

October 2017 Gracie Jiu-Jitsu Salt Lake City

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
1	2 6:30pm #1 Trap and Roll Escape #6 Leg Hook Takedown	3 6:30am & 6:30pm #20 Double Ankle Sweep #23 Guillotine Choke Guard Pull	4 Noon & 6:30pm #2 Americana Armlock #7 Clinch Aggressive <i>*Bring a friend ANY day*</i>	5 6:30am & 6:30pm #22 Headlock Escapes 2 #15 Clinch Conservative	6 Noon Class Choice	7 9:00am Class Choice		
8	9 6:30pm #3 Positional Control-Mount #14 Body Fold Takedown	10 6:30am & 6:30pm #24 Shrimp Escape #14 Body Fold Takedown	11 Noon & 6:30pm #4+5 Take the Back + Rear Naked Choke #15 Clinch Conservative <i>*Bring a friend ANY day*</i>	12 6:30am & 6:30pm # 25 Kimura Armlock #6 Leg Hook Takedown	13 Noon Class Choice	14 9:00am Class Choice		
15	16 6:30pm #8 Punch Block Series 1-4 #23 Guillotine Choke Standing	17 6:30am & 6:30pm #27 Punch Block Series 5 #30 Haymaker Punch Defense	18 Noon & 6:30pm #9 Straight Armlock- Mount #32 Guillotine Defense <i>*Bring a friend ANY day*</i>	19 6:30am & 6:30pm #28 Hook Sweep #32 Guillotine Defense	20 Noon Class Choice	21 9:00am Class Choice		
22	23 6:30pm #10 Triangle #30 Haymaker Defense	24 6:30am & 6:30pm #31 Take the Back #26 Headlock Defense	25 Noon & 6:30pm #11 Elevator Sweep #29 Rear Takedown <i>*Bring a friend ANY day*</i>	26 6:30am & 6:30pm #33 Elbow Escape Side Mount #21 Pull Guard	27 Noon Class Choice	28 9:00am Class Choice		
29	30 6:30pm #12 Elbow Escape #21 Pull Guard	31 6:30am ONLY Class Choice No Night Class Happy Halloween	<div style="border: 1px solid black; padding: 5px; display: inline-block;"> COMBATIVES </div>					