

	20 Essential Techniques
1	<b>Combat Base</b> (3 Variations) <b>Trap &amp; Roll Escapes (1 &amp; 2)</b> (Standard   Hair Grab)
2	<b>Standard Wrist Releases</b> (3 Variations) <b>Trap &amp; Roll Escapes (3, 4 &amp; 5)</b> (Punch Block   Wrist Pin   Spread Hand)
3	<b>Front Choke Defenses</b> (3 Variations) <b>Guard Get-ups (1 &amp; 2)</b> (Standard   False Surrender)
4	<b>Inverted Wrist Releases</b> (4 Variations) <b>Guard Get-ups (3 &amp; 4)</b> (Rider   Heavy Chest)
5	<b>Super Slap</b> <b>Guard Get-ups (5 &amp; 6)</b> (Choke   Wrist Pin)
6	<b>Stop-Block-Frame</b> (3 Variations) <b>Punch Protection</b> (Clinch Entry)
7	<b>Punch Block Series</b> (Stages 1-5)
RD	<b>STANDING REFLEX DEVELOPMENT</b>
8	<b>Elbow Escape</b> (Standard   Heel Drag   Face Down) <b>Guillotine Choke</b> (Guard)
9	<b>Rear Choke Defenses</b> (2 Variations) <b>Drag Defenses</b> (Wrist Drag   Ankle Drag)
10	<b>Rear Bear Hug Defenses</b> (2 Variations) <b>Guillotine Choke</b> (Standing   Guard Pull)
11	<b>Hair Grab Defenses</b> (Standing   Guard   GuardPull   Hair Drag)
12	<b>Weapon Defenses</b> (Straight Armlock   Kimura Armlock)
13	<b>Shrimp Escape</b> (Block & Shoot   Shrimp & Shoot   Rider) <b>Shirt Choke</b>
14	<b>Advanced Guard Get-ups (7, 8 &amp; 9)</b> (Direct Get-up   Knee Shield   Power Frame)
15	<b>Rear Naked Choke</b> <b>Triangle Choke</b> (Giant Killer   Stage 3)
RD	<b>GROUND REFLEX DEVELOPMENT</b>



## Gennaio 2025

Lunedì	Martedì	Mercoledì	Giovedì	Venerdì	Sabato
		01/01	02/01	03/01	04/01
06/01	07/01 <b>LEZIONE 14</b> 18:30 - 19:30	08/01	09/01 <b>LEZIONE 15</b> 18:30 - 19:30	10/01	11/01
13/01	14/01 <b>LEZIONE RD GROUND</b> 18:30 - 19:30	15/01	16/01 <b>LEZIONE 1</b> 18:30 - 19:30	17/01	18/01 <b>TECHNICAL LAB</b> 17:00 - 18:30
20/01	21/01 <b>LEZIONE 2</b> 18:30 - 19:30	22/01	23/01 <b>LEZIONE 3</b> 18:30 - 19:30	24/01	25/01
27/01	28/01 <b>LEZIONE 4</b> 18:30 - 19:30	29/01	30/01 <b>SEMINARIO WOMEN EMPOWERED</b>	31/01	