

# July

## 2024

Little Champs: 5-7 yrs  
 Jr Grapplers: 8-13 yrs  
 Combatives: 14+



# GRACIE JIU-JITSU<sup>®</sup>

## SIOUX FALLS

RD: Reflex Development (after 2 cycles of Combatives classes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	1	2	3	4	5	6
	4:30-5:15P-Little Champs 5:30-6:30P-Combatives—Class 22				4:30-5:15P—Jr Grapplers 5:30-6:30P-Combatives—Class 23 RD: 6:30-7P (guard)	
7	8	9	10	11	12	13
	4:30-5:15P-Little Champs 5:30-6:30P-Combatives—Class 1 RD: 6:30-7P (side mount)				4:30-5:15P—Jr Grapplers 5:30-6:30P-Combatives—Class 2	
14	15	16	17	18	19	20
		4:30-5:15P-Little Champs 5:30-6:30P—Combatives-Class 3 RD: 6:30-7P- Standing		4:30-5:15P—Jr Grapplers 5:30-6:30P-Combatives—Class 4		
21	22	23	24	25	26	27
		4:30-5:15P-Little Champs 5:30-6:30P—Combatives-Class 5 RD: 6:30-7P (Fight Sim)		4:30-5:15P—Jr Grapplers 5:30-6:30P-Combatives—Class 6		
28	29	30	31	1	2	3
		4:30-5:15P-Little Champs 5:30-6:30P—Combatives-Class 7 RD: 6:30-7P (Mount)		4:30-5:15P—Jr Grapplers 5:30-6:30P-Combatives—Class 8		

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)