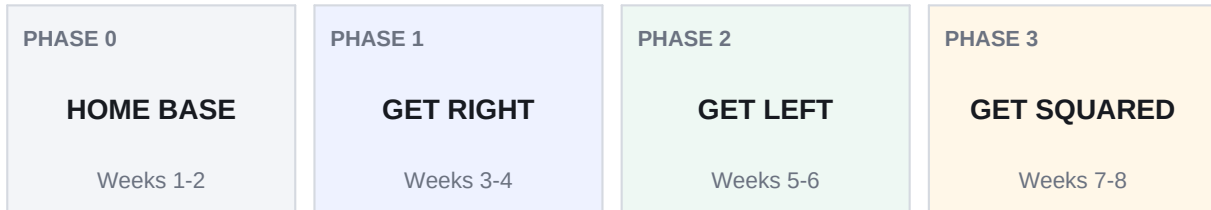


8-WEEK CHASSIS CALENDAR

A practical daily progress system for Home Base, Get Right, Get Left, and Get Squared



Core idea: Every day is a small mission. Students are not chasing perfect posture; they are learning to bring more of the chassis online, retain useful contacts, and move between sides with less compensation.

FIND THE FOOT -> FIND THE HIP -> FIND THE REAR RAIL -> MOVE

Working terminology: **Rear Rail** = the posterior thoracic contact region between the medial border of the scapula and the spine. This keeps the client-facing cue simple while preserving the intended anatomical location.

THE 8-WEEK CAMPAIGN

Each two-week block has a distinct mission. The calendar stays simple enough to use every day, but specific enough to show meaningful progress.

Phase	Weeks	MWK Command	Primary Mission	End-State
0	1-2	HOME BASE	Reduce global asymmetry; recover foot contacts, hamstrings, and stack. Introduce grounding when appropriate.	Establish a usable neutral starting position.
1	3-4	GET RIGHT / SQUARE RIGHT	Build the right side from foot -> pelvis -> thorax -> fencer.	Own the right-side fencer and begin standing.
2	5-6	GET LEFT / SQUARE LEFT	Repeat the architecture contralaterally.	Own the left-side fencer and begin standing.
3	7-8	GET SQUARED / SQUARE UP	Transition, rotate, balance, load and integrate.	Move effectively between sides and into individual goals.

THE 14-DAY RHYTHM

Days 1-3	MAP	Find contacts. Minimal effort. Learn the position.
Days 4-6	HOLD	Maintain contacts while breathing and adding light activation.
Day 7	CHECKPOINT	Retest. Record what changed.
Days 8-10	BUILD	Progress leverage, load, range, or complexity.
Days 11-13	MOVE	Begin transitioning out of the static position.
Day 14	CLEAR	Final retest and decide whether to advance.

System rhythm: MAP -> HOLD -> CHECKPOINT -> BUILD -> MOVE -> CLEAR

DAILY MISSION CARD

Use the same simple check-in every day. The student learns the system instead of constantly learning a new workout.

DAY ____ / PHASE ____ ■ Home Base ■ Foot Contacts ■ Hamstrings ■ Pelvis Contact ■ Rear Rail Contact ■ Fencer / Movement Progression ■ Pressure Control / Expansion ■ Retest	SELF-CHECK Grounding 0 1 2 3 4 5 Control 0 1 2 3 4 5 Effort Easy / Moderate / Hard Today I unlocked: _____ _____ What changed after the session? _____
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WEEKLY CHASSIS STATUS

Contact / Capacity	Online	Intermittent	Offline
Foot contacts	[]	[]	[]
Pelvis / PSIS reference	[]	[]	[]
Rear Rail	[]	[]	[]
Stack	[]	[]	[]
Grounding / occupancy	[]	[]	[]

Green / Online: easy to sense and control **Yellow / Intermittent:** comes and goes **Red / Offline:** difficult to locate or maintain.

PHASE 0 - HOME BASE

Weeks 1-2 | Mission: reduce global asymmetry and establish a reliable starting position

MAP	Foot contacts; hamstrings; basic stack; low-effort pressure control.
HOLD	Keep the stack while breathing. Maintain contact without gripping.
CHECKPOINT	Retest simple contacts, grounding, and how easily Home Base can be found.
BUILD	Add appropriate grounding and slightly more positional challenge.
MOVE	Keep Home Base while introducing simple arm or leg movement.
CLEAR	HOME BASE CLEARED: student can find the position without excessive effort.

PHASE 1 - GET RIGHT / SQUARE RIGHT

Weeks 3-4 | Mission: build the right-side contact pathway from the ground up

RIGHT FOOT	-	RIGHT PSIS	-	RIGHT REAR RAIL	-	RIGHT FENCER
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Progression ladder: Sidelying -> Fencer -> Fencer Side Plank -> Supported Standing -> Standing

Day 14 designation: RIGHT SIDE CLEARED

Coaching cue: **Find the foot. Find the hip. Find the rear rail.** Keep the system low effort enough that the student can actually sense each reference.

PHASE 2 - GET LEFT / SQUARE LEFT

Weeks 5-6 | Mission: repeat the architecture on the contralateral side

LEFT FOOT - LEFT PSIS - LEFT REAR RAIL - LEFT FENCER
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Progression ladder: Sidelying -> Fencer -> Fencer Side Plank -> Supported Standing -> Standing

Day 14 designation: LEFT SIDE CLEARED

PHASE 3 - GET SQUARED / SQUARE UP

Weeks 7-8 | Mission: transition between sides and build task-specific movement

Right -> Center -> Left

Left -> Center -> Right

Shift -> Catch -> Redirect

Rotate -> Recenter

Balance -> Move

Load -> Express

The last days of Phase 3 can branch toward the individual: **Combat, Athletic, Tactical / Labor, Strength, or Daily Movement.**

DAY 56: CHASSIS ONLINE

PRINTABLE WEEKLY TRACKER

Duplicate this page for each week. The goal is consistency, awareness, and visible progress - not perfection.

WEEK ____	PHASE ____	MISSION _____
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Day	Mission Done	Grounding 0-5	Control 0-5	Effort	What I unlocked
1	[]	____	____	E / M / H	_____
2	[]	____	____	E / M / H	_____
3	[]	____	____	E / M / H	_____
4	[]	____	____	E / M / H	_____
5	[]	____	____	E / M / H	_____
6	[]	____	____	E / M / H	_____
7	[]	____	____	E / M / H	_____

WEEKLY CHECKPOINT

Foot contacts	Online / Intermittent / Offline
Pelvis / PSIS	Online / Intermittent / Offline
Rear Rail	Online / Intermittent / Offline
Stack	Online / Intermittent / Offline
Grounding / occupancy	Online / Intermittent / Offline
Next week I want to improve:	_____

Educational movement coaching framework. Adapt progression to the individual and remain within comfortable, controllable ranges.