For information just show up
for training or contact:
CWO2 Diem 577-4452
Christopher.diem@usmc.mil or
Todd Howard 577-1202
howardt@usmc-mcas.org