

GRACIE COMBATIVES		WOMEN EMPOWERED		<h1 style="text-align: center;">LOCKDOWN SEPTEMBER 2020 SCHEDULE</h1>					
23 Classes	36 Essential Techniques	15 Classes	20 Essential Techniques	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				31	01-Sep	2	3	4	5
1	Trap and Roll Escape – Mount Leg Hook Takedown	1	Combat Base (3 Variations) Trap & Roll Escapes (1 & 2) (Standard Hair Grab)	12noon Combatives - Class 6	4.30pm All Kids ZOOM - L25 5.15pm All Kids LIVE - L25	12noon Combatives - Class 9	4.30pm All Kids ZOOM - L26 5.15pm All Kids LIVE - L26	12noon Combatives - Class 11	
2	Americana Armlock – Mount Clinch (Aggressive Opponent)	2	Standard Wrist Releases (3 Variations) Trap & Roll Escapes (3, 4 & 5) (P-Block Wrist Pin Spread Hand)	5.15pm Black Belt Club - L29 6pm Master Cycle - SIDEMOUNT ESCAPES	6pm Combatives - Class 8 7pm Master Cycle - SIDEMOUNT CONTROLS	5pm - Women Empowered Zoom 6pm - Women Empowered LIVE Class 3 7pm Movement & Mobility	6pm Combatives - Class 10 7pm Master Cycle - SIDEMOUNT SUBMISSIONS	5.15pm Black Belt Club L30 6pm Master Cycle - SIDEMOUNT SUBMISSION COUNTERS	10am Combatives - Class 12
3	Positional Control – Mount Body Fold Takedown	3	Front Choke Defenses (3 Variations) Guard Get-ups (1&2) (Standard False Surrender)						
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)	4	Inverted Wrist Releases (4 Variations) Guard Get-ups (3 & 4) (Rider Heavy Chest)						
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)	5	Super Slop Guard Get-ups (5 & 6) (Choke Wrist Pin)						
6	Straight Armlock – Mount Guillotine Defense	6	Stop-Block-Frame (3 Variations) Punch Protection (Clinch Entry)						
7	Triangle Choke – Guard Haymaker Punch Defense	7	Punch Block Series (Stages 1-5)						
8	Elevator Sweep – Guard Rear Takedown	8	Standing Reflex Development All standing techniques practiced in combination with one another.						
9	Elbow Escape – Mount Pull Guard	9	Elbow Escape (Standard Heel Drag Face Down) Guillotine Choke (Guard)	12noon Combatives - Class 13	4.30pm All Kids ZOOM - L27 5.15pm All Kids LIVE - L27	12noon Combatives - Class 16	NO ALL KIDS CLASS TODAY	12noon Combatives - Class 18	
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)	10	Rear Choke Defenses (2 Variations) Drag Defenses (Wrist Drag Ankle Drag)	5.15pm Black Belt Club - L31 6pm Master Cycle - SIDEMOUNT ESCAPES	6pm Combatives - Class 15 NO MASTER CYCLE DUE TO INSTRUCTOR EVENT	5pm - Women Empowered Zoom 6pm - Women Empowered LIVE Class 4 7pm Movement & Mobility	6pm Combatives - Class 17 7pm Master Cycle - SIDEMOUNT SUBMISSIONS	NO BLACK BELT CLUB TODAY	10am Combatives - Class 19
11	Headlock Counters – Mount Standing Headlock Defense	11	Rear Bear Hug Defenses (2 Variations) Guillotine Choke (Standing Guard Pull)						
12	Headlock Escape 1 – Side Mount Standing Armlock	12	Hair Grab Defenses (Standing Guard Guard Pull Hair Drag)						
13	Straight Armlock – Guard Clinch (Aggressive Opponent)	13	Weapon Defenses (Straight Armlock Kimura Armlock)						
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)	14	Shrimp Escape (Block & Shoot Shrimp & Shoot Rider)						
