



# COMBATIVES SCHEDULE



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

| April 2024   |   |  |   |  |  |
|--|---|--|---|--|--|
| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
| 1<br><b>Lesson 14</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 23</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 1</b><br>6:00 p.m. - 7:00 p.m.  | 2<br><b>Lesson 16</b><br>11:00 a.m. - 12:00 p.m.  | 3<br><b>Lesson 19</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 15</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 10</b><br>6:00 p.m. - 7:00 p.m. | 4<br><b>RD - Side Mount</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 3</b><br>6:30 p.m. - 7:30 p.m.  | 5<br><b>Lesson 20</b><br>11:00 a.m. - 12:00 p.m.<br><b>RD - Standing</b><br>6:30 p.m. - 7:30 p.m.    | 6<br><b>Lesson 2</b><br>6:00 a.m. - 7:00 a.m.<br><b>RD - Random Mix</b><br>7:00 a.m. - 8:00 a.m.   |
| 8<br><b>Lesson 12</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 13</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 6</b><br>6:00 p.m. - 7:00 p.m.  | 9<br><b>Lesson 18</b><br>11:00 a.m. - 12:00 p.m.  | 10<br><b>Lesson 9</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 14</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 8</b><br>6:00 p.m. - 7:00 p.m.  | 11<br><b>RD - Mount</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 22</b><br>6:30 p.m. - 7:30 p.m.     | 12<br><b>Lesson 7</b><br>11:00 a.m. - 12:00 p.m.<br><b>RD - Guard</b><br>6:30 p.m. - 7:30 p.m.       | 13<br><b>Lesson 23</b><br>6:00 a.m. - 7:00 a.m.<br><b>RD - Side Mount</b><br>7:00 a.m. - 8:00 a.m. |
| 15<br><b>Lesson 11</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 10</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 2</b><br>6:00 p.m. - 7:00 p.m. | 16<br><b>Lesson 17</b><br>11:00 a.m. - 12:00 p.m.   | 17<br><b>Lesson 20</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 1</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 21</b><br>6:00 p.m. - 7:00 p.m. | 18<br><b>RD - Standing</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 4</b><br>6:30 p.m. - 7:30 p.m.   | 19<br><b>Lesson 5</b><br>11:00 a.m. - 12:00 p.m.<br><b>RD - Random Mix</b><br>6:30 p.m. - 7:30 p.m.  | 20<br><b>Lesson 18</b><br>6:00 a.m. - 7:00 a.m.<br><b>RD - Mount</b><br>7:00 a.m. - 8:00 a.m.      |
| 22<br><b>Lesson 3</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 19</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 16</b><br>6:00 p.m. - 7:00 p.m. | 23<br><b>Lesson 8</b><br>11:00 a.m. - 12:00 p.m.  | 24<br><b>Lesson 23</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 6</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 7</b><br>6:00 p.m. - 7:00 p.m.  | 25<br><b>RD - Guard</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 14</b><br>6:30 p.m. - 7:30 p.m.     | 26<br><b>Lesson 22</b><br>11:00 a.m. - 12:00 p.m.<br><b>RD - Side Mount</b><br>6:30 p.m. - 7:30 p.m. | 27<br><b>Lesson 17</b><br>6:00 a.m. - 7:00 a.m.<br><b>RD - Standing</b><br>7:00 a.m. - 8:00 a.m.   |
| 29<br><b>Lesson 4</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 9</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 15</b><br>6:00 p.m. - 7:00 p.m.  | 30<br><b>Lesson 11</b><br>11:00 a.m. - 12:00 p.m.   | 1<br><b>Lesson 13</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 2</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 5</b><br>6:00 p.m. - 7:00 p.m.   | 2<br><b>RD - Random Mix</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 12</b><br>6:30 p.m. - 7:30 p.m. | 3<br><b>Lesson 1</b><br>11:00 a.m. - 12:00 p.m.<br><b>RD - Mount</b><br>6:30 p.m. - 7:30 p.m.        | 4<br><b>Lesson 21</b><br>6:00 a.m. - 7:00 a.m.<br><b>RD - Guard</b><br>7:00 a.m. - 8:00 a.m.       |
| 6<br><b>Lesson 7</b><br>6:00 a.m. - 7:00 a.m.<br><b>Lesson 18</b><br>11:00 a.m. - 12:00 p.m.<br><b>Lesson 17</b><br>6:00 p.m. - 7:00 p.m.  | <b>NOTES:</b><br>If it is your first time attending a class with us, please review the items below:<br>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)<br>2. Attire - comfortable gym style pants and a t-shirt. (No shoes on the mat!) *Women - No makeup please.<br>3. Bring a bottle of water and a good attitude! |  |   |  |  |