



# 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)

April 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>Lesson 9</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 21</b> 6:30 p.m. - 7:30 p.m.	2 <b>RD - Standing</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 22</b> 6:00 p.m. - 7:00 p.m.	3 <b>Lesson 19</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 18</b> 6:30 p.m. - 7:30 p.m. <b>RD - Random Mix</b> 7:30 p.m. - 8:30 p.m.	4 <b>Lesson 6</b> 11:00 a.m. - 12:00 p.m.	5	6
8 <b>Lesson 12</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 14</b> 6:30 p.m. - 7:30 p.m.	9 <b>RD - Mount</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 2</b> 6:00 p.m. - 7:00 p.m.	10 <b>Lesson 3</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 23</b> 6:30 p.m. - 7:30 p.m. <b>RD - Guard</b> 7:30 p.m. - 8:30 p.m.	11 <b>Lesson 13</b> 11:00 a.m. - 12:00 p.m.	12	13
15 <b>Lesson 16</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 10</b> 6:30 p.m. - 7:30 p.m.	16 <b>RD - Side Mount</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 9</b> 6:00 p.m. - 7:00 p.m.	17 <b>Lesson 11</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 5</b> 6:30 p.m. - 7:30 p.m. <b>RD - Standing</b> 7:30 p.m. - 8:30 p.m.	18 <b>Lesson 21</b> 11:00 a.m. - 12:00 p.m.	19	20
22 <b>Lesson 15</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 4</b> 6:30 p.m. - 7:30 p.m.	23 <b>RD - Random Mix</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 8</b> 6:00 p.m. - 7:00 p.m.	24 <b>Lesson 1</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 6</b> 6:30 p.m. - 7:30 p.m. <b>RD - Mount</b> 7:30 p.m. - 8:30 p.m.	25 <b>Lesson 20</b> 11:00 a.m. - 12:00 p.m.	26	27
29 <b>Lesson 18</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 17</b> 6:30 p.m. - 7:30 p.m.	30 <b>RD - Guard</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 19</b> 6:00 p.m. - 7:00 p.m.	1 <b>Lesson 10</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 7</b> 6:30 p.m. - 7:30 p.m. <b>RD - Side Mount</b> 7:30 p.m. - 8:30 p.m.	2 <b>Lesson 22</b> 11:00 a.m. - 12:00 p.m.	3	4
6 <b>Lesson 5</b> 11:00 a.m. - 12:00 p.m. <b>Lesson 3</b> 6:30 p.m. - 7:30 p.m.	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 t-shirt. (No shoes on the mat!) *Women - No makeup please. 3. Bring a bottle of water and a good attitude!				