



Five Rings

Effective: Monday, January 4, 2016



Brazilian Jiu Jitsu

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--------------------------------|---------------------------------|--------------------------------|-----------------------------------|-----------------------------------|---------------------------|
| BJJ 1 - 3 7:00 - 7:50 | A Firma 6:30 - 8:00 | BJJ 1 - 3 7:00 - 7:50 | | BJJ 1 - 4 - Rounds 7:00 - 8:30 | Comp Team Practice 7:00 - 8:30 | Semi-Private Instruct. |
| Drill for Skill 7:50 - 8:30 | | Drill for Skill 7:50 - 8:30 | | | Open Mat / Rounds 8:30 - 9:30 | |
| BJJ 1 - 3 11:30 - 12:20 | | BJJ 1 - 3 11:30 - 12:20 | | BJJ 1 - 3 11:30 - 1:00 | BJJ 1 - 3 9:30 - 10:20 | BJJ 4 9:30 - 11:00 |
| Drill for Skill 12:20 - 1:00 | | Drill for Skill 12:20 - 1:00 | | | Drill for Skill 10:20 - 11:00 | No-Gi 11:00 - 12:30 |
| See Youth Skillz Program Schedule | | | | | | |
| BJJ 4 - Tech 6:00 - 7:30 | BJJ 1 - 3 6:00 - 6:50 | A Firma 6:30 - 8:00 | BJJ 1 - 3 6:00 - 6:50 | BJJ 4 - Tech 6:00 - 7:30 | Open Mat 4:00 - 6:00 | |
| BJJ 1 - 3 7:30 - 8:20 | Drill for Skill 6:50 - 7:30 | No-Gi 6:30 - 8:00 | Drill for Skill 6:50 - 7:30 | No-Gi 6:00 - 7:30 | | |
| Drill for Skill 8:20 - 9:00 | BJJ 4 - Rounds 7:30 - 9:00 | BJJ 1 - 3 8:00 - 8:50 | A Firma 7:30 - 9:00 | | | |

Adult Brazilian Jiu Jitsu (BJJ) Technical Classes

BJJ 1: White belts + 1st stripe | 24 classes

BJJ 2: 2nd and 3rd stripes | 24 classes

BJJ 3: White / 4 stripes, Yellow, and Orange | 24 classes per level

BJJ 4: Green, Blue, Purple, Brown, and Black belts or by invitation

Drill for Skill (D4S)

Improving movement quality in fundamental positions, techniques, and flow patterns

This class will take learned techniques into performance proven skills

Competition Team

Tournament specific training and tactics. Must be a yellow belt or higher to be a member.

Consists of a team practice, weekly combat rounds, and weekly "to-do" lists of training and conditioning.

A Firma

Semi-private training groups

Focused on accelerated skill acquiring and personal development

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