

## **MARCH 2025 SCHEDULE**

Trap and Roll Escape – Mount (GU 1) Leg Hook Takedown (GU 6)  Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)  Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Clinch (Aggressive Opponent) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 23)  Headlock Escape 3 ide Mount (GU 24) Body Fold Takedown (GU 4)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 46)  Rimura Armlock – Guard (GU 27) Hoymaker Punch Defense (GU 30)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Cull Guard (GU 21)  Twisting Arm Control – Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 36) Double Underhook Pass – Guard (GU 36)	23 Classes	36 Essential Techniques				
Leg Hook Takedown (GU 6)  Americana Armlock - Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)  Positional Control - Mount (GU 3) Body Fold Takedown (GU 14)  Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape - Mount (GU 12) Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 18) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 23)  Headlock Escape 2 - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 14)  Kimura Armlock - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 29)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 29)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	1	Trap and Roll Escape – Mount (GU 1)				
2 Clinch (Aggressive Opponent) (GU 7) 3 Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) 4 Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) 5 Clinch (Conservative Opponent) (GU 15) 6 Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) 6 Straight Armlock – Mount (GU 9) 6 Guillotine Defense (GU 32) 7 Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) 8 Rear Takedown (GU 29) 9 Elbow Escape – Mount (GU 12) Pull Guard (GU 21) 10 Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) 11 Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) 12 Standing Headlock (GU 34) 13 Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) 14 Guillotine Choke (Guard Pull) (GU 23) 15 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) 17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 16) 18 Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) 19 Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) 10 Take the Back – Guard (GU 28) Guillotine Defense (GU 32) 20 Standing Headlock Defense (GU 33) Pull Guard (GU 21) 21 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass – Guard (GU 36)		Leg Hook Takedown (GU 6)				
Clinch (Aggressive Opponent) (GU 7)  Positional Control - Mount (GU 3)  Body Fold Takedown (GU 14)  Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape - Mount (GU 12) Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 3)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	2	Americana Armlock - Mount (GU 2)				
Body Fold Takedown (GU 14)  Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32)  Tidangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape - Mount (GU 12) Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 30)  Hook Sweep - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 31) Standing Headlock Defense (GU 33) Pull Guard (GU 21)  Take the Back - Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)		Clinch (Aggressive Opponent) (GU 7)				
Body Fold Takedown (GU 14)  Take the Back + R.N.C Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) - Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock - Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke - Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Elbow Escape - Mount (GU 12) Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 23)  Headlock Escape 2 - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 4)  Punch Block Series (S) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Defense (GU 30)  Punch Block Series (S) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Take the Back - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 28) Guillotine Offense (GU 29)  Punch Block Series (S) - Guard (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	3	Positional Control – Mount (GU 3)				
Clinch (Conservative Opponent) (GU 15)  Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)  Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)  Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)  Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)  Elibow Escape – Mount (GU 12) Pull Guard (GU 21)  Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 16)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 29)  Standing Headlock Defense (GU 26) Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		Body Fold Takedown (GU 14)				
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Haymaker Punch Defense (GU 30)  Belevator Sweep - Guard (GU 11) Rear Takedown (GU 29)  Pull Guard (GU 21)  Positional Control - Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)  Headlock Counters - Mount (GU 16) Standing Headlock Defense (GU 26)  Headlock Escape 1 - Side Mount (GU 18) Standing Armlock (GU 34)  Straight Armlock - Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep - Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32) Standing Headlock Defense (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29) Double Underhook Pass - Guard (GU 36)		Guillotine Defense (GU 32)				
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Double Leg Takedown (Aggressive) (GU 17)						
