



COMBATIVES SCHEDULE



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23 CLASSES	GRACIE COMBATIVES 36 ESSENTIAL TECHNIQUES
1	Trap and Roll Escape - Mount Leg Hook Takedown
2	Americana Armlock - Mount Clinch (Aggressive Opponent)
3	Position Control - Mount Body Fold Takedown
4	Take the Back + R.N.C. - Mount Clinch (Conservative Opponent)
5	Punch Block Series (1-4) - Guard Guillotine Choke (Standing)
6	Straight Armlock - Mount Guillotine Defense
7	Triangle Choke - Guard Haymaker Punch Defense
8	Elevator Sweep - Guard Rear Takedown
9	Elbow Escape - Mount Pull Guard
10	Positional Control - Side Mount Double Leg Takedown (Aggressive)
11	Headlock Counters - Mount Standing Headlock Defense
12	Headlock Escape 1 - Side Mount Standing Armlock
13	Straight Armlock - Guard Clinch (Aggressive Opponent)
14	Double Ankle Sweep - Guard Guillotine Choke (Guard Pull)
15	Headlock Escape 2 - Side Mount Clinch (Conservative Opponent)
16	Shrimp Escape - Side Mount Body Fold Takedown
17	Kimura Armlock - Guard Leg Hook Takedown
18	Punch Block Series (5) - Guard Haymaker Punch Defense
19	Hook Sweep - Guard Guillotine Defense
20	Take the Back - Guard Standing Headlock Defense
21	Elbow Escape - Side Mount Pull Guard
22	Twisting Arm Control - Mount Rear Takedown
23	Double Underhook Pass - Guard Double Leg Takedown (Conservative)

SEPTEMBER 2017					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28 Lesson 6 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	29 Lesson 7 11:00 am - 12:00 pm	30 Lesson 8 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	31 Lesson 9 6:00 pm - 7:00 pm	1 Lesson 10 11:00 am - 12:00 pm	2 Reflex Development 7:45 am - 8:45 am (Side Mount)
4 CLOSED FOR LABOR DAY	5 Lesson 11 11:00 am - 12:00 pm	6 Lesson 12 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	7 Lesson 13 6:00 pm - 7:00 pm	8 Lesson 14 11:00 am - 12:00 pm	9 Reflex Development 7:45 am - 8:45 am (Standing)
11 Lesson 15 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	12 Lesson 16 11:00 am - 12:00 pm	13 Lesson 17 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	14 Lesson 18 6:00 pm - 7:00 pm	15 Lesson 19 11:00 am - 12:00 pm	16 Reflex Development 7:45 am - 8:45 am (Fight Sim)
18 Lesson 20 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	19 Lesson 21 11:00 am - 12:00 pm	20 Lesson 22 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	21 Lesson 23 6:00 pm - 7:00 pm	22 Lesson 1 11:00 am - 12:00 pm	23 Reflex Development 7:45 am - 8:45 am (Mount)
25 Lesson 2 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	26 Lesson 3 11:00 am - 12:00 pm	27 Lesson 4 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	28 Lesson 5 6:00 pm - 7:00 pm	29 Lesson 6 11:00 am - 12:00 pm	30 Reflex Development 7:45 am - 8:45 am (Guard)
1 Lesson 7 11:00 am - 12:00 pm 6:00 pm - 7:00 pm	NOTES: If it is your first time attending a class with us, please review the items below: 1. Arrive at least 15 minutes early. (We would like to meet you before class starts and there are a couple documents to fill out) 2. Attire - comfortable gym style pants and a tshirt. (No shoes on the mat!) *Women - No makeup please. 3. Bring a bottle of water and a good attitude!				