



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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)					9:00am- Little Champs Class 6 10:00am- WE Class 4 11:00am- GC Class 5 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
3 5:30pm- BP Jr Grapplers Class 8 6:30pm- GC Class 15 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	4 10:00am- GC Class 6 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 16	5 5:30pm- Little Champs Class 7 ★ 6:30pm- WE Class 5 7:30pm- GC Reflex Development (Mount)	6 10:00am- GC Class 7 11:00am- MC Tech No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 9 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 17	7 NO CLASS	8 9:00am- Little Champs Class 8 10:00am- WE Class 6 11:00am- GC Class 8 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
10 5:30pm- BP Jr Grapplers Class 10 6:30pm- GC Class 18 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	11 10:00am- GC Class 9 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring 6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 19	12 10:00am- GC Class 10 11:00am- MC Tech No-Gi (See separate schedule) 12:00pm- MC Sparring No-Gi 5:30pm- Little Champs Class 1 6:30pm- WE Class 7 ★ 7:30pm- GC Reflex Development (Guard) 8:30pm- Master Cycle Sparring Only	13 *** NO AM CLASS *** 5:30pm- BP Jr Grapplers Class 11 6:30pm- MC Tech No-Gi 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 20	14 NO CLASS	15 9:00am- Little Champs Class 2 10:00am- WE Class 8 11:00am- GC Class 11 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
17 NO CLASS	18 NO CLASS	19 10:00am- GC Class 12 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring 5:30pm- Little Champs Class 3 ★ 6:30pm- WE Class 9 7:30pm- GC Reflex Development (Side Mount)	20 10:00am- GC Class 13 11:00am- MC Tech No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 12 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 21	21 5:30pm- BP Jr Grapplers Class 13 6:30pm- GC Class 22 7:30pm- MC Technique 8:30pm- MC Sparring	22 9:00am- Little Champs Class 4 10:00am- WE Class 10 11:00am- GC Class 14 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
24 ****ACADEMY	25 CLOSED****	26 5:30pm- Little Champs Class 5 ★ 6:30pm- WE R/D (Standing) 7:30pm- GC Reflex Development (Standing)	27 10:00am- GC Class 15 11:00am- MC Tech No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 14 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 23	28 NO CLASS	29 9:00am- Little Champs Class 6 10:00am- WE Class 1 11:00am- GC Class 16 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
31 **ACADEMY CLOSED**					

★ 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)

Women Empowered

THE GRACIE SELF-DEFENSE PROGRAM FOR WOMEN

10 Classes	15 Essential Techniques
1	Combat Base (Base Get-up Push/Pull) Wrist Release Standard (1 on 1 2 on 1 2 on 2) Trap & Roll Escape (Standard Punch Block)
2	Front Choke Defenses (Standard Wall Pin) Guard Get-up (Standard Super Lock)
3	Wrist Releases (Inverted) (1 on 1 2 on 1 2 on 2 Low 1 on 1) Trap & Roll Extras (Spread Hand Wrist Pin)
4	Super Slap (Front Choke 2 on 1 Wrist Release) Guard Get-up 2 (PBS Stage 1 Heavy Chest)
5	Stop-Block-Frame (Distance Block & Move Frame) Guard Get-up 3 (Wrist Pin Choke Variation)
6	Punch Protection (Distance Control Clinch) Elbow Escape (Standard Heel Drag)
7	Rear Attack Defense 1 (Rear Choke) Guillotine Choke (Standing Guard Pull Sitting)
8	Rear Attack Defense 2 (Rear Bear Hug) Weapon Defense 1 (Kimura Knife Gun)
9	Hair Grab Defenses (Standing Mount Guard) Weapon Defense 2 (Straight Armlock Knife Gun)
10	Rear Naked Choke (Back Mount w/ Hooks) Triangle Choke (Triangle Finish Giant Killer Variation)
RD	Reflex Development Class Once you've completed each lesson (1-10) at least twice, you qualify for RD classes.



Gracie Combatives

THE FASTEST WAY TO STREET READINESS. GUARANTEED.

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)



Master Cycle

THE GRACIE WAY FROM BLUE TO BLACK BELT

1. MOUNT	A. Controls B. Escapes C. Submissions D. Submission Counters
2. SIDE MOUNT	A. Controls B. Escapes C. Submissions D. Submission Counters
3. GUARD	A. Controls B. Sweeps C. Passes D. Sport Guards E. Submissions F. Submission Counters
4. HALF GUARD	A. Bottom Strategies B. Top Strategies
5. BACK MOUNT	A. Controls B. Submissions C. Submission Counters Escapes
6. LEG LOCKS	A. Straight Foot Locks B. Toe Hold Foot Locks C. Knee Locks D. Heel Hooks
7. STANDING	A. Front Attack Defenses B. Rear Attack Defenses C. Weapon Defenses D. Clinch & Takedowns