




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

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?

Follow these Steps:

- 1) Install the Zoom App on your device.
 - 2) Install App and create an account.
 - 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)