



Five Rings

Effective: Monday, June 18, 2018



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					
Intern. / Adv. - Technique 6:00 - 7:00	Fundamentals 6:00 - 6:50	A Firma 6 - 7:30	No-Gi 6:30 - 7:30	Fundamentals 6:00 - 6:50	
No-Gi 7:00 - 8:00	Drill for Skill 6:50 - 7:30	Intern. / Adv. - Technique 7:30 - 8:30		Drill for Skill 6:50 - 7:30	Sunday Open Mat 8:00 - 9:30
Fundamentals 7:30 - 8:20	Intern. / Adv. - Technique 6:30 - 7:30	Fundamentals 7:30 - 8:20	Intern. / Adv. - Technique 6:00 - 7:00		
Drill for Skill 8:20 - 9:00	Intern. / Adv. - Rounds 7:30 - 8:30	Drill for Skill 8:20 - 9:00	Intern. / 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 acquisition and personal development