



Five Rings

Effective: Monday, November 6, 2017



Brazilian Jiu Jitsu

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fundamentals 7:00 - 7:50	A Firma 6:30 - 8:00	Fundamentals 7:00 - 7:50		Action Rounds 7:00 - 8:30	Comp Team 8:00 - 9:30
Drill for Skill 7:50 - 8:30		Drill for Skill 7:50 - 8:30			Fundamentals 9:30 - 10:20
Fundamentals 11:30 - 12:20		Fundamentals 11:30 - 12:20		Action Rounds 11:30 - 1:00	Drill for Skill 10:20 - 11:00
Drill for Skill 12:20 - 1:00		Drill for Skill 12:20 - 1:00			

Youth Skillz Program Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interm. / Adv. - Technique 6:00 - 7:30	Fundamentals 6:00 - 6:50	A Firma 6 - 7:30	No-Gi 6 - 7:30	Fundamentals 6:00 - 6:50	Open Mat 4:00 - 6:00	
No-Gi 7:00 - 8:30	Drill for Skill 6:50 - 7:30	Interm. / Adv. - Technique 7:30 - 8:30	Drill for Skill 6:50 - 7:30			Sunday
Fundamentals 7:30 - 8:20	Interm. / Adv. - Technique 6:30 - 7:30	Fundamentals 7:30 - 8:20	Interm. / Adv. - Technique 6:00 - 7:00			Open Mat 8:00 - 9:30
Drill for Skill 8:20 - 9:00	Interm. / Adv. - Rounds 7:30 - 8:30	Drill for Skill 8:20 - 9:00	Interm. / Adv. - Action 7:00 - 8:00			

Adult Brazilian Jiu Jitsu (BJJ) Technical Classes

Fundamentals

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

Intermediate / Advanced

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