

April 2025



Mat Munchkins: 3-5 yrs
 Little Champs: 5-7 yrs
 Jr. Grapplers: 8-13 yrs
 Black Belt Club: 11-15 yrs (invite only)

Women Empowered: 13+
 Combatives: 14+
 Reflex Development (Invite only)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|---|--|--|--------|----------|
| 30 | 31 | 1 4:00-4:30 Mat Munchkins 4:30-5:15 little champs 5:30-6:30 WE: 8 6:30-7:30 Combatives: 3 7:30-8:30 RD: Freestyle | 2 | 3 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives:4 | 4 | 5 |
| 6 | 7 | 8 4:00-4:30 Mat Munchkins 4:30-5:15 little champs 5:30-6:30 WE: 9 6:30-7:30 Combatives: 5 | 9 | 10 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives:6 6:30-7:30 RD: Mount | 11 | 12 |
| 13 | 14 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 10 6:30-7:30 Combatives: 7 | 15 | 16 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives:8 6:30-7:30 RD: Guard | 17 | 18 | 19 |
| 20 | 21 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 11 6:30-7:30 Combatives: 9 | 22 | 23 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives:10 6:30-7:30 RD: Side Mount | 24 | 25 | 26 |
| 27 | 28 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 12 6:30-7:30 Combatives: 11 7:30-8:30 RD: Standing | 29 | 30 3:45-5:00 Game Day!!! 5:00-5:30 BBC 5:30-6:30 Combatives:12 | 1 | 2 | 3 |

| 23 classes | GC 36 essential techniques |
|------------|---|
| 1 | Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6) |
| 2 | Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7) |
| 3 | Positional Control – Mount (GU 3) Body Fold Takedown (GU 14) |
| 4 | Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15) |
| 5 | Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23) |
| 6 | Armbar – Mount (GU 9) Guillotine Defense (GU 32) |
| 7 | Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30) |
| 8 | Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29) |
| 9 | Elbow Escape – Mount (GU 12) Pull Guard (GU 21) |
| 10 | Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17) |
| 11 | Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26) |
| 12 | Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34) |
| 13 | Armbar – Guard (GU 19) Clinch (Aggressive Opponent) (GU 7) |
| 14 | Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23) |
| 15 | Headlock Escape 2 – Side Mount (GU 22) Clinch (Conservative Opponent) (GU 15) |
| 16 | Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14) |
| 17 | Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6) |
| 18 | Punch Block Series (5) – Guard (GU 27) Haymaker Punch Defense (GU 30) |
| 19 | Hook Sweep – Guard (GU 28) Guillotine Defense (GU 32) |
| 20 | Take the Back – Guard (GU 31) Standing Headlock Defense (GU 26) |
| 21 | Elbow Escape – Side Mount (GU 33) Pull Guard (GU 21) |
| 22 | Twisting Arm Control – Mount (GU 35) Rear Takedown (GU 29) |
| 23 | Double Underhook Pass – Guard (GU 36) Double Leg Takedown (Conservative) (GU 17) |

| 15 classes | WE 20 Essential techniques |
|------------|--|
| 1 | Combat Base (3 Variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard Hair Grab) |
| 2 | Standard Wrist Releases (3 Variations) (GU 2) Trap & Roll Escapes (3, 4 & 5) (GU 4) |
| 3 | Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard False Surrender) |
| 4 | Inverted Wrist Releases (4 Variations) (GU 3) Guard Get-ups (3 & 4) (GU 9) (Rider Heavy Chest) |
| 5 | Super Slap (GU 6) Guard Get-ups (5 & 6) (GU 9) (Choke Wrist Pin) |
| 6 | Stop-Block-Frame (3 Variations) (GU 10) Punch Defense (GU 11) (Clinch Entry) |
| 7 | Punch Block Series (GU 7) (Stages 1-5) |
| RD | Standing Reflex Development All standing techniques practiced in combination with one another. |
| 8 | Elbow Escape (GU 14) (Standard Heel Drag Face Down) Guillotine Choke (Guard) (GU 12) |
| 9 | Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses (GU 19) (Wrist Drag Ankle Drag) |
| 10 | Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke (GU 16) (Standing Guard Pull) |
| 11 | Hair Grab Defenses (GU 13) (Standing Guard Guard Pull Hair Drag) |
| 12 | Weapon Defenses (GU 18) (Straight Armlock Kimura Armlock) |
| 13 | Shrimp Escape (GU 15) (Block & Shoot Shrimp & Shoot Rider) Shirt Choke (GU 12) |
| 14 | Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up Knee Shield Power Frame) |
| 15 | Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer Stage 3) |
| RD | Ground Reflex Development All ground techniques practiced in combination |