



Five Rings

Effective: Monday, November 7, 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 9:30 - 11:00
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	No-Gi 7:00 - 8:30	Drill for Skill 6:50 - 7:30	No-Gi 6:30 - 8:00	Drill for Skill 6:50 - 7:30		
Drill for Skill 8:20 - 9:00	BJJ 4 - Action Train 7:00 - 8:30	BJJ 1 - 3 8:00 - 8:50	A Firma 7:30 - 9:00	BJJ 4 - Action Train 7:00 - 8:30		

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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