



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 17 6:00 a.m. - 7:00 a.m. Lesson 3 11:00 a.m. - 12:00 p.m. Lesson 10 6:00 p.m. - 7:00 p.m.	2 Lesson 4 11:00 a.m. - 12:00 p.m.	3 Lesson 5 6:00 a.m. - 7:00 a.m. Lesson 23 11:00 a.m. - 12:00 p.m. Lesson 6 6:00 p.m. - 7:00 p.m.	4 CLOSED 4th of July	5 Lesson 22 11:00 a.m. - 12:00 p.m. RD - Side Mount 6:30 p.m. - 7:30 p.m.	6 Lesson 8 6:00 a.m. - 7:00 a.m. RD - Standing 7:00 a.m. - 8:00 a.m.
8 Lesson 12 6:00 a.m. - 7:00 a.m. Lesson 16 11:15 a.m. - 12:15 p.m. Lesson 21 6:00 p.m. - 7:00 p.m.	9 Lesson 15 11:15 a.m. - 12:15 p.m.	10 Lesson 9 6:00 a.m. - 7:00 a.m. Lesson 13 11:15 a.m. - 12:15 p.m. Lesson 20 6:00 p.m. - 7:00 p.m.	11 RD - Random Mix 11:15 a.m. - 12:15 p.m. Lesson 11 6:30 p.m. - 7:30 p.m.	12 Lesson 17 11:15 a.m. - 12:15 p.m. RD - Mount 6:30 p.m. - 7:30 p.m.	13 Lesson 10 6:00 a.m. - 7:00 a.m. RD - Guard 7:00 a.m. - 8:00 a.m.
15 Lesson 1 6:00 a.m. - 7:00 a.m. Lesson 14 11:00 a.m. - 12:00 p.m. Lesson 19 6:00 p.m. - 7:00 p.m.	16 Lesson 7 11:00 a.m. - 12:00 p.m.	17 Lesson 3 6:00 a.m. - 7:00 a.m. Lesson 18 11:00 a.m. - 12:00 p.m. Lesson 16 6:00 p.m. - 7:00 p.m.	18 RD - Side Mount 11:00 a.m. - 12:00 p.m. Lesson 2 6:30 p.m. - 7:30 p.m.	19 Lesson 9 11:00 a.m. - 12:00 p.m. RD - Standing 6:30 p.m. - 7:30 p.m.	20 Lesson 21 6:00 a.m. - 7:00 a.m. RD - Random Mix 7:00 a.m. - 8:00 a.m.
22 Lesson 15 6:00 a.m. - 7:00 a.m. Lesson 11 11:00 a.m. - 12:00 p.m. Lesson 23 6:00 p.m. - 7:00 p.m.	23 Lesson 20 11:00 a.m. - 12:00 p.m.	24 Lesson 4 6:00 a.m. - 7:00 a.m. Lesson 2 11:00 a.m. - 12:00 p.m. Lesson 22 6:00 p.m. - 7:00 p.m.	25 RD - Mount 11:00 a.m. - 12:00 p.m. Lesson 7 6:30 p.m. - 7:30 p.m.	26 Lesson 6 11:00 a.m. - 12:00 p.m. RD - Guard 6:30 p.m. - 7:30 p.m.	27 Lesson 14 6:00 a.m. - 7:00 a.m. RD - Side Mount 7:00 a.m. - 8:00 a.m.
29 Lesson 13 6:00 a.m. - 7:00 a.m. Lesson 8 11:00 a.m. - 12:00 p.m. Lesson 4 6:00 p.m. - 7:00 p.m.	30 Lesson 5 11:00 a.m. - 12:00 p.m.	31 Lesson 19 6:00 a.m. - 7:00 a.m. Lesson 10 11:00 a.m. - 12:00 p.m. Lesson 17 6:00 p.m. - 7:00 p.m.	1 RD - Standing 11:00 a.m. - 12:00 p.m. Lesson 18 6:30 p.m. - 7:30 p.m.	2 Lesson 3 11:00 a.m. - 12:00 p.m. RD - Random Mix 6:30 p.m. - 7:30 p.m.	3 Lesson 1 6:00 a.m. - 7:00 a.m. RD - Mount 7:00 a.m. - 8:00 a.m.
5 Lesson 2 6:00 a.m. - 7:00 a.m. Lesson 6 11:00 a.m. - 12:00 p.m. Lesson 12 6:00 p.m. - 7:00 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!				