





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:00AM GC Class 10 11:00AM MC Self-Defense 12:00pm MC Street Sparring 5:30pm BP Class 17 6:30pm MC Self-Defense 7:30pm MC Street Sparring 8:00pm GC Class 23	6:30am GC Technique Review 2	8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 3 11:00am GC Class 11 Master Cycle Time Change!
5 5:30pm BP Class 18 6:30pm GC Class 1 7:30pm MC Technique (Gi) 8:30pm MC Sparring	10:00am GC Class 12 11:00am MC Technique (Gi) 12:00pm MC Sparring (Gi) 6:00pm MC Technique (Gi) 7:00pm MC Sparring (Gi) 7:30pm GC RD/Fight Sim (Mount) ★	6 6:30pm WE Class 4 7:30pm GC Class 1 8:30pm Open Study (30 min) *All Students* (Discussion/Drill/Fight-Sim/Sparring etc.)	7 10:00am GC Class 13 11:00am MC Self-Defense 12:00pm MC Sparring (No-Gi) 5:30pm BP Class 19 6:30pm MC Self-Defense 7:30pm MC Street Sparring 8:00pm GC Class 2	8 6:30am GC Technique Review 9	10 8:30am MC Sparring (Gi) 9:30am MC Sparring 10:00am WE Class 5 11:00am GC Class 14 Master Cycle Time Change!
12 5:30pm BP Class 20 6:30pm GC Class 3 7:30pm MC Technique (Gi) 8:30pm MC Sparring	10:00am GC Class 15 11:00am MC Self-Defense 12:00am MC Street Sparring 6:00pm MC Technique (Gi) 7:00pm MC Sparring (Gi) 7:30pm GC RD/Fight Sim (Guard) ★	13 6:30pm WE Class 6 7:30pm GC Class 4 8:30pm Open Study (30 min) *All Students* (Discussion/Drill/Fight-Sim/Sparring etc.)	14 10:00am GC Class 16 11:00am MC Self-Defense 12:00pm MC Street Sparring 5:30pm BP Class 21 6:30pm MC Self-Defense 7:30pm MC Street Sparring 8:00pm GC Class 5	15 6:30am GC Technique Review 16	17 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 7 11:00am GC Class 17 2:00pm GRACIE GAME DAY!!! 
19 5:30pm BP Class 22 6:30pm GC Class 6 7:30pm MC Technique (Gi) 8:30pm MC Sparring	10:00am GC Class 18 11:00am MC Technique (Gi) 12:00am MC Sparring (Gi) 6:00pm MC Technique (Gi) 6:30pm MC Sparring (Gi) 7:30pm GC RD/Fight Sim (Side Mnt) ★	20 6:30pm WE RD Standing  7:30pm GC Class 7 8:30pm Open Study (30 min) *All Students* (Discussion/Drill/Fight-Sim/Sparring etc.)	21 10:00am GC Class 19 11:00am MC Self-Defense 12:00pm MC Street Sparring 5:30pm BP Class 23 6:30pm MC Self-Defense 7:00pm MC Street Sparring 8:30pm GC Class 8	22 6:30am GC Technique Review 23	24 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 8 11:00am GC Class 20 Master Cycle Time Change!
26 5:30pm BP Class 24 6:30pm GC Class 9 7:30pm MC Technique (Gi) 8:30pm MC Sparring	10:00am GC Class 21 11:00am MC Technique (Gi) 12:00am MC Sparring (Gi) 6:00pm MC Technique (Gi) 7:00pm MC Sparring (Gi) 7:30pm GC RD/Fight Sim (Standing) ★	27 6:30pm WE Class 9 7:30pm GC Class 10 8:30pm Open Study (30 min) *All Students* (Discussion/Drill/Fight-Sim/Sparring etc.)	28 10:00am GC Class 22 11:00am MC Self-Defense 12:00pm MC Street Sparring 5:30pm BP Class 25 6:30pm MC Self-Defense 7:00pm MC Street Sparring 8:30pm GC Class 8	29 6:30 GC Technique Review 30	31 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 10 11:00am GC Class 23 

#### CLASS KEY:

BP Jr. Grapplers: Bullyproof (Kids 8-14 yrs.)  
 GC: Gracie Combatives (Adult beginner)  
 GC R/D Fight Sim: Combatives Reflex Development WE: Women Empowered (Women's Self-Defense)  
 WE R/D: Women Empowered Reflex Development  
 MC: Master Cycle (Adult Advanced)

#### R/D: REFLEX DEVELOPMENT:

1) Student must have completed each Combatives class at least twice to participate and/or have 60 hours of training, whichever comes first.  
 2) Training attire & equipment: White Gi, official Gracie Academy 5.5oz sparring gloves & mouth guard.

**NO MOUTHGUARD, NO TRAINING!!!!**

#### JOINING US ON ZOOM?

1) Download the Zoom App on your device.  
 2) Install App & create an account. Ensure your first & last name are correct please.  
 3) Click/Tap "Join Meeting"  
 4) Using our Meeting ID # 984 123 0644  
 5) Boom! You're in!  
 \* No registration or passwords are required.



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)