



Ranges Gracie Jiu Jitsu

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)

APRIL 2019					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Class 5 6:00pm-7:00pm RD 7:00pm-8:00pm	3 Class 6 7:00pm-8:00pm	4	5 Class 7 7:30pm-8:30pm	6 Class 8 10:00am-11:00am
8	9 Class 9 6:00pm-7:00pm RD 7:00pm-8:00pm	10 Every second week of the month Wednesday class is off!	11	12 Class 10 7:30pm-8:30pm	13 Class 11 10:00am-11:00am
15	16 Class 12 6:00pm-7:00pm RD 7:00pm-8:00pm	17 Class 13 7:00pm-8:00pm	18	19 Class 14 7:30pm-8:30pm	20 Class 15 10:00am-11:00am
22	23 Class 16 6:00pm-7:00pm RD 7:00pm-8:00pm	24 Class 17 7:00pm-8:00pm	25	26 Class 18 7:30pm-8:30pm	27 Class 19 10:00am-11:00am
29	30 Class 20 6:00pm-7:00pm RD 7:00pm-8:00pm				
<p>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.</p>					

Get Started ! Call us today 0411 444 110

www.rangesgraciejiujitsu.com | Shop 1, 13 Kilvington drive Emerald