





		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A M			10:00am GC Class 8		10:00am GC Class 9	6:30am MC Review/Sparring	8:30am MC Technique (Gi)
			11:00am MC Technique (Gi)		11:00am MC Technique (No-Gi)		9:30am MC Sparring (Gi)
P M			12:00pm MC Sparring (Gi)	6:30pm WE Class 3	12:00pm MC Sparring (No-Gi)		10:00am WE Class 4
			6:30pm GC Class 2	7:30pm GC Class 3	5:30pm BP Class 8		11:00am GC Class 10
			7:30pm MC Technique (Gi)		6:30pm MC Technique (No-Gi)		
			8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
					8:00pm GC Class 4		
A M		10:00am GC Class 11	10:00am GC Class 12	10:00am GC Class 12	10:00am GC Class 12	6:30am MC Review/Sparring	8:30am MC Technique (Gi)
		11:00am MC Technique (Gi)					11:00am MC Technique (No-Gi)
		12:00pm MC Sparring (Gi)	12:00pm MC Sparring (No-Gi)	12:00pm MC Sparring (No-Gi)			10:00am WE Class 6
P M		5:30pm BP Class 9	6:30pm GC RD/Fight Sim (Guard) ★	5:30pm BP Class 10	5:30pm BP Class 10		11:00am GC Class 13
		6:30pm GC Class 5	7:30pm MC Technique (Gi)	6:30pm MC Technique (No-Gi)	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)	7:30pm MC Sparring (No-Gi)	7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)		8:00pm GC Class 7	8:00pm GC Class 7		
A M		10:00am GC Class 14	10:00am GC Class 15	10:00am GC Class 15	10:00am GC Class 15	6:30am MC Review/Sparring	8:30am MC Technique (Gi)
		11:00am MC Technique (Gi)					11:00am MC Technique (No-Gi)
		12:00am MC Sparring (Gi)	12:00pm MC Sparring (No-Gi)	12:00pm MC Sparring (No-Gi)			10:00am WE RD Standing
P M		5:30pm BP Class 11	6:30pm GC RD/Fight Sim (Side Mount) ★	5:30pm BP Class 12	5:30pm BP Class 12	<p style="color: pink; text-align: center;">   NOTE: ONLY STUDENTS WHO'VE COMPLETED ALL 15 CLASSES AT LEAST ONCE                 </p>	11:00am GC Class 16
		6:30pm GC Class 8	7:30pm MC Technique (Gi)	6:30pm MC Technique (No-Gi)	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)	7:30pm MC Sparring (No-Gi)	7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)		8:00pm GC Class 10	8:00pm GC Class 10		
A M		10:00am GC Class 17	10:00am GC Class 18	10:00am GC Class 18	10:00am GC Class 18	6:30am MC Review/Sparring	8:30am MC Technique (Gi)
		11:00am MC Technique (Gi)					11:00am MC Technique (No-Gi)
		12:00am MC Sparring (Gi)	12:00pm MC Sparring (No-Gi)	12:00pm MC Sparring (No-Gi)			10:00am WE Class 9
P M		5:30pm BP Class 13	6:30pm GC RD/Fight Sim (Standing) ★	5:30pm BP Class 14	5:30pm BP Class 14		11:00am GC Class 19
		6:30pm GC Class 11	7:30pm MC Technique (Gi)	6:30pm MC Technique (No-Gi)	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)	7:30pm MC Sparring (No-Gi)	7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)		8:00pm GC Class 13	8:00pm GC Class 13		
A M		10:00am GC Class 20	10:00am GC Class 21	10:00am GC Class 21	10:00am GC Class 21	6:30am MC Review/Sparring	8:30am MC Technique (Gi)
		11:00am MC Technique (Gi)					11:00am MC Technique (No-Gi)
		12:00am MC Sparring (Gi)	12:00pm MC Sparring (No-Gi)	12:00pm MC Sparring (No-Gi)			10:00am WE Class 11
P M		5:30pm BP Class 15	6:30pm GC RD/Fight Sim (Mount) ★	5:30pm BP Class 16	5:30pm BP Class 16	<p>--- JULY ---</p>	11:00am GC Class 22
		6:30pm GC Class 14	7:30pm MC Technique (Gi)	6:30pm MC Technique (No-Gi)	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)	7:30pm MC Sparring (No-Gi)	7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)		8:00pm GC Class 16	8:00pm GC Class 16		

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

15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) <b>Trap &amp; Roll Escape 1 &amp; 2</b> (Standard and Hair Grab)
2	Standard Wrist Releases (3 Variations) <b>Trap &amp; Roll Escapes (3,4 &amp; 5)</b> (Punch Block/Wrist Pin/Spread Hand)
3	Front Choke Defenses (3 Variations) <b>Guard GetUps (1&amp;2)</b> (Standard/Fake Surrender)
4	Inverted Wrist releases (4 Variations) <b>Guard Get-ups (3&amp;4)</b> (Rider/Heavy Chest)
5	Super Slap <b>Guard Get-ups (5&amp;6)</b> (Choke/Wrist Pin)
6	Punch Protection (Clinch Entry) <b>Stop-Block-Frame</b> (3 Variations)
7	<b>Punch Block Series</b> (Stages 1-5)
RD	<b>Standing Reflex Development</b> <i>All standing techniques practiced in combination with one another.</i>
8	Guillotine Choke (Guard) <b>Elbow Escape</b> (standard/Heal Drag/Face Down)
9	Rear Choke Defenses (2 Variations) <b>Drag Defenses</b> (Wrist Drag/Ankle Drag)
10	<b>Guillotine Choke</b> (Standing /Guard Pull) Rear Bear Hug Defenses (2 Variations)
11	<b>Hair Grab Defenses</b> (Standing/Guard/Guard Pull/Hair Drag)
12	<b>Weapon Defenses</b> (Straight Armlock/Kimura Armlock)
13	<b>Shirt Choke</b> <b>Shrimp Escape</b> (Block & Shoot/Shrimp & Shoot/Rider)
14	<b>Advanced Guard Get-ups</b> (7,8 & 9) (Direct Get-up/Knee Shield/Power Frame)
15	<b>Rear Naked Choke</b> Triangle Choke (Giant Killer/Stage 3)
RD	<b>Ground Reflex Development</b> <i>All ground techniques practiced in combination with one another.</i>

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