

June 2017 Gracie Jiu-Jitsu Salt Lake City

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	COMBATIVES			1 6:30am & 6:30pm #4+5 Take the Back + Rear Naked Choke #15 Clinch Conservative	2 Noon Class Choice	3
4	5 6:30pm #22 Headlock Escapes 2 #15 Clinch Conservative	6 6:30am & 6:00pm #8 Punch Block Series 1-4 #23 Guillotine Choke Standing	7 Noon & 6:30pm #24 Shrimp Escape #14 Body Fold Takedown <i>*Bring a friend ANY day*</i>	8 6:30am & 6:00pm #9 Straight Armlock-Mount #32 Guillotine Defense	9 Noon Class Choice	10
11	12 6:30pm # 25 Kimura Armlock #6 Leg Hook Takedown	13 6:30am & 6:00pm #10 Triangle #30 Haymaker Defense	14 Noon & 6:30pm #27 Punch Block Series 5 #30 Haymaker Punch Defense <i>*Bring a friend ANY day*</i>	15 6:30am & 6:00pm #11 Elevator Sweep #29 Rear Takedown	16 Noon Class Choice	17
18	19 6:30pm #28 Hook Sweep #32 Guillotine Defense	20 6:30am & 6:00pm #12 Elbow Escape #21 Pull Guard	21 Noon & 6:30pm #31 Take the Back #26 Headlock Defense <i>*Bring a friend ANY day*</i>	22 6:30am & 6:00pm #13 Positional Control Side Mount #17 Double Leg Takedown Aggressive Opponent	23 Noon Class Choice	24
25	26 6:30pm #33 Elbow Escape Side Mount #21 Pull Guard	27 6:30am & 6:00pm #16 Headlock Counters #26 Standing Headlock Defense	28 Noon & 6:30pm #35 Twisting Arm Control #29 Rear Takedown <i>*Bring a friend ANY day*</i>	29 6:30am & 6:00pm #18 Headlock Escapes 1 #34 Standing Armlock	30 Noon Class Choice	

*** Ryan 801-637-5865***