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 (Agressive 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)

November 2026

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