



**September 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2  <b>CLOSED FOR LABOR DAY</b>	3 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	4 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	5	6  6:30 Black Belt Club	7  <b>GRACIE GAME DAY: CITIZENSHIP 11:45am-1:15pm</b>
9  5:30 Black Belt Club	10 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	11 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	12	13  6:30 Black Belt Club	14 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
16  5:30 Black Belt Club	17 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	18 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	19	20  6:30 Black Belt Club	21 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
23  5:30 Black Belt Club	24 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	25 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	26	27  6:30 Black Belt Club	28 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)

Week of	Jr. Combatives Weekly Focus
September 2 – September 7	Body Fold w/ Double Underhook Pass CLOSED Monday, September 2 <sup>nd</sup> for Labor Day Gracie Game Day: Citizenship Saturday, September 7 <sup>th</sup> 11:45am-1:15pm
September 9 – September 14	Haymaker w/ Hook Sweep
September 16 – September 21	Double Leg Takedown w/ Double Ankle Sweep
September 23 – September 28	Clinches w/ Elbow Escape from Side Mount

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