






	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	2	10:00am GC Class 19 11:00am MC Technique (Gi) 12:00pm MC Sparring (Gi)	4	10:00am GC Class 20 11:00am MC Technique (No-Gi) 12:00pm MC Sparring (No-Gi)	6	8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 12 11:00am GC Class 21
P	5:30pm BP Class 25 6:30pm GC Class 12 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 13 7:30pm MC Technique (Gi) 8:30pm MC Technique (Gi)	6:30pm WE Class 11 7:30pm GC Class 14	5:30pm BP Class 1 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC Class 15		 <p>2:00-4:00 p.m. GRACIE GAME DAY (for Bullyproof Kids)</p>
M						
A	9	10:00am GC Class 22 11:00am MC Technique (Gi) 12:00pm MC Sparring (Gi)	11	10:00am GC Class 23 11:00am MC Technique (No-Gi) 12:00pm MC Sparring (No-Gi)	13	8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 14 11:00am GC Class 1
P	5:30pm BP Class 2 6:30pm GC RD/Fight Sim (Side Mount) ★ 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 16 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 13 7:30pm GC Class 17	5:30pm BP Class 3 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC Class 18		
M						
A	16	10:00am GC Class 2 11:00am MC Technique (Gi) 12:00am MC Sparring (Gi)	18	10:00am GC Class 3 11:00am MC Technique (No-Gi) 12:00pm MC Sparring (No-Gi)	19	8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE RD Ground Escapes 11:00am GC Class 4
P	5:30pm BP Class 4 6:30pm GC RD/Fight Sim (Standing) ★ 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 19 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 15 7:30pm GC Class 20	5:30pm BP Class 5 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC Class 21		<p>NOTE: ONLY STUDENTS WHO'VE COMPLETED ALL 15 CLASSES AT LEAST ONCE</p> 
M						
A	23	10:00am GC Class 5 11:00am MC Technique (Gi) 12:00am MC Technique (Gi)	24	10:00am GC Class 6 11:00am MC Technique (No-Gi) 12:00pm MC Sparring (No-Gi)	26	8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am WE Class 2 11:00am GC Class 7
P	5:30pm BP Class 6 6:30pm GC RD/Fight Sim (Mount) ★ 7:30pm MC Technique (Gi) 8:30pm MC Technique (Gi)	6:30pm GC Class 22 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 1 7:30pm GC Class 23	5:30pm BP Class 7 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC Class 1		
M						
A	Closed For Memorial Day 30	10:00am GC Class 8 11:00am MC Technique (Gi) 12:00am MC Sparring (Gi)	--- JUNE --- 31	1	2	3
P	 Memorial Day	6:30pm GC Class 2 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 3 7:30pm GC Class 3	10:00am GC Class 9 11:00am MC Technique (No-Gi) 12:00pm MC Sparring (No-Gi)	6:30am MC Review/Sparring	3
M				5:30pm BP Class 8 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC RD/Fight Sim (Mount)		4

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) 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	25 Essential Techniques
1	Combat Base Wrist Drag Defense w/Dummy Sweep
2	Standard Wrist Release (3 variations), Trap and Roll Escape - Mount (Standard and Punch Variation)
3	Clinch Aggressive, Postional Control - Mount
4	Standing Arm Lock Straight Armlock - Mount (Standard and Side Variation)
5	Leg Hook Takedown Elbow Escape - Mount (Standard Variation)
6	Inverted Wrist Release 4 Variations Elbow Escape - Mount (Hook Removal)
7	Clinch Conservative, Twisting Arm-Mount (3 Variations)
8	Body Fold Takedown Americana - Mount (2 Variations)
9	Standing Headlock counter Punch Variation Headlock Counter - Mount
10	Haymaker Punch Defense Headlock Escape 1 - Mount
11	Rear Takedown Take the Back - Mount
12	Bear Hug Defense Rear Naked Choke - Mount
13	Drag Defense Hair/Hoodie Headlock Escape 2 - Mount
14	Double Leg Takedown Aggressive Positional Control - Side Mount
15	2 Hand Collar Grab Wall Pin variation Elbow Escape - Side Mount
16	Standing Guillotine and Pull Guard Guillotine from Guard
17	Pull Guard Punch Block Series (1-4) - Guard
18	Guard Get Up Standard Guard Get-Up Direct Get Up
19	Knee on Belly Control Front Choke Escape (2 Variations) - Standing
20	Triangle 1.5-Guard Triangle Giant Killer - Guard
21	Double Underhook Guard Pass - Guard
22	Sucker Punch Defense with Hip Throw Shrimp Escape-Guard (2 Variations)
23	Take the Back - Guard
24	Hook Sweep - Guard Kimura - Guard
25	Stop Block Frame 3 Variations Double Ankle Sweep - Guard (2 Variations)

15 Classes	20 Essential Techniques
1	Combat Base (3Variations) Trap & Roll Escape 1 & 2 (Standard and 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 GetUps (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	Punch Protection (Clinch Entry) Stop-Block-Frame (3 Variations)
7	Punch Block Series (Stages 1-5)
RD	Standing Reflex Development <i>All standing techniques practiced in combination with one another.</i>
8	Guillotine Choke (Guard) Elbow Escape (standard/Heal Drag/Face Down)
9	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag/Ankle Drag)
10	Guillotine Choke (Standing /Guard Pull) Rear Bear Hug Defenses (2 Variations)
11	Hair Grab Defenses (Standing/Guard/Guard Pull/Hair Drag)
12	Weapon Defenses (Straight Armlock/Kimura Armlock)
13	Shirt Choke Shrimp Escape (Block & Shoot/Shrimp & Shoot/Rider)
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 <i>All ground techniques practiced in combination with one another.</i>

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