



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

January 2021						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 3	4	5	6 - JJ	7	8 - Danielle	9
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L14 7:50p: Master Cycle BS1: 30; BS2: 24 BS3: 18	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L14 5:30p: BullyProof 6:30p: GC – L15 7:50p: Master Cycle BS1: 30; BS2: 24 BS3: 18	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L15 Birthday: -Brandy -Austin		10a: Yoga 11:15a: GJJ RD / Tech Review
10 – Open Mirror	11	12	13	14	15	16
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L16 7:50p: Master Cycle BS1: 31; BS2: 25 BS3: 19	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L16 5:30p: BullyProof 6:30p: GC – L17 7:50p: Master Cycle BS1: 27; BS2: 25 BS3: 19	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L17		10a: Yoga 11:15a: GJJ RD / Tech Review 1:00p: BKD -Judo / Aikido
17	18	19 - Jason	20	21	22	23
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L18 8:00p: Master Cycle BS1: 32; BS2: 26 BS3: 20	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L18 5:30p: BullyProof 6:30p: GC – L19 7:50p: Master Cycle BS1: 32; BS2: 26 BS3: 20	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L19		10a: Yoga 11:15a: GJJ RD / Tech Review
24	25	26	27	28	29	30
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L20 7:50p: Master Cycle BS1: 33; BS2: 27 BS3: 21	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L20 5:30p: BullyProof 6:30p: GC – L21 7:50p: Master Cycle BS1: 33; BS2: 27 BS3: 21	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L21		10a: Yoga 11:15a: GJJ RD / Tech Review 1:30p – 3:00p: WE Seminar
31	Feb 1	Feb 2 - Tommy	Feb 3	Feb 4	Feb 5	Feb 6
4:15p: Yoga 5:30p: BullyProof 6:30p: GC – L22 7:50p: Master Cycle BS1: 34; BS2: 28 BS3: 22	5:30p: WE L1 6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L22 5:30p: BullyProof 6:30p: GC – L23 7:50p: Master Cycle BS1: 34; BS2: 28 BS3: 22	6:30p: Karate -Novice / Ind 7:15p: Karate -Ind / Adv	6:00a: GC – L23		9a: Yoga 10a: WE L2 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 decide, 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