

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5:30pm- BP Jr Grapplers Class 15 6:30pm- GC Class 15 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	2 10:00am- MC Technique (See separate schedule for details) 11:00am- MC Sparring 11:30am- GC Class 9 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 16	3 5:30pm- Little Champs Class 8 6:30pm- WE Class 10 7:30pm- GC Reflex Development (Mount) ★	4 10:00am- GC Class 10 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 16 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 17	5 NO CLASS	6 9:00am- Little Champs Class 1 10:00am- WE Class 11 11:00am- GC Class 11 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
8 5:30pm- BP Jr Grapplers Class 17 6:30pm- GC Class 18 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	9 10:00am- MC Technique (See separate schedule for details) 11:00am- MC Sparring 11:30am- GC Class 12 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 19	10 5:30pm- Little Champs Class 2 6:30pm- WE Class 12 7:30pm- GC Reflex Development (Guard) ★	11 10:00am- GC Class 13 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 18 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 20	12 NO CLASS	12 9:00am- Little Champs Class 3 10:00am- WE Class 13 11:00am- GC Class 14 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
15 5:30pm- BP Jr Grapplers Class 19 6:30pm- GC Class 21 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	16 10:00am- MC Technique (See separate schedule for details) 11:00am- MC Sparring 11:30am- GC Class 15 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 22	17 5:30pm- Little Champs Class 4 6:30pm- WE Class 14 7:30pm- GC Reflex Development (Side Mount) ★	18 10:00am- GC Class 16 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 20 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 23	19 NO CLASS	18 9:00am- Little Champs Class 5 10:00am- WE Class 15 11:00am- GC Class 17 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
22 5:30pm- BP Jr Grapplers Class 21 6:30pm- GC Class 1 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	23 10:00am- MC Technique (See separate schedule for details) 11:00am- MC Sparring 11:30am- GC Class 18 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 2	24 5:30pm- Little Champs Class 6 6:30pm- WE Reflex Development (Ground) 7:30pm- GC Reflex Development (Standing) ★	25 10:00am- GC Class 19 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 22 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 3	26 NO CLASS	23 9:00am- Little Champs Class 7 10:00am- WE Class 1 11:00am- GC Class 20 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
29 5:30pm- BP Jr Grapplers Class 23 6:30pm- GC Class 4 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	30 10:00am- MC Technique (See separate schedule for details) 11:00am- MC Sparring 11:30am- GC Class 21 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 5			Class Key LC= Little Champs (Kids 5-7 yrs) BP Jr. Grapplers= Bullyproof (Kids 8-14 yrs) GC = Gracie Combatives (Adult beginner) MC = Master Cycle (Adult Advanced) WE = Women Empowered (Women's Self-Defense)	

★ Denotes significant schedule changes

R/D: REFLEX Student must have completed each Combatives class at least twice to participate and/or have 60 hours of training.
 DEVELOPMENT Training attire & equipment: White Gi, official Gracie Academy 5.5oz sparring gloves & mouth guard (no mouth guard, no training!)



8 Classes	LITTLE CHAMPS (Kids 5-7)
1	Base Battle Crocodile Control
2	Tackle the Giant Spider Kid
3	Tackle the Giant Shark Bite
4	Base Battle Bulldozer
5	Base Battle Crazy Horse
6	Tackle the Giant Guard Monster
7	Tackle the Giant Crazy Legs
8	Base Battle Snake Bite

25 Classes	JR. GRAPPLERS (Kids 8-14)
1	Leg Hook Takedown Trap & Roll (Standard Punch Block)
2	Clinch Aggressive Opponent Trap and Roll – Headlock Variation Open Guard Pass
3	Clinch Conservative Opponent Positional Control – Mount
4	Haymaker Punch Defense Elbow Escape – Standard Variation
5	Guillotine Choke - Standing Elbow Escape – Hook Removal Variation
6	Guillotine – Guard Pull Variation Headlock Counters (Mount) – Back Mount Finish
7	Body Fold Takedown Headlock Counters (Mount) – Armlock Finish
8	Body Fold Takedown Rear Naked Choke
9	Standing Armlock Straight Armlock (Standard Side Variation)
10	Standing Armlock Twisting Arm Control (Back Mount & Armlock Finishes)
11	Leg Hook Takedown Take the Back (Mount) Remount Technique
12	Pull Guard Punch Block Stages 1 – 3
13	Pull Guard Punch Block Stages 4 - 5 Hook Sweep
14	Rear Takedown Triangle (Stage 1.5 Variation)
15	Rear Takedown Triangle – Giant Killer Variation
16	Clinch Conservative Opponent Straight Armlock (Guard) - High Variation & Triangle Transition
17	Clinch Aggressive Opponent Kimura Armlock (Standard & Forced Variations)
18	Double Leg Takedown – Aggressive Opponent Take the Back (Guard)
19	Double Leg Takedown – Conservative Opponent Double Ankle Sweep (Knee Thrust & Kick Variations)
20	Body Fold Takedown Double Underhook Guard Pass
21	Double Leg Takedown – Aggressive Opponent Positional Control – Side Mount
22	Double Leg Takedown – Conservative Opponent Shrimp Escape 1 (Block & Shoot, Shrimp & Shoot Variations)
23	Clinch Aggressive Shrimp Escape 2 (Block & Shoot, Punch Block Variations)
24	Clinch Conservative Opponent Headlock Escape 1 (Standard & Scissor Failure Variations)
25	Haymaker Punch Defense Headlock Escape 2 (Standard & Punch Block Variations)

15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (Punch Block Wrist Pin Spread Hand)
3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)
5	Super Slap Guard Get-ups (5 & 6) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)
7	Punch Block Series (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)
11	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (Straight Armlock Kimura Armlock)
13	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider) Shirt Choke
14	Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination with one another.

23 Classes	36 Essential Techniques
1	Trap and Roll Escape – Mount Leg Hook Takedown
2	Americana Armlock – Mount Clinch (Aggressive Opponent)
3	Positional Control – Mount Body Fold Takedown
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)
6	Straight Armlock – Mount Guillotine Defense
7	Triangle Choke – Guard Haymaker Punch Defense
8	Elevator Sweep – Guard Rear Takedown
9	Elbow Escape – Mount Pull Guard
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters – Mount Standing Headlock Defense
12	Headlock Escape 1 – Side Mount Standing Armlock
13	Straight Armlock – Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape – Side Mount Body Fold Takedown
17	Kimura Armlock – Guard Leg Hook Takedown
18	Punch Block Series (5) – Guard Haymaker Punch Defense
19	Hook Sweep – Guard Guillotine Defense
20	Take the Back – Guard Standing Headlock Defense
21	Elbow Escape – Side Mount Pull Guard
22	Twisting Arm Control – Mount Rear Takedown
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)