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)	15	Shirt Choke Advanced Guard Get-ups (7, 8 & 9) (Direct Get-up Knee Shield Power Frame)	12noon Combatives - Class 20	4.30pm All Kids ZOOM - L28 5.15pm All Kids LIVE - L28	12noon Combatives - Class 23	4.30pm All Kids ZOOM - L29 5.15pm All Kids LIVE - L29	12noon Combatives - Class 2	
16	Shrimp Escape – Side Mount Body Fold Takedown	16	Rear Naked Choke Triangle Choke (Giant Killer Stage 3)	5.15pm Black Belt Club -L32 6pm Master Cycle - SIDEMOUNT ESCAPES	6pm Combatives - Class 22 7pm Master Cycle - SIDEMOUNT CONTROLS	5pm - Women Empowered Zoom 6pm - Women Empowered LIVE Class 5 7pm Movement & Mobility	6pm Combatives - Class 1 7pm Master Cycle - SIDEMOUNT SUBMISSIONS	5.15pm Black Belt Club - L33 6pm Master Cycle - SIDEMOUNT SUBMISSION COUNTERS	NO GROUP CLASSES PLEASE CONTACT RECEPTION IF YOU WOULD LIKE TO BOOK A PRIVATE LESSON
17	Kimura Armlock – Guard Leg Hook Takedown	17	Ground Reflex Development All ground techniques practiced in combination with one another.						
18	Punch Block Series (5) – Guard Haymaker Punch Defense	18							
19	Hook Sweep – Guard Guillotine Defense	19							
20	Take the Back – Guard Standing Headlock Defense	20							
21	Elbow Escape – Side Mount Pull Guard	21							
22	Twisting Arm Control – Mount Rear Takedown	22							
23	DBI Underhook Pass – Guard Double Leg Takedown (Conservative)	23							
Junior Combatives									
L1:	Trap & Roll Escape	L18:	Double Ankle Sweep						
L2:	Americana Armlock	L19:	Pull Guard						
L3:	Positional Control Mount	L20:	Headlock Escape 2						
L4:	Take the Back	L21:	Shrimp Escape						
L5:	Leg Hook Takedown	L22:	Kimura Armlock						
L6:	Clinch (Aggressive Opp)	L23:	Standing Headlock Defense						
L7:	Punch Block Series (Stages 1-4)	L24:	Punch Block Series (Stage 5)	12noon Combatives - Class 8	4.30pm All Kids ZOOM - L31 5.15pm All Kids LIVE - L31	12noon Combatives - Class 11	4.30pm All Kids ZOOM - L32 5.15pm All Kids LIVE - L32	12noon Combatives - Class 13	NO GROUP CLASSES PLEASE CONTACT RECEPTION IF YOU WOULD LIKE TO BOOK A PRIVATE LESSON
L8:	Straight Armlock	L25:	Hook Sweep	5.15pm Black Belt Club - L3 6pm Master Cycle - SIDEMOUNT ESCAPES	6pm Combatives - Class 10 7pm Master Cycle - SIDEMOUNT CONTROLS	5pm - Women Empowered Zoom 6pm - Women Empowered LIVE Class 7 7pm Movement & Mobility	6pm Combatives - Class 12 7pm Master Cycle - SIDEMOUNT SUBMISSIONS	5.15pm Black Belt Club - L4 6pm Master Cycle - SIDEMOUNT SUBMISSION COUNTERS	
L9:	Elevator Sweep	L26:	Rear Takedown						
L10:	Elbow Escape	L27:	Haymaker Punch Defense						
L11:	Positional Control Side Mount	L28:	Take the Back (Guard)						
L12:	Body Fold Takedown	L29:	Guillotine Defense						
L13:	Clinch (Conservative Opp)	L30:	Elbow Escape						
L14:	Headlock Counters	L31:	Standing Armlock						
L15:	Double Leg Takedown	L32:	Twisting Arm Control						
L16:	Headlock Escape 1	L33:	Underhook Guard Pass						
L17:	Straight Armlock	L34:							

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