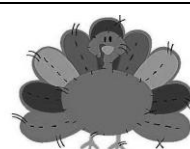




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Class Key</b>                      LC= Little Champs (Kids 5-7 yrs)                      BP Jr. Grapplers= Bullyproof (Kids 8-14 yrs)                      GC = Gracie Combatives (Adult beginner)                      MC = Master Cycle (Adult Advanced)                      WE = Women Empowered (Women's Self-Defense)</p>			<p>10:00am- GC Class 16                      11:00am- MC Tech No-Gi (See separate schedule for details)                      12:00pm- MC Sparring No-Gi  <b>Bring a Friend Day!!</b></p> <p>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 3</p>	<p>2 <b>NO CLASS</b></p>	<p>3 9:00am- Little Champs Class 6                      10:00am- WE Class 7                      11:00am- GC Class 17                      12:00pm- MC Technique (See separate schedule for details)                      1:00pm- MC Sparring</p>
<p>5 <b>Bring a Friend Day!!</b></p> <p>5:30pm- BP Jr Grapplers Class 1                      6:30pm- GC Class 4                      7:30pm- MC Technique (See separate schedule for details)                      8:30pm- MC Sparring</p>	<p>6 10:00am- GC Class 18                      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- <b>GC Reflex Development (Mount)</b> ★</p>	<p>7 5:30pm- Little Champs Class 7                      6:30pm- WE Class 8                      7:30pm- GC Class 5</p>	<p>8 10:00am- GC Class 19                      11:00am- MC Tech No-Gi (See separate schedule for details)                      12:00pm- MC Sparring No-Gi</p> <p><b>Bring a Friend Day!!</b></p> <p>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 6</p>	<p>9 <b>NO CLASS</b></p>	<p>10 9:00am- Little Champs Class 8                      10:00am- WE Class 9                      11:00am- GC Class 20                      12:00pm- MC Technique (See separate schedule for details)                      1:00pm- MC Sparring</p> <p><b>2pm-4pm-*** GRACIE GAME DAY***</b>                      RSVP: <a href="http://GracieMilwaukee.com/Seminars/">GracieMilwaukee.com/Seminars/</a>                      (Or at Reception)</p>
<p>12 <b>Bring a Friend Day!!</b></p> <p>5:30pm- BP Jr Grapplers Class 3                      6:30pm- GC Class 7                      7:30pm- MC Technique (See separate schedule for details)                      8:30pm- MC Sparring</p>	<p>13 10:00am- GC Class 21                      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- <b>GC Reflex Development (Guard)</b> ★</p>	<p>14 5:30pm- Little Champs Class 1                      6:30pm- WE Class 10                      7:30pm- GC Class 8</p>	<p>15 10:00am- GC Class 22                      11:00am- MC Tech No-Gi (See separate schedule for details)                      12:00pm- MC Sparring No-Gi</p> <p><b>Bring a Friend Day!!</b></p> <p>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 9</p>	<p>16 <b>NO CLASS</b></p>	<p>17 9:00am- Little Champs Class 2                      10:00am- <b>WE R/D (Ground)</b>                      11:00am- GC Class 23                      12:00pm- MC Technique (See separate schedule for details)                      1:00pm- MC Sparring</p>
<p>19 <b>Bring a Friend Day!!</b></p> <p>5:30pm- BP Jr Grapplers Class 5                      6:30pm- GC Class 10                      7:30pm- MC Technique (See separate schedule for details)                      8:30pm- MC Sparring</p>	<p>20 10:00am- GC Class 1                      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- <b>GC Reflex Development (Side Mount)</b> ★</p>	<p>21 5:30pm- Little Champs Class 3                      6:30pm- WE Class 1                      7:30pm- GC Class 11</p>	<p>22  <b>Happy Thanksgiving</b></p>	<p>23 <b>NO CLASS</b></p>	<p>24 9:00am- Little Champs Class 4                      10:00am- WE Class 2                      11:00am- GC Class 2                      12:00pm- MC Technique (See separate schedule for details)                      1:00pm- MC Sparring</p>
<p>26 <b>Bring a Friend Day!!</b></p> <p>5:30pm- BP Jr Grapplers Class 6                      6:30pm- GC Class 12                      7:30pm- MC Technique (See separate schedule for details)                      8:30pm- MC Sparring</p>	<p>27 10:00am- GC Class 3                      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- <b>GC Reflex Development (Standing)</b> ★</p>	<p>28 5:30pm- Little Champs Class 5                      6:30pm- WE Class 3                      7:30pm- GC Class 13</p>	<p>29 10:00am- GC Class 4                      11:00am- MC Tech No-Gi (See separate schedule for details)                      12:00pm- MC Sparring No-Gi  <b>Bring a Friend Day!!</b></p> <p>5:30pm- BP Jr Grapplers Class 7                      6:30pm- MC Tech No-Gi (See separate schedule for details)                      7:30pm- MC Sparring No-Gi                      8:00pm- GC Class 14</p>	<p>30 <b>NO CLASS</b></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)



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



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)



1. MOUNT	A. Controls B. Escapes C. Submissions D. Submission Counters
2. SIDE MOUNT	A. Escapes B. Controls 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