



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)

July 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Lesson 9 11:00 a.m. - 12:00 p.m. Lesson 17 6:30 p.m. - 7:30 p.m.	2 RD - Random Mix 11:00 a.m. - 12:00 p.m. Lesson 13 6:00 p.m. - 7:00 p.m.	3 Lesson 10 11:00 a.m. - 12:00 p.m. Lesson 15 6:30 p.m. - 7:30 p.m. RD - Mount 7:30 p.m. - 8:30 p.m.	4 CLOSED 4th of July	5	6
8 Lesson 5 11:00 a.m. - 12:00 p.m. Lesson 16 6:30 p.m. - 7:30 p.m.	9 RD - Guard 11:00 a.m. - 12:00 p.m. Lesson 20 6:00 p.m. - 7:00 p.m.	10 Lesson 3 11:00 a.m. - 12:00 p.m. Lesson 19 6:30 p.m. - 7:30 p.m. RD - Side Mount 7:30 p.m. - 8:30 p.m.	11 Lesson 22 11:00 a.m. - 12:00 p.m.	12	13
15 Lesson 12 11:00 a.m. - 12:00 p.m. Lesson 1 6:30 p.m. - 7:30 p.m.	16 RD - Standing 11:00 a.m. 12:00p.m. Lesson 11 6:00 p.m. - 7:00 p.m.	17 CLOSED Instructors at ICP	18 CLOSED Instructors at ICP	19 CLOSED Instructors at ICP	20 CLOSED Instructors at ICP
22 CLOSED Instructors at ICP	23 CLOSED Instructors at ICP	24 CLOSED Instructors at ICP	25 CLOSED Instructors at ICP	26	27
29 Lesson 21 11:00 a.m. - 12:00 p.m. Lesson 8 6:30 p.m. - 7:30 p.m.	30 RD - Side Mount 11:00 a.m. - 12:00 p.m. Lesson 18 6:00 p.m. - 7:00 p.m.	31 Lesson 6 11:00 a.m. - 12:00 p.m. Lesson 14 6:30 p.m. - 7:30 p.m. RD - Standing 7:30 p.m. - 8:30 p.m.	1 Lesson 2 11:00 a.m. - 12:00 p.m.	2	3
5 Lesson 7 11:00 a.m. - 12:00 p.m. Lesson 4 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 tshirt. (No shoes on the mat!) *Women - No makeup please. 3. Bring a bottle of water and a good attitude!				