



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) |

| March 2026 | | | | | | |
|--|---|---|---|---|----------|------------------------------|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | |
| 2 Lesson 18 5:30 a.m. - 6:30 a.m. Lesson 17 11:00 a.m. - 12:00 p.m. Lesson 1 6:30 p.m. - 7:30 p.m. | 3 Lesson 16 11:00 a.m. - 12:00 p.m. | 4 Lesson 3 5:30 a.m. - 6:30 a.m. Lesson 22 11:00 a.m. - 12:00 p.m. Lesson 2 6:30 p.m. - 7:30 p.m. | 5 RD - Standing 11:00 a.m. - 12:00 p.m. Lesson 21 6:30 p.m. - 7:30 p.m. | 6 Lesson 14 5:30 a.m. - 6:30 a.m. Lesson 7 11:00 a.m. - 12:00 p.m. In-House Open Mat 6:30 p.m. - 7:30 p.m. | 7 | |
| 9 Lesson 19 5:30 a.m. - 6:30 a.m. Lesson 21 11:00 a.m. - 12:00 p.m. Lesson 15 6:30 p.m. - 7:30 p.m. | 10 Lesson 6 11:00 a.m. - 12:00 p.m. | 11 Lesson 12 5:30 a.m. - 6:30 a.m. Lesson 10 11:00 a.m. - 12:00 p.m. Lesson 5 6:30 p.m. - 7:30 p.m. | 12 RD - Random Mix 11:00 a.m. - 12:00 p.m. Lesson 8 6:30 p.m. - 7:30 p.m. | 13 Lesson 23 5:30 a.m. - 6:30 a.m. Lesson 3 11:00 a.m. - 12:00 p.m. In-House Open Mat 6:30 p.m. - 7:30 p.m. | 14 | |
| 16 Lesson 20 5:30 a.m. - 6:30 a.m. Lesson 2 11:00 a.m. - 12:00 p.m. Lesson 4 6:30 p.m. - 7:30 p.m. | 17 Lesson 15 11:00 a.m. - 12:00 p.m. | 18 Lesson 13 5:30 a.m. - 6:30 a.m. Lesson 19 11:00 a.m. - 12:00 p.m. Lesson 9 6:30 p.m. - 7:30 p.m. | 19 RD - Mount 11:00 a.m. - 12:00 p.m. Lesson 12 6:30 p.m. - 7:30 p.m. | 20 Lesson 1 5:30 a.m. - 6:30 a.m. Lesson 5 11:00 a.m. - 12:00 p.m. In-House Open Mat 6:30 p.m. - 7:30 p.m. | 21 | |
| 23 Lesson 6 5:30 a.m. - 6:30 a.m. Lesson 23 11:00 a.m. - 12:00 p.m. Lesson 11 6:30 p.m. - 7:30 p.m. | 24 Lesson 9 11:00 a.m. - 12:00 p.m. | 25 Lesson 16 5:30 a.m. - 6:30 a.m. Lesson 18 11:00 a.m. - 12:00 p.m. Lesson 14 6:30 p.m. - 7:30 p.m. | 26 RD - Guard 11:00 a.m. - 12:00 p.m. Lesson 10 6:30 p.m. - 7:30 p.m. | 27 Lesson 17 5:30 a.m. - 6:30 a.m. Lesson 20 11:00 a.m. - 12:00 p.m. In-House Open Mat 6:30 p.m. - 7:30 p.m. | 28 | |
| 30 Lesson 22 5:30 a.m. - 6:30 a.m. Lesson 1 11:00 a.m. - 12:00 p.m. Lesson 13 6:30 p.m. - 7:30 p.m. | 31 Lesson 4 11:00 a.m. - 12:00 p.m. | 1 Lesson 8 5:30 a.m. - 6:30 a.m. Lesson 21 11:00 a.m. - 12:00 p.m. Lesson 17 6:30 p.m. - 7:30 p.m. | 2 RD - Side Mount 11:00 a.m. - 12:00 p.m. Lesson 18 6:30 p.m. - 7:30 p.m. | 3 Lesson 11 5:30 a.m. - 6:30 a.m. Lesson 12 11:00 a.m. - 12:00 p.m. In-House Open Mat 6:30 p.m. - 7:30 p.m. | 4 | CLOSED Easter Eve |
| 6 Lesson 10 5:30 a.m. - 6:30 a.m. Lesson 14 11:00 a.m. - 12:00 p.m. Lesson 7 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! | | | | | |