




Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 	3 10:00am- GC Class 5 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 9	4 5:30pm- Black Belt Club (By invite only) ★ 6:30pm- WE Class 4 7:30pm- GC Class 10	5 10:00am- GC Class 6 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 5:30pm- BP Jr Grapplers Class 6 6:30pm- MC Technique No-Gi (See separate schedule for details) 7:00pm- MC Sparring No-Gi 7:30pm- GC Reflex Development (Side Mount) ★	6 NO CLASS	7 9:00am- FITjitsu ★ 10:00am- WE Class 5 11:00am- GC Class 7 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
9 5:30pm- BP Jr Grapplers Class 7 6:30pm- GC Class 11 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	10 10:00am- GC Class 8 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 12	11 5:30pm- Black Belt Club (By invite only) ★ 6:30pm- WE Class 6 7:30pm- GC Class 13	12 10:00am- GC Class 9 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 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 Reflex Development (Standing) ★	13 NO CLASS	14 9:00am- FITjitsu ★ 10:00am- WE Class 7 11:00am- GC Class 10 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
16 5:30pm- BP Jr Grapplers Class 9 6:30pm- GC Class 14 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	17 10:00am- GC Class 11 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 15	18 5:30pm- Black Belt Club (By invite only) 6:30pm- WE Reflex Development (Standing) ★ 7:30pm- GC Class 16	19 10:00am- GC Class 12 11:00am- MC Technique No-Gi (See separate schedule for details) 12:00pm- MC Sparring No-Gi 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 Reflex Development (Mount) ★	20 NO CLASS	21 9:00am- FITjitsu ★ 10:00am- WE Class 8 11:00am- GC Class 13 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
23 5:30pm- BP Jr Grapplers Class 11 6:30pm- GC Class 17 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	24 10:00am- GC Class 14 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 18	25 5:30pm- Black Belt Club (By invite only) ★ 6:30pm- WE Class 9 7:30pm- GC Class 19	26 10:00am- GC Class 15 11:00am- MC Technique 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 Reflex Development (Guard) ★	27 NO CLASS	28 9:00am- FITjitsu ★ 10:00am- WE Class 10 11:00am- GC Class 16 12:00pm- MC Technique (See separate schedule for details) 1:00pm- MC Sparring
30 5:30pm- BP Jr Grapplers Class 13 6:30pm- GC Class 20 7:30pm- MC Technique (See separate schedule for details) 8:30pm- MC Sparring	<p>BLACK BELT CLUB: Children who excel in the Jr. Grapplers program are invited to join the Black Belt Club. This is our most advanced youth jiu-jitsu program and joining the Black Belt Club is the highest honor for any youth Gracie Jiu-Jitsu practitioner. Kids in this program possess all the traits necessary for success on the path to black belt: discipline, respect, courage, leadership, loyalty, and compassion.</p> <p>FITJITSU: FITjitsu is a beginner friendly jiu-jitsu-based exercise program that is specifically tailored to complement the Women Empowered program; therefore, this is a women's only class.</p>			<p>Class Key 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>	

★ 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!)



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)