

August 2017 Gracie Jiu-Jitsu Salt Lake City

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 6:30am & 6:00pm #28 Hook Sweep #32 Guillotine Defense	2 Noon & 6:30pm #11 Elevator Sweep #29 Rear Takedown <i>*Bring a friend ANY day*</i>	3 6:30am & 6:00pm #31 Take the Back #26 Headlock Defense	4 Noon Class Choice	5
6	7 6:30pm #12 Elbow Escape #21 Pull Guard	8 6:30am & 6:00pm #33 Elbow Escape Side Mount #21 Pull Guard	9 Noon & 6:30pm #13 Positional Control Side Mount #17 Double Leg Takedown Aggressive Opponent <i>*Bring a friend ANY day*</i>	10 6:30am & 6:00pm #35 Twisting Arm Control #29 Rear Takedown	11 Noon Class Choice	12
13	14 6:30pm #16 Headlock Counters #26 Standing Headlock Defense	15 6:30am & 6:00pm #36 Double Under hook Guard Pass #17 Double Leg Takedown Conservative	16 Noon & 6:30pm #18 Headlock Escapes 1 #34 Standing Armlock <i>*Bring a friend ANY day*</i>	17 6:30am & 6:00pm #1 Trap and Roll Escape #6 Leg Hook Takedown	18 Noon Class Choice	19
20	21 6:30pm #19 Straight Armlock-Guard #7 Clinch Aggressive	22 6:30am & 6:00pm #2 Americana Armlock #7 Clinch Aggressive	23 Noon & 6:30pm #20 Double Ankle Sweep #23 Guillotine Choke Guard Pull <i>*Bring a friend ANY day*</i>	24 6:30am & 6:00pm #3 Positional Control-Mount #14 Body Fold Takedown	25 Noon Class Choice	26
27	28 6:30pm #22 Headlock Escapes 2 #15 Clinch Conservative	29 6:30am & 6:00pm #4+5 Take the Back + Rear Naked Choke #15 Clinch Conservative	30 Noon & 6:30pm #24 Shrimp Escape #14 Body Fold Takedown <i>*Bring a friend ANY day*</i>	31 6:30am & 6:00pm #8 Punch Block Series 1-4 #23 Guillotine Choke Standing	<div style="border: 1px solid black; padding: 5px; background-color: black; color: white; font-weight: bold; font-size: 1.2em;">COMBATIVES</div>	