



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 (GU 1) Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (HU 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	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)
6	Straight Armlock – Mount (GU 9) Guillotine Defense (GU 32)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)
8	Elevator Sweep – Guard (GU 11) 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) #17
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armlock (GU 34)
13	Straight Armlock – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7)
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)
15	Headlock Escape 2 – Side Mount (G 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)
18	Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30)
19	Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32)
20	Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26)
21	Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21)
22	Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29)
23	Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) # 17

November 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1	2	3 – Jason S	4	5	6	7
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L16 7:50p: Master Cycle BS1: 23; BS2: Rvw BS3: Review	5:30p: Women E 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L16 5:30p: BullyProof 6:30p: GC – L17 7:50p: Master Cycle BS1: 23; BS2: Rvw BS3: Review	6:00a: GJJ RD / Tech Review 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L17		9a: Yoga 10a: GC – L18 11:15a: GJJ RD / Tech Review
8	9	10	11	12	13	14
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L19 7:50p: Master Cycle BS1: 24; BS2: Rvw BS3: Review	5:30p: Women E 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L19 5:30p: BullyProof 6:30p: GC – L20 7:50p: Master Cycle BS1: 24; BS2: Rvw BS3: Review	6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L20 6:30p: GJJ RD / Tech Review		11a – 12:30p: GU Black Belts Seminar
15	16	17	18	19	20	21
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L21 8:00p: Master Cycle BS1: 25; BS2: Rvw BS3: Review	5:30p: Women E 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L21 5:30p: BullyProof 6:30p: GC – L22 7:50p: Master Cycle BS1: 25; BS2: Rvw BS3: Review	6:00a: GJJ RD / Tech Review 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L22		9a: Yoga 10a: GC – L23 11:15a: GJJ RD / Tech Review 6p: DNBK Clinic
22	23 - Jessica	24	25 - Xavier	26	27 - Dave R	28
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L1 7:50p: Master Cycle BS1: 26; BS2: Rvw BS3: Review	5:30p: Women E 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L1 5:30p: BullyProof 6:30p: GC – L2 7:50p: Master Cycle BS1: 26; BS2: Rvw BS3: Review	Dojo Closed	Happy Thanksgiving 8a – 9a: Turkey burn	Dojo Closed	Dojo Closed
29	30	Dec 1	Dec 2	Dec 3	Dec 4	Dec 5
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L3 7:50p: Master Cycle BS1: 27; BS2: Rvw BS3: Review	5:30p: Women E 6:30p: Karate -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L3 5:30p: BullyProof 6:30p: GC – L4 7:50p: Master Cycle BS1: 27; BS2: Rvw BS3: Review	6:00a: GJJ RD / Tech Review -White to Blue 7:15p: Karate -Brown & Black	6:00a: GC – L4		9a: Yoga 10a: GC – L5 11:15a: GJJ RD / Tech Review

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