



August 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4  <b>5:30 Black Belt Club</b>	5 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	6 <b>4:15pm Mat Munchkins</b> <b>4:45 pm Little Champs</b> <b>5:30pm</b> <b>Jr. Combatives (8-12)</b>	7	8  <b>6:30 Black Belt Club</b>	9 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
11  <b>5:30 Black Belt Club</b>	12 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	13 <b>4:15pm Mat Munchkins</b> <b>4:45 pm Little Champs</b> <b>5:30pm</b> <b>Jr. Combatives (8-12)</b>	14	15  <b>6:30 Black Belt Club</b>	16 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
18  <b>5:30 Black Belt Club</b>	19 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	20 <b>4:15pm Mat Munchkins</b> <b>4:45 pm Little Champs</b> <b>5:30pm</b> <b>Jr. Combatives (8-12)</b>	21	22  <b>6:30 Black Belt Club</b>	23 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
25  <b>5:30 Black Belt Club</b>	26 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	27 <b>4:15pm Mat Munchkins</b> <b>4:45 pm Little Champs</b> <b>5:30pm</b> <b>Jr. Combatives (8-12)</b>	28	29  <b>6:30 Black Belt Club</b>	30 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>

Week of	Jr. Combatives Weekly Focus
August 4 – August 9	Rear Takedown w/ Elevator Sweeps
August 11 – August 16	Clinch Aggressive with Punch Block
August 18 – August 23	Haymaker Punch Defense w/ Twisting Arm Control
August 25 – August 30	Clinch Conservative w/ Punch Block

www.GracieUniversity.com/KeegoHarbor | 2801 Orchard Lake Rd. Keego Harbor, MI 48320 | 248-657-0121 | [gjjmichigan@gmail.com](mailto:gjjmichigan@gmail.com)

Instagram: @graciejiujitsumichigan Facebook: @GJJKeegoHarbor