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Standing Headlock Defense (GU 26)  Headlock Escape 1 – Side Mount (GU 18)  Standing Armlock (GU 34)  Straight Armlock – Guard (GU 19)  Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20)  Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22)  Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24)  Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25)  Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27)  Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28)  Guillotine Defense (GU 32)  Take the Back – Guard (GU 31)  Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33)  Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35)  Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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Standing Armlock (GU 34)  Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 16)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
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Clinch (Aggressive Opponent) (GU 7)  Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)  15 Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  16 Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  20 Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	13					
14   Guillotine Choke (Guard Pull) (GU 23)						
Headlock Escape 2 - Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15)  Shrimp Escape - Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 31) Standing Headlock Defense (GU 36)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	14					
Clinch (Conservative Opponent) (GU 15)  Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		, , , ,				
Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)  17 Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	15	• • • • • • • • • • • • • • • • • • • •				
16						
Kimura Armlock - Guard (GU 25) Leg Hook Takedown (GU 6)  Punch Block Series (5) - Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 31) Standing Headlock Defense (GU 36)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	16					
Leg Hook Takedown (GU 6)  Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	17					
Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)  19 Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)  Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Haymaker Punch Defense (GU 30)  Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	18					
Hook Sweep - Guard (GU 28) Guillotine Defense (GU 32)  Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)		* , , ,				
Take the Back - Guard (GU 31)  Take the Back - Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape - Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	19					
Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)  Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)  Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		· · · · · · · · · · · · · · · · · · ·				
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21 Elbow Escape – Side Mount (GU 33) PUll Guard (GU 21)  22 Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)						
Pull Guard (GU 21)  Twisting Arm Control - Mount (GU 35) Rear Takedown (GU 29)  Double Underhook Pass - Guard (GU 36)	21					
Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)		Pull Guard (GU 21)				
Rear Takedown (GU 29)  Double Underhook Pass – Guard (GU 36)	22	Twisting Arm Control - Mount (GU 35)				
23   ' '	22	Rear Takedown (GU 29)				
Double Leg Takedown (Conservative) (GU 17)	23	Double Underhook Pass – Guard (GU 36)				
		Double Leg Takedown (Conservative) (GU 17)				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
24 Feb	25 Feb	26 Feb	27 Feb	28 Feb	1 Mar
6pm - Class 5 Bring a Friend 7pm - RD - Freestyle Focus	7pm - Class 6	8pm - Class 7	8:30pm - Class 8	7pm - Class 9	9am - Class 10  10am - Open Mat Members Only
3	4	5	6	7	8
6pm - Class 11 Bring a Friend 7pm - RD - Mount Focus	7pm - Class 12	8pm - Class 13	8:30pm - Class 14	7pm - Class 15	9am - Class 16 10am - Open Mat Members Only
10	11	12	13	14	15
6pm - Class 17 Bring a Friend 7pm - RD - Guard Focus	7pm - Class 18	8pm - Class 19	8:30pm - Class 20	7pm - Class 21	9am - Class 22 10am - Open Mat Members Only
17	18	19	20	21	22
6pm - Class 23 Bring a Friend om - RD - Side Mount Focus	7pm - Class 1	8pm - Class 2	8:30pm - Class 3	7pm - Class 4	9am - Class 5  10am - Open Mat Members Only
24	25	26	27	28	29
6pm - Class 6 Bring a Friend 7pm - RD - Standing Focus	7pm - Class 7	8pm - Class 8	8:30pm - Class 9	7pm - Class 10	9am - Class 11  10am - Open Mat  Members Only

## Street Readiness in 23 Classes

The 36 techniques in the Gracie Combatives program are the most important techniques in all of Gracie Jiu-Jitsu. The 36 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

## Reflex Development Class (RD Class)

Once you have attended each class twice, you qualify to attend the RD Classes. This is where you will learn the advanced combinations that will sharpen your reflexes and boost your confidence to the next level!

## Log-on & Boost Progress!

As a student of the Gracie Combatives program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided. If you have trouble accessing your lessons online, please speak to Adrian.

Watch all the lessons at <u>www.GracieUniversity.com</u>

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