




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10:00am- WE Class 2 11:00am- GC Class 19 12:00pm- MC Technique (Gi) 1:00pm- MC Sparring (Gi) 1
3 5:30pm- BP Jr Grapplers 6:30pm- GC Class 20 7:30pm- MC Technique (Gi) 8:30pm- MC Sparring (Gi)	4 10:00am- GC Class 8 11:00am- MC Technique (Gi) 12:00pm- MC Sparring (Gi) 6:00pm- MC Technique (Gi) 7:00pm- MC Sparring (Gi) 7:30pm- GC Class 21	5 6:30pm- WE Class 3 7:30pm- GC Class 22 8:30pm- Open Study (30 min) *All Students* (Discussion / Drill / Fight-Sim / Sparring etc.)	6 10:00am- GC Class 9 11:00am- MC Technique (No-Gi) 12:00pm- MC Sparring (No-Gi) 5:30pm- BP Jr Grapplers 6:30pm- MC Technique (No-Gi) 7:30pm- MC Sparring (No-Gi) ★ 8:00pm- GC R/D Fight-Sim: MOUNT	7 6:30am- GC Technique Review	8 10:00am- WE Class 4 11:00am- GC Class 10 12:00pm- MC Self-Defense Class (Gi) 1:00pm- MC Sparring
10 5:30pm- BP Jr Grapplers 6:30pm- GC Class 23 7:30pm- MC Technique (Gi) 8:30pm- MC Sparring (Gi)	11 10:00am- GC Class 11 11:00am- MC Technique (Gi) 12:00pm- MC Sparring (Gi) 6:00pm- MC Technique (Gi) 7:00pm- MC Sparring (Gi) 7:30pm- GC Class 1	12 6:30pm- WE Class 5 7:30pm- GC Class 2 8:30pm- Open Study (30 min) *All Students* (Discussion / Drill / Fight-Sim / Sparring etc.)	13 10:00am- GC Class 12 11:00am- MC Technique (No-Gi) 12:00pm- MC Sparring (No-Gi) 5:30pm- BP Jr Grapplers 6:30pm- MC Tech (No-Gi) 7:30pm- MC Sparring (No-Gi) ★ 8:00pm- GC R/D Fight-Sim: GUARD	14 6:30am- GC Technique Review	15 10:00am- WE Class 6 11:00am- GC Class 13 12:00pm- MC Self-Defense Class (Gi) 1:00pm- MC Street Sparring
17 5:30pm- BP Jr Grapplers 6:30pm- GC Class 3 7:30pm- MC Technique (Gi) 8:30pm- MC Sparring (Gi)	18 10:00am- GC Class 14 11:00am- MC Technique (Gi) 12:00pm- MC Sparring (Gi) 6:00pm- MC Technique (Gi) 7:00pm- MC Sparring (Gi) 7:30pm- GC Class 4	19 6:30pm- WE Class 7 7:30pm- Casual Clothing Combat Class <i>Open to all students: Wear your everyday attire & put your Jiu-Jitsu to the test! Clothing must be mat safe i.e. no sharp studs, buckles etc. (use common sense) A mouth guard is MANDATORY!</i> 	20 10:00am- GC Class 15 11:00am- MC Technique (No-Gi) 12:00pm- MC Sparring (No-Gi) 5:30pm- BP Jr Grapplers 6:30pm- MC Technique (No-Gi) 7:30pm- MC Sparring (No-Gi) ★ 8:00pm- GC R/D Fight-Sim: SIDE MOUNT	21 6:30am- GC Technique Review	22 10:00am- WE R/D STANDING ★ 11:00am- GC Class 16 12:00pm- MC Self-Defense Class (Gi) 1:00pm- MC Street Sparring
24 5:30pm- BP Jr Grapplers 6:30pm- GC Class 5 7:30pm- MC Technique (Gi) 8:30pm- MC Sparring (Gi)	25 10:00am- GC Class 17 11:00am- MC Technique (Gi) 12:00pm- MC Sparring (Gi) 6:00pm- MC Technique (Gi) 7:00pm- MC Sparring (Gi) 7:30pm- GC Class 6	26 6:30pm- WE Class 8 7:30pm- GC Class 7 8:30pm- Open Study (30 min) *All Students* (Discussion / Drill / Fight-Sim / Sparring etc.)	27 10:00am- GC Class 18 11:00am- MC Technique (No-Gi) 12:00pm- MC Sparring (No-Gi) 5:30pm- BP Jr Grapplers 6:30pm- MC Technique (No-Gi) 7:30pm- MC Sparring (No-Gi) ★ 8:00pm- GC R/D Fight-Sim: STANDING	28 6:30am- GC Technique Review	29 10:00am- WE Class 9 11:00am- GC Class 19 12:00pm- MC Self-Defense Class (Gi) 1:00pm- MC Street Sparring
31 5:30pm- BP Jr Grapplers 6:30pm- GC Class 8 7:30pm- MC Technique (Gi) 8:30pm- MC Sparring (Gi)	<p>CLASS KEY: BP Jr. Grapplers: Bullyproof (Kids 8-14 yrs.) GC: Gracie Combatives (Adult beginner) GC R/D Fight Sim: Combatives Reflex Development WE: Women Empowered (Women's Self-Defense) WE R/D: Women Empowered Reflex Development MC: Master Cycle (Adult Advanced)</p> <p>R/D: REFLEX DEVELOPMENT: 1) Student must have completed each Combatives class at least twice to participate and/or have 60 hours of training, whichever comes first. 2) Training attire & equipment: White Gi, official Gracie Academy 5.5oz sparring gloves & mouth guard. NO MOUTHGUARD, NO TRAINING!!!!</p> <p>JOINING US ON ZOOM? Follow these Steps: 1) Install the Zoom App on your device. 2) Install App and create an account. 3) Click/Tap "Join Meeting" 4) Using our Meeting ID # 984 123 0644 5) Boom! You're in! * No registration or passwords are required.</p>				



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)