

March

Mat Munchkins: 3-5 yrs

Little Champs: 5-7 yrs

Jr Grapplers: 8-13 yrs

2025



Black Belt Club: 11-15 yrs (Invitation only)

Combatives: 14+

Women Empowered: 13+

RD: Reflex Development (Invitation only)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
23	24	25	26	27	28	1
2	3	4	5	6	7	8
	4:00-4:30-Mat Munchkins 4:30-5:15P-Little Champs 5:30-6:30P WE 4 6:30-7:30P Combatives 18				4:00-4:45P-Jr Grapplers 4:45-5:30P-BBC 5:30-6:30P-Combatives 19 RD: 6:30-7:30P Mount	
9	10	11	12	13	14	15
	4:00-4:30-Mat Munchkins 4:30-5:15P-Little Champs 5:30-6:30P WE 5 6:30-7:30P Combatives 20				4:00-4:45P-Jr Grapplers 4:45-5:30P-BBC 5:30-6:30P-Combatives 21 RD: 6:30-7:30P Guard	
16	17	18	19	20	21	22
	4:00-4:30-Mat Munchkins 4:30-5:15P-Little Champs 5:30-6:30P WE 6 6:30-7:30P Combatives 22				4:00-4:45P-Jr Grapplers 4:45-5:30P-BBC 5:30-6:30P-Combatives 23 RD: 6:30-7:30P Side Mount	
23	24	25	26	27	28	29
	4:00-4:30-Mat Munchkins 4:30-5:15P-Little Champs 5:30-6:30P WE 7 6:30-7:30P Combatives 1			4:00-4:45P-Jr Grapplers 4:45-5:30P-BBC 5:30-6:30P-Combatives 2 RD: 6:30-7:30P Stading		

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 14)

15 Class	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)
4	Inverted Wrist Releases (4 Variations) (GU 3) Guard Get-ups (3 & 4) (GU 9)
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)
7	Punch Block Series (GU 7) (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination
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)
10	Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke (GU 16)
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)
14	Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up Knee Shield Power)
15	Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination