

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Have you signed up for the <u>RYRON GRACIE SEMINAR</u> on Thursday June 27<sup>th</sup> from 6 to 9pm?</i></p> <p><i>Don't wait! Reserve your spot &amp; sign up at: <a href="http://www.graciemilwaukee.com/seminars">www.graciemilwaukee.com/seminars</a> or at reception!!!</i></p>			<p><u>Class Key</u> 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>	<p>9:00am- Little Champs Class 1 10:00am- WE Class 10 11:00am- GC Class 12 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring</p>	
<p>3</p> <p>5:30pm- BP Jr Grapplers Class 7 6:30pm- <b>GC Reflex Development (Guard)</b> ★ 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring</p>	<p>4</p> <p>10:00am- GC Class 13 (See separate schedule for details) 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring</p> <p>6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 18</p>	<p>5</p> <p>5:30pm- Little Champs Class 2 6:30pm- WE Class 11 7:30pm- GC Class 19</p>	<p>6</p> <p>10:00am- GC Class 14 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi</p> <p>5:30pm- BP Jr Grapplers Class 8 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 20</p>	<p>7</p> <p>5:30pm- Little Champs Class 3 ★ 6:30pm- WE Class 12 ★ 7:30pm- GC Class 15 ★</p>	<p>8</p> <p>12:00pm- MC Technique (See separate schedule for details) ★ 1:00pm- MC Sparring ★</p>
<p>10</p> <p>5:30pm- BP Jr Grapplers Class 9 6:30pm- <b>GC Reflex Development (Side Mount)</b> ★ 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring</p>	<p>11</p> <p>10:00am- GC Class 16 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring</p> <p>6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 21</p>	<p>12</p> <p>5:30pm- Little Champs Class 4 6:30pm- WE Class 13 7:30pm- GC Class 22</p>	<p>13</p> <p>10:00am- GC Class 17 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi</p> <p>5:30pm- BP Jr Grapplers Class 10 6:30pm- MC Tech No-Gi (See separate schedule for details) 7:30pm- MC Sparring No-Gi 8:00pm- GC Class 23</p>	<p>14</p> <p>NO CLASS</p>	<p>15</p> <p>9:00am- Little Champs Class 5 10:00am- WE Class 14 11:00am- GC Class 18 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring</p>
<p>17</p> <p>5:30pm- BP Jr Grapplers Class 11 6:30pm- <b>GC Reflex Development (Standing)</b> ★ 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring</p>	<p>18</p> <p>10:00am- GC Class 19 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring</p> <p>6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 1</p>	<p>19</p> <p>5:30pm- Little Champs Class 6 6:30pm- WE Class 15 7:30pm- GC Class 2</p>	<p>20</p> <p>10:00am- GC Class 20 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi</p> <p>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 3</p>	<p>21</p> <p>NO CLASS</p>	<p>22</p> <p>9:00am- Little Champs Class 7 10:00am- <b>WE Reflex Development (Ground)</b> ★ 11:00am- GC Class 21 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring</p>
<p>24</p> <p>5:30pm- BP Jr Grapplers Class 13 6:30pm- <b>GC Reflex Development (Mount)</b> ★ 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring</p>	<p>25</p> <p>10:00am- GC Class 22 11:00am- MC Technique (See separate schedule for details) 12:00pm- MC Sparring</p> <p>6:00pm- MC Technique (See separate schedule for details) 7:00pm- MC Sparring 7:30pm- GC Class 4</p>	<p>26</p> <p>5:30pm- Little Champs Class 8 6:30pm- WE Class 1 7:30pm- GC Class 5</p>	<p>27</p> <p>10:00am – GC Class 23 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi</p> <p>★ <b>RYRON GRACIE SEMINAR</b> ★ Focus: Cross Choke 6pm – 9pm</p>	<p>28</p> <p>NO CLASS</p>	<p>29</p> <p>9:00am- Little Champs Class 1 10:00am- WE Class 2 11:00am- GC Class 1 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring</p> <p><b>*Gracie Game Day 2-4pm*</b> Sign Up at <a href="http://GracieMilwaukee.com/Seminars">GracieMilwaukee.com/Seminars</a></p>

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

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