

July 2025



Mat Munchkins: 3-5 yrs
 Little Champs: 5-7 yrs
 Jr. Grapplers: 8-13 yrs
 Black Belt Club: 12-15 yrs

Women Empowered: 13+
 Combatives: 14+
 Reflex Development (invitation only)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3	4	5
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 5 6:30-7:30 Combatives: 5			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 6 6:30-7:30 RD: Side Mount	Independence Day	3:45-5:00 Game Day!!! (Details/location will be emailed- *NOT at FPC*)
6	7	8	9	10	11	12
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 6 6:30-7:30 Combatives: 7				4:00-4:45 Jr. Grapplers + Little Champs makeup 4:45-5:30 BBC 5:30-6:30 Combatives: 8 6:30-7:30 RD: Standing	
13	14	15	16	17	18	19
	No Classes			No Jr. Grapples or BBC 5:30-7:00 Open Mat Review (WE and Combatives)		
20	21	22	23	24	25	26
	No Mat Munchkins or Little Champs 5:30-7:00 Open Mat Review (WE and Combatives)			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 9 6:30-7:30 RD: Freestyle		
27	28	29	30	31	1	2
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 7 6:30-7:30 Combatives: 10			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 11 6:30-7:30 RD: Mount		

23 classes	GC 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)

15 classes	WE 20 Essential techniques
1	Combat Base (3 Variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard Hair Grab)
2	Standard Wrist Releases (3 Variations) (GU 2) Trap & Roll Escapes (3, 4 & 5) (GU 4)
3	Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard False Surrender)
4	Inverted Wrist Releases (4 Variations) (GU 3) Guard Get-ups (3 & 4) (GU 9) (Rider Heavy Chest)
5	Super Slap (GU 6) Guard Get-ups (5 & 6) (GU 9) (Choke Wrist Pin)
6	Stop-Block-Frame (3 Variations) (GU 10) Punch Defense (GU 11) (Clinch Entry)
7	Punch Block Series (GU 7) (Stages 1-5)
RD	Standing Reflex Development All standing techniques practiced in combination with one another.
8	Elbow Escape (GU 14) (Standard Heel Drag Face Down) Guillotine Choke (Guard) (GU 12)
9	Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses (GU 19) (Wrist Drag Ankle Drag)
10	Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke (GU 16) (Standing Guard Pull)
11	Hair Grab Defenses (GU 13) (Standing Guard Guard Pull Hair Drag)
12	Weapon Defenses (GU 18) (Straight Armlock Kimura Armlock)
13	Shrimp Escape (GU 15) (Block & Shoot Shrimp & Shoot Rider) Shirt Choke (GU 12)
14	Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up Knee Shield Power Frame)
15	Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer Stage 3)
RD	Ground Reflex Development All ground techniques practiced in combination