



Bushin Martial Arts Academy



6024 Brook Road, Richmond VA 23227 | 804-822-1451 | www.BushinMartialArts.com

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

March 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L7 7:30p: GJJ MC BBS1: L10; B2 L7 BBS4: Test Review	2 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	3 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L8 7:30p: GJJ MC BBS1: L10; B2 L7 BBS4: Test Review	4 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	5	6	7 8a: Yoga 9a: WE 10:15a: GC L9 11:15a – 12:45p: GJJ / MC RD
8 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L10 7:30p: GJJ MC BBS1: Rev; B2: L8 BBS4: Test Review	9 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	10 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L11 7:30p: GJJ MC BBS1: Rev; B2: L8 BBS4: Test Review	11 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	12 6:30p: GC Reflex Development	13	14 9a: WE (Women Empowered)
15 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L12 7:30p: GJJ MC BBS1: Rev; B2: Rev BBS3: Rev	16 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	17 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L13 7:30p: GJJ MC BBS1: Rev; B2: Rev BBS3: Rev	18 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	19	20	21 – D. Wise 8a: Yoga 9a: WE 10:15a: GC L14 11:15a – 12:45p: GJJ / MC RD
22 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L15 7:30p: GJJ MC BBS1: L11; B2: L9 BBS4: L9	23 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	24 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L16 7:30p: GJJ MC BBS1: L11; B2: L9 BBS4: L9	25 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	26 6:30p: GC Reflex Development	27	28 9a: WE (Women Empowered)
29 – Sarah 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L17 7:30p: GJJ MC BBS1: L12; B2: L10 BBS3: L10	30 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	31 4:00p: Yoga 5:30p: Jr Grapplers 6:30p: GC – L18 7:30p: GJJ MC BBS1: L12; B2: L10 BBS4: L10	April 1 5:30p – 6:15p: -BP: L. Champs 6:30p – 8:00p: Karate	April 2	April 3	April 4 8a: Yoga 9a: WE 10:15a: GC L19 11:15a – 12:45p: GJJ / MC RD

10-Calendar Day Free Trial – Satisfaction Guaranteed!

At most martial arts schools, they'll let you try one class before you sign up. At the BMAA, however, we prefer that you try our programs for 10 days before you make a decision, so that you are 100% certain that they are right for you. Absolutely no experience is necessary, and you will love the classes – we guarantee it! Speak with Mike or Suzanne about starting your 10-calendar day trial today!

Six Things Every Student Should Know

1. Respect everything and everyone at the Academy
2. Ask questions every chance you get
3. Arrive 10-15 minutes early to class
4. Wash your gi after every class
5. Share your knowledge with everyone
6. Introduce your friends to the Dojo & Gracie Jiu-Jitsu