



**August 2024**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 <b>5:30 Black Belt Club</b>	6 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	7 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	8	9 <b>6:30 Black Belt Club</b>	10 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
12 <b>5:30 Black Belt Club</b>	13 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	14 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	15	16 <b>6:30 Black Belt Club</b>	17 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
19 <b>5:30 Black Belt Club</b>	20 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	21 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	22	23 <b>6:30 Black Belt Club</b>	24 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)
26 <b>5:30 Black Belt Club</b>	27 5:30pm Jr. Combatives (8-12) 6:30pm Little Champs (5-7)	28 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm Jr. Combatives (8-12)	29	30 <b>6:30 Black Belt Club</b>	31 11:30 am Jr. Combatives (8-12) 12:30 pm Little Champs (5-7)

<b>Week of</b>	<b>Jr. Combatives Weekly Focus</b>
August 5 – August 10	Pull Guard w/ Elbow Escape
August 12 – August 17	Body Fold w/ Guard Armlocks (Pushed Off)
August 19 – August 24	Leg Hook w/ Take Back from Guard (Pushed Off)
August 26 – August 31	Standing Armlock w/ Headlock 1 or 2

www.GracieUniversity.com/KeegoHarbor | 2801 Orchard Lake Rd. Keego Harbor, MI 48320 | 248-657-0121 | [gjjmichigan@gmail.com](mailto:gjjmichigan@gmail.com)

Instagram: @graciejiujitsumichigan Facebook: @GJJKeegoHarbor