




| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----|--|---|--|-----------------------------|---------------------------|--------------------------|
| A M | 27 |  | 9:30am MC Technique (Gi) | | 9:30am MC Technique (No-Gi) | 6:30am MC Review/Sparring | 8:30am MC Technique (Gi) |
| | 28 | | 10:30am MC Sparring (Gi) | | 10:30am MC Sparring (No-Gi) | | 9:30am MC Sparring (Gi) |
| P M | | | 11:00am GC Class 7 | | 11:00am GC Class 8 | | 10:00am GC Class 9 |
| | | | 6:30pm GC Class 3 | 6:30pm WE Class 12 | 5:30pm BP Escapes | | 11:15am WE Class 13 |
| A M | 3 | 5:30pm BP Boundry Setting | 9:30am MC Technique (Gi) | | 9:30am MC Technique (No-Gi) | 6:30am MC Review/Sparring | 8:30am MC Technique (Gi) |
| | 4 | | 10:30am MC Sparring (Gi) | | 10:30am MC Sparring (No-Gi) | | 9:30am MC Sparring (Gi) |
| P M | | 6:30pm GC Class 6 | 6:30pm GC RD/Fight Sim: Mount ★ | 6:30pm WE Class 14 | 6:30pm MC Technique (No-Gi) | | 10:00am GC Class 12 |
| | | 7:30pm MC Technique (Gi) | 7:30pm MC Technique (Gi) | 7:30pm GC Class 7 | 7:30pm MC Sparring (No-Gi) | | 11:15am WE Class 15 |
| A M | 10 | 5:30pm BP Defenses | 9:30am MC Technique (Gi) | | 9:30am MC Technique (No-Gi) | 6:30am MC Review/Sparring | 8:30am MC Technique (Gi) |
| | 11 | | 10:30am MC Sparring (Gi) | | 10:30am MC Sparring (No-Gi) | | 9:30am MC Sparring (Gi) |
| P M | | 6:30pm GC Class 9 | 6:30pm GC RD/Fight Sim: Guard ★ | 6:30pm WE RD Ground Submissions ↓ | 6:30pm MC Technique (No-Gi) | | 10:00am GC Class 15 |
| | | 7:30pm MC Technique (Gi) | 7:30pm MC Technique (Gi) | 7:30pm GC Class 10 | 7:30pm MC Sparring (No-Gi) | | 11:15am WE Class 1 |
| A M | 17 | 5:30pm BP Helping Others | 9:30am MC Technique (Gi) | | 9:30am MC Technique (No-Gi) | 6:30am MC Review/Sparring | 8:30am MC Technique (Gi) |
| | 18 | | 10:30am MC Sparring (Gi) | | 10:30am MC Sparring (No-Gi) | | 9:30am MC Sparring (Gi) |
| P M | | 6:30pm GC Class 12 | 6:30pm GC RD/Fight Sim: Side Mount ★ | 6:30pm WE Class 2 | 6:30pm MC Technique (No-Gi) | | 10:00am GC Class 18 |
| | | 7:30pm MC Technique (Gi) | 7:30pm MC Technique (Gi) | 7:30pm GC Class 13 | 7:30pm MC Sparring (No-Gi) | | 11:15am WE Class 3 |
| A M | 24 | 5:30pm BP Controls | 9:30am MC Technique (Gi) | | 9:30am MC Technique (Gi) | 6:30am MC Review/Sparring | 8:30am MC Technique (Gi) |
| | 25 | | 10:30am MC Sparring (Gi) | | 10:30am MC Sparring (Gi) | | 9:30am MC Sparring (Gi) |
| P M | | 6:30pm GC Class 15 | 6:30pm GC RD/Fight Sim: Standing ★ | 6:30pm WE Class 4 | 6:30pm MC Technique (No-Gi) | | 10:00am GC Class 21 |
| | | 7:30pm MC Technique (Gi) | 7:30pm MC Technique (Gi) | 7:30pm GC Class 16 | 7:30pm MC Sparring (No-Gi) | | 11:15am WE Class 5 |
| A M | | <p>CLASS KEY: BP Jr. Grapplers: Bullyproof (Kids 8-14 yrs.) GC: Gracie Combatives (Adult beginner) GC R/D Fight Sim: Combatives Reflex Development WE: Women Empowered (Women's Self-Defense) WE R/D: Women Empowered Reflex Development MC: Master Cycle (Adult Advanced)</p> | | | | | |
| P M | | <p>R/D: REFLEX DEVELOPMENT PARTICIPATION REQUIREMENTS: 1) Student must have completed all 23 classes twice (or have 3 stripes on their belt.) 2) Mandatory Training Attire & Equipment: - White Gi or official No-Gi attire. - Official Gracie 5.5oz Sparring Gloves - NO OTHER GLOVES ARE PERMITTED. - A good quality mouth guard. To be clear: NO MOUTHGUARD, NO TRAINING.</p> | | | | | |



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| | 8 Essential Chapters |
| 1 | Boundry Setting |
| 2 | Comfort in Chaos |
| 3 | Stranger Danger |
| 4 | Helping Others |
| 5 | Defences |
| 6 | Escapes |
| 7 | Controls |
| 8 | Submissions |



| 15 Classes | 20 Essential Techniques |
|------------|---|
| 1 | Combat Base (3 Variations) (GU L 1) Trap & Roll Escapes 1:Standard& 2:Hair Grab (GU L 4) |
| 2 | Standard Wrist Releases (3 Variations) (GU L2) Trap & Roll Escapes (GU L4) 3:Punch Block 4:Wrist Pin 5:Spread Hand |
| 3 | Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups 1:Standard & 2:False Surrender (GU L 8) |
| | Inverted Wrist Releases (4 Variations) (GU 3) |
| 4 | Guard Get-ups 3:Rider & 4:Heavy Chest (GU 9) |
| 5 | Super Slap (GU 6) Guard Get-ups 5:Choke & 6: Wrist Pin (GU 9) |
| 6 | Stop-Block-Frame (3 Variations) (GU 10) Punch Defense Clinch Entry (GU 11) |
| 7 | Punch Block Series Stages 1-5 (GU 7) |
| RD | Standing Reflex Development All standing techniques practiced in combination with one another |
| 8 | Elbow Escape Standard Heel Drag & Face Down (GU 14) Guillotine Choke (Guard) (GU 12) |
| 9 | Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses Wrist Drag and Ankle Drag (GU 19) |
| 10 | Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke Standing and Pull Guard (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 Block & Shoot Shrimp & Shoot Rider (GU 15) Shirt Choke (GU 12) |
| 14 | Advanced Guard Get-ups (GU 20) 7:Direct Get-up 8:Knee Shield 9:Power Frame |
| 15 | Rear Naked Choke (GU L 16) Triangle Choke Giant Killer & Stage 3 (GU L 12) |
| RD | Ground Reflex Development All ground techniques practiced in combination with one another |



| 23 Classes | 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) |