



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 2024						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2	3	4	5	6	7	
CLOSED Labor Day Weekend	RD - Side Mount 11:00 a.m. - 12:00 p.m. Lesson 10 6:00 p.m. - 7:00 p.m.	Lesson 3 11:00 a.m. - 12:00 p.m. Lesson 22 6:30 p.m. - 7:30 p.m. RD - Standing 7:30 p.m. - 8:30 p.m.	Lesson 2 11:00 a.m. - 12:00 p.m.			
9	10	11	12	13	14	
Lesson 9 11:00 a.m. - 12:00 p.m. Lesson 8 6:30 p.m. - 7:30 p.m.	RD - Random Mix 11:00 a.m. - 12:00 p.m. Lesson 17 6:00 p.m. - 7:00 p.m.	Lesson 7 11:00 a.m. - 12:00 p.m. Lesson 20 6:30 p.m. - 7:30 p.m. RD - Mount 7:30 p.m. - 8:30 p.m.	Lesson 11 11:00 a.m. - 12:00 p.m.			
16	17	18	19	20	21	
Lesson 5 11:00 a.m. - 12:00 p.m. Lesson 1 6:30 p.m. - 7:30 p.m.	RD - Guard 11:00 a.m. - 12:00 p.m. Lesson 16 6:00 p.m. - 7:00 p.m.	Lesson 4 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.	Lesson 14 11:00 a.m. - 12:00 p.m.			
23	24	25	26	27	28	
Lesson 22 11:00 a.m. - 12:00 p.m. Lesson 11 6:30 p.m. - 7:30 p.m.	RD - Standing 11:00 a.m. - 12:00 p.m. Lesson 13 6:00 p.m. - 7:00 p.m.	Lesson 18 11:00 a.m. - 12:00 p.m. Lesson 15 6:30 p.m. - 7:30 p.m. RD - Random Mix 7:30 p.m. - 8:30 p.m.	Lesson 12 11:00 a.m. - 12:00 p.m.			
30	1	2	3	4	5	
Lesson 21 11:00 a.m. - 12:00 p.m. Lesson 7 6:30 p.m. - 7:30 p.m.	RD - Mount 11:00 a.m. - 12:00 p.m. Lesson 9 6:00 p.m. - 7:00 p.m.	Lesson 6 11:00 a.m. - 12:00 p.m. Lesson 5 6:30 p.m. - 7:30 p.m. RD - Guard 7:30 p.m. - 8:30 p.m.	Lesson 23 11:00 a.m. - 12:00 p.m.			
7	<p>NOTES:</p> <p>If it is your first time attending a class with us, please review the items below:</p> <ol style="list-style-type: none"> 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! 					