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| 15<br>Classes | 20 Essential Techniques   |
|---------------|---|
| 1             | <b>Combat Base</b> (3 Variations) (GU 1)*<br><b>Trap &amp; Roll Escapes (1 &amp; 2)</b> (GU 4)<br>(Standard   Hair Grab)                                |
| 2             | <b>Standard Wrist Releases</b> (3 Variations) (GU 2)<br><b>Trap &amp; Roll Escapes (3, 4 &amp; 5)</b> (GU 4)<br>(Punch Block   Wrist Pin   Spread Hand) |
| 3             | <b>Front Choke Defenses</b> (3 Variations) (GU 5)<br><b>Guard Get-ups (1 &amp; 2)</b> (GU 8)<br>(Standard   False Surrender)                            |
| 4             | <b>Inverted Wrist Releases</b> (4 Variations) (GU 3)<br><b>Guard Get-ups (3 &amp; 4)</b> (GU 9)<br>(Rider   Heavy Chest)                                |
| 5             | <b>Super Slap</b> (GU 6)<br><b>Guard Get-ups (5 &amp; 6)</b> (GU 9)<br>(Choke   Wrist Pin)  |
| 6             | <b>Stop-Block-Frame</b> (3 Variations) (GU 10)<br><b>Punch Defense</b> (GU 11)<br>(Clinch Entry)  |
| 7             | <b>Punch Block Series</b> (GU 7)<br>(Stages 1-5)  |
| RD            | <b>Standing Reflex Development</b><br>All standing techniques practiced in combination with one another.  |
| 8             | <b>Elbow Escape</b> (GU 14)<br>(Standard   Heel Drag   Face Down)<br><b>Guillotine Choke (Guard)</b> (GU 12)  |
| 9             | <b>Rear Choke Defenses</b> (2 Variations) (GU 17)<br><b>Drag Defenses</b> (GU 19)<br>(Wrist Drag   Ankle Drag)  |
| 10            | <b>Rear Bear Hug Defenses</b> (2 Variations) (GU 17)<br><b>Guillotine Choke</b> (GU 16)<br>(Standing   Guard Pull)                                      |
| 11            | <b>Hair Grab Defenses</b> (GU 13)<br>(Standing   Guard   Guard Pull   Hair Drag)  |
| 12            | <b>Weapon Defenses</b> (GU 18)<br>(Straight Armlock   Kimura Armlock)   |
| 13            | <b>Shrimp Escape</b> (GU 15)<br>(Block & Shoot   Shrimp & Shoot   Rider)<br><b>Shirt Choke</b> (GU 12)  |
| 14            | <b>Advanced Guard Get-ups (7, 8 &amp; 9)</b> (GU 20)<br>(Direct Get-up   Knee Shield   Power Frame)   |
| 15            | <b>Rear Naked Choke</b> (GU 16)<br><b>Triangle Choke</b> (GU 12)<br>(Giant Killer   Stage 3)  |
| RD            | <b>Ground Reflex Development</b><br>All ground techniques practiced in combination with one another.  |

| July/August 2025   |         |   |          |          |          |        |
|--|---------|---|----------|----------|----------|--------|
| Monday   | Tuesday | Wednesday                                 | Thursday | Friday   | Saturday | Sunday |
| 21<br>7:15p – 8:15p<br>REVIEW                            | 22      | 23<br>6:00p – 7:00p<br>REVIEW             | 24       | 25       | 26       | 27     |
| 28<br>7:15p – 8:15p<br>Class 7                           | 29      | 30<br>6:00p – 7:00p<br>RD: Standing       | 31       | AUGUST 1 | 2        | 3      |
| 4<br>7:15p – 8:15p<br>Class 8                            | 5       | 6<br>6:00p – 7:00p<br>Class 9             | 7        | 8        | 9        | 10     |
| 11<br>7:15p – 8:15p<br>Class 10                          | 12      | 13<br>6:00p – 7:00p<br>Class 11           | 14       | 15       | 16       | 17     |
| 18<br>7:15p – 8:15p<br>Class 12<br>Optional RD: Standing | 19      | 20<br>6:00p – 7:00p<br>Class 13           | 21       | 22       | 23       | 24     |
| 25<br>7:15p – 8:15p<br>Class 14                          | 26      | 27<br>6:00p – 7:00p<br>Class 15           | 28       | 29       | 30       | 31     |
| SEPTEMBER 1<br>7:15p – 8:15p<br>NO CLASS – LABOR DAY     | 2       | 3<br>6:00p – 7:00p<br>RD: Ground Survival | 4        | 5        | 6        | 7      |