



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

★ 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 (Cinch 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)

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