

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

Sept/Oct 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15 7:15p – 8:15p Class 3	16	17 6:00p – 7:00p Class 4	18	19	20	21
22 7:15p – 8:15p Class 5						22
29 7:15p – 8:15p Class 7	30	OCTOBER 1 6:00p – 7:00p RD: Standing	2	3	4	5
6 7:15p – 8:15p Class 8	7	8 6:00p – 7:00p Class 9	9	10	11	12
13 7:15p – 8:15p Class 10	14	15 6:00p – 7:00p Class 11	16	17	18	19
20 7:15p – 8:15p Class 12	21	22 6:00p – 7:00p Class 13	23	24	25	26
27 7:15p – 8:15p Class 14	28	29 6:00p – 7:00p Class 15	30	31	NOVEMBER 1	2