



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
A	1 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 7	2 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 7	3 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 8	4 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 8	5 6:30am MC Review/Sparring	6 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am GC Class 9 11:15am WE Class 15
P	5:30pm BP Helping Others 6:30pm GC Class 1 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 2 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 14 7:30pm GC Class 3	5:30pm BP Helping Others 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC RD/Fight Sim: Mount ★		
A	8 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 10	9 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 10	10 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 11	11 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 11	12 6:30am MC Review/Sparring	13 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am GC Class 12 11:15am WE Class 1
P	5:30pm BP Controls 6:30pm GC Class 4 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 5 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE RD Ground Escapes 7:30pm GC Class 6	5:30pm BP Controls 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC RD/Fight Sim: Guard ★		
A	15 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 13	16 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 13	17 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 14	18 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 14	19 6:30am MC Review/Sparring	20 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am GC Class 15 11:15am WE Class 3
P	5:30pm BP Boundry Setting 6:30pm GC Class 7 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 8 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 2 7:30pm GC Class 9	5:30pm BP Boundry Setting 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC RD/Fight Sim: Side Mount ★		
A	22 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 16	23 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 16	24 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 17	25 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 17	26 6:30am MC Review/Sparring	27 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am GC Class 18 11:15am WE Class 5
P	5:30pm BP Defenses 6:30pm GC Class 10 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 11 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 4 7:30pm GC Class 12	5:30pm BP Defenses 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC RD/Fight Sim: Standing ★		
A	29 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 19	30 9:30am MC Technique (Gi) 10:30am MC Sparring (Gi) 11:00am GC Class 19	1 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 20	2 9:30am MC Technique (No-Gi) 10:30am MC Sparring (No-Gi) 11:00am GC Class 20	3 6:30am MC Review/Sparring	4 8:30am MC Technique (Gi) 9:30am MC Sparring (Gi) 10:00am GC Class 21 11:15am WE Class 7
P	5:30pm BP Comfort in Chaos 6:30pm GC Class 13 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm GC Class 14 7:30pm MC Technique (Gi) 8:30pm MC Sparring (Gi)	6:30pm WE Class 6 7:30pm GC Class 15	5:30pm BP Comfort in Chaos 6:30pm MC Technique (No-Gi) 7:30pm MC Sparring (No-Gi) 8:00pm GC Class 16		

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 L 2) Trap & Roll Escapes (GU L 4) 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)