

	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
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 GuardPull 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



Settembre 2025					
Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
01/09	02/09 LEZIONE 13 18:30 - 19:30	03/09	04/09 LEZIONE 14 18:30 - 19:30	05/09	06/09
08/09	09/09 LEZIONE 15 18:30 - 19:30	10/09	11/09 LEZIONE RD GROUND 18:30 - 19:30	12/09	13/09
15/09	16/09 LEZIONE 1 18:30 - 19:30	17/09	18/09 SEMINARIO WOMEN EMPOWERED	19/09	20/09 TECHNICAL LAB 17:00 – 18:30
22/09	23/09 LEZIONE 2 18:30 - 19:30	24/09	25/09 LEZIONE 3 18:30 - 19:30	26/09	27/09
29/09	30/09 LEZIONE 4 18:30 - 19:30				