

# February 2026



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
25	26	27	28	29	30	31
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 15 6:30-7:30 Combatives: 14				4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 15 6:30-7:30 RD: Freestyle	
1	2	3	4	5	6	7
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: Ground RD 6:30-7:30 Combatives: 16			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 17 6:30-7:30 RD: Mount		
8	9	10	11	12	13	14
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 1 6:30-7:30 Combatives: 18			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 19 6:30-7:30 RD: Guard		
15	16	17	18	19	20	21
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 2 6:30-7:30 Combatives: 20			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 21 6:30-7:30 RD: Side mount		
22	23	24	25	26	27	28
	4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 3 6:30-7:30 Combatives: 22			4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 23 6:30-7:30 RD: Standing		

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