




		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A M			2 9:30am MC Technique (Gi)			6:30am MC Review/Sparring NOTE: ONLY STUDENTS WHO'VE COMPLETED ALL 15 CLASSES AT LEAST ONCE MAY ATTEND THIS CLASS!	7 8:30am MC Self-Defense
			3 10:30am MC Sparring (Gi)				4 9:30am MC Technique (No-Gi)
P M			11:00am GC Class 2		11:00am GC Class 3		10:00am GC Class 4
			6:30pm GC Class 21	6:30pm WE Class 7	5:30pm BP Comfort in Chaos		11:15am WE RD Standing
		7:30pm MC Technique (Gi)	7:30pm MC Technique (Gi)	7:30pm GC Class 22	6:30pm MC Technique (No-Gi)		
		8:30pm MC Sparring (Gi)	8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
A M		9 9:30am MC Technique (Gi)	10 9:30am MC Technique (Gi)		11 9:30am MC Technique (No-Gi)	12 6:30am MC Review/Sparring	13 8:30am MC Technique (Gi)
		10:30am MC Sparring (Gi)	10:30am MC Sparring (Gi)		10:30am MC Sparring (No-Gi)		9:30am MC Sparring (Gi)
		11:00am GC Class 5	11:00am GC Class 5		11:00am GC Class 6		10:00am GC Class 7
P M		5:30pm BP Comfort in Chaos	6:30pm GC Class 1	6:30pm WE Class 8	5:30pm Game Day		11:15am WE Class 9
		6:30pm GC RD/Fight Sim: Mount ★	7:30pm MC Technique (Gi)	7:30pm GC Class 2	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)			8:00pm GC Class 3		
A M		16 9:30am MC Technique (Gi)	17 9:30am MC Technique (Gi)		18 9:30am MC Technique (No-Gi)	19 6:30am MC Review/Sparring	20 8:30am MC Technique (Gi)
		10:30am MC Sparring (Gi)	10:30am MC Sparring (Gi)		10:30am MC Sparring (No-Gi)		9:30am MC Sparring (Gi)
		11:00am GC Class 8	11:00am GC Class 8		11:00am GC Class 9		10:00am GC Class 10
P M		5:30pm BP Submissions	6:30pm GC Class 4	6:30pm WE Class 10	5:30pm BP Submissions		11:15am WE Class 11
		6:30pm GC RD/Fight Sim: Guard ★	7:30pm MC Technique (Gi)	7:30pm GC Class 5	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)			8:00pm GC Class 6		
A M		23 9:30am MC Technique (Gi)	24 9:30am MC Technique (Gi)		25 9:30am MC Technique (No-Gi)	26 6:30am MC Review/Sparring	27 8:30am MC Technique (Gi)
		10:30am MC Sparring (Gi)	10:30am MC Sparring (Gi)		10:30am MC Sparring (No-Gi)		9:30am MC Sparring (Gi)
		11:00am GC Class 11	11:00am GC Class 11		11:00am GC Class 12		10:00am GC Class 13
P M		5:30pm BP Stranger Danger	6:30pm GC Class 7	6:30pm WE Class 12	5:30pm BP Stranger Danger		11:15am WE Class 13
		6:30pm GC RD/Fight Sim: Side Mount ★	7:30pm MC Technique (Gi)	7:30pm GC Class 8	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)			8:00pm GC Class 9		
A M		30 9:30am MC Technique (Gi)	1 9:30am MC Technique (Gi)		2 9:30am MC Technique (No-Gi)	3 6:30am MC Review/Sparring	4 8:30am MC Technique (Gi)
		10:30am MC Sparring (Gi)	10:30am MC Sparring (Gi)		10:30am MC Sparring (No-Gi)		9:30am MC Sparring (Gi)
		11:00am GC Class 14	11:00am GC Class 14		11:00am GC Class 15		10:00am GC Class 16
P M		5:30pm BP Escapes	6:30pm GC Class 10	6:30pm WE Class 14	5:30pm BP Escapes		11:15am WE Class 15
		6:30pm GC RD/Fight Sim: Standing ★	7:30pm MC Technique (Gi)	7:30pm GC Class 11	6:30pm MC Technique (No-Gi)		
		7:30pm MC Technique (Gi)	8:30pm MC Sparring (Gi)		7:30pm MC Sparring (No-Gi)		
		8:30pm MC Sparring (Gi)			8:00pm GC Class 12		
A M		CLASS KEY: BP Jr. Grapplers: Bullyproof (Kids 8-14 yrs.) GC: Gracie Combatives (Adult beginner) GC R/D Fight Sim: Combatives Reflex Development WE: Women Empowered (Women's Self-Defense) WE R/D: Women Empowered Reflex Development MC: Master Cycle (Adult Advanced)		R/D: REFLEX DEVELOPMENT PARTICIPATION REQUIREMENTS: 1) Student must have completed all 23 classes twice (or have 3 stripes on their belt.) 2) Mandatory Training Attire & Equipment: - White Gi or official No-Gi attire. - Official Gracie 5.5oz Sparring Gloves - NO OTHER GLOVES ARE PERMITTED. - A good quality mouth guard. To be clear: NO MOUTHGUARD, NO TRAINING.			



	8 Essential Chapters
1	Boundry Setting
2	Comfort in Chaos
3	Stranger Danger
4	Helping Others
5	Defences
6	Escapes
7	Controls
8	Submissions



15 Classes	20 Essential Techniques
1	Combat Base (3 Variations) (GU L 1) Trap & Roll Escapes 1:Standard& 2:Hair Grab (GU L 4)
2	Standard Wrist Releases (3 Variations) (GU L2) Trap & Roll Escapes (GU L4) 3:Punch Block 4:Wrist Pin 5:Spread Hand
3	Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups 1:Standard & 2:False Surrender (GU L 8)
	Inverted Wrist Releases (4 Variations) (GU 3)
4	Guard Get-ups 3:Rider & 4:Heavy Chest (GU 9)
5	Super Slap (GU 6) Guard Get-ups 5:Choke & 6: Wrist Pin (GU 9)
6	Stop-Block-Frame (3 Variations) (GU 10) Punch Defense Clinch Entry (GU 11)
7	Punch Block Series Stages 1-5 (GU 7)
RD	Standing Reflex Development All standing techniques practiced in combination with one another
8	Elbow Escape Standard Heel Drag & Face Down (GU 14) Guillotine Choke (Guard) (GU 12)
9	Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses Wrist Drag and Ankle Drag (GU 19)
10	Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke Standing and Pull Guard (GU 16)
11	Hair Grab Defenses (GU 13) (Standing Guard Guard Pull Hair Drag)
	Weapon Defenses (GU 18)
12	(Straight Armlock Kimura Armlock)
13	Shrimp Escape Block & Shoot Shrimp & Shoot Rider (GU 15) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (GU 20) 7:Direct Get-up 8:Knee Shield 9:Power Frame
15	Rear Naked Choke (GU L 16) Triangle Choke Giant Killer & Stage 3 (GU L 12)
RD	Ground Reflex Development All ground techniques practiced in combination with one another



23 Classes	36 Essential Techniques
1	Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)
2	Americana Armlock – Mount (GU 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	Armbar – 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) (GU 17)
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)
13	Armbar – 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 (GU 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) (GU 17)