



# Five Rings

Effective: Saturday, October 6, 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 7:00 - 8:30
Drill for Skill 7:50 - 8:30		Drill for Skill 7:50 - 8:30			Open Mat 8:30 - 9:30
Fundamentals 11:30 - 12:20		Fundamentals 11:30 - 12:20		Action Rounds 11:30 - 1:00	Fundamentals 9:30 - 10:20
Drill for Skill 12:20 - 1:00		Drill for Skill 12:20 - 1:00			Drill for Skill 10:20 - 11:00
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	<b>Sunday</b>  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