

December 2017 Gracie Jiu-Jitsu Salt Lake City

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	COMBATIVES				1 Noon Class Choice	2 9:00am Class Choice
3	4 6:30pm #28 Hook Sweep #32 Guillotine Defense	5 6:30am & 6:30pm #10 Triangle #30 Haymaker Defense	6 Noon & 6:30pm #31 Take the Back #26 Headlock Defense <i>*Bring a friend ANY day*</i>	7 6:30am & 6:30pm #11 Elevator Sweep #29 Rear Takedown	8 Noon Class Choice	9 9:00am Class Choice
10	11 6:30pm #33 Elbow Escape Side Mount #21 Pull Guard	12 6:30am & 6:30pm #12 Elbow Escape #21 Pull Guard	13 Noon & 6:30pm #35 Twisting Arm Control #29 Rear Takedown <i>*Bring a friend ANY day*</i>	14 6:30am & 6:30pm #13 Positional Control Side Mount #17 Double Leg Takedown Aggressive Opponent	15 Noon Class Choice	16 9:00am Class Choice
17	18 6:30pm #36 Double Under hook Guard Pass #17 Double Leg Takedown Conservative	19 6:30am & 6:30pm #16 Headlock Counters #26 Standing Headlock Defense	20 Noon & 6:30pm #1 Trap and Roll Escape #6 Leg Hook Takedown <i>*Bring a friend ANY day*</i>	21 6:30am & 6:30pm #18 Headlock Escapes 1 #34 Standing Armlock	22 Noon Class Choice	23 9:00am Class Choice
24	25 No Class Merry Christmas	26 6:30am & 6:30pm #19 Straight Armlock-Guard #7 Clinch Aggressive	27 Noon & 6:30pm #2 Americana Armlock #7 Clinch Aggressive <i>*Bring a friend ANY day*</i>	28 6:30am & 6:30pm #20 Double Ankle Sweep #23 Guillotine Choke Guard Pull	29 Noon Class Choice	30 9:00am Class Choice
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