



# Five Rings

Effective: Monday, April 26, 2021



## Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Jits Partner Squad A</b> 7:00 - 7:40  Zoom Meeting ID: 905-717-945	<b>A Firma</b> 7:00 - 8:20  Zoom Meeting ID: 457-075-357	<b>Adult Jits Partner Squad A</b> 7:00 - 7:40  Zoom Meeting ID: 905-717-945			<b>Fitness</b> 8:00 - 8:40  Zoom Meeting ID: 348-969-302	
	<b>Reserved Buddy Drill</b> 8:00 - 11:00 am		<b>Reserved Buddy Drill</b> 8:00 - 11:00 am	<b>Reserved Buddy Drill</b> 8:00 am - 6:00 pm	<b>Youth - Bigs Squad YA</b> 9:00 - 9:40  In-Person Only	<b>Reserved Buddy Drill</b> 8:00 am - 6:00 pm
					<b>Youth - Bigs Squad YB + YC</b> 10:00 - 10:40  Zoom Meeting ID: 174-096-214	<b>Yoga</b> 9:00 - 10:00  Zoom Meeting ID: 328-738-787
<b>Youth - Samurai</b> 3:10 - 3:40  Zoom Meeting ID: 459-769-311		<b>Youth - Samurai</b> 3:10 - 3:40  Zoom Meeting ID: 459-769-311			<b>Youth - Samurai</b> 11:00 - 11:30  Zoom Meeting ID: 459-769-311	
<b>Youth - Bigs Squad YA</b> 4:00 - 4:40  Zoom Meeting ID: 174-096-214	<b>Youth - Bigs Squad YC</b> 4:00 - 4:40  In-Person Only	<b>Youth - Bigs Squad YA</b> 4:00 - 4:40  Zoom Meeting ID: 174-096-214	<b>Youth - Bigs Squad YC</b> 4:00 - 4:40  In-Person Only		<b>Adult Jits Partner Squad E</b> 11:00 - 11:40  In-Person Only	
	<b>Youth - Bigs Squad YB</b> 5:00 - 5:40  Zoom Meeting ID: 174-096-214		<b>Youth - Bigs Squad YB</b> 5:00 - 5:40  Zoom Meeting ID: 174-096-214		<b>Saturday Reserved Buddy Drill</b> 1:00 - 6:00 pm	
<b>Key</b>						
<b>Adult Jits Partner Squad B</b> 5:00 - 5:40  Zoom Meeting ID: 905-717-945		<b>Adult Jits Partner Squad B</b> 5:00 - 5:40  Zoom Meeting ID: 905-717-945			In Person & Digital Classes  Digital Only Classes	
<b>Fitness</b> 6:00 - 6:40 pm  Zoom Meeting ID: 595-919-409	<b>Adult Jits Partner Squad C - Beg</b> 6:00 - 6:40  Zoom Meeting ID: 905-717-945	<b>Fitness</b> 6:00 - 6:40  Zoom Meeting ID: 595-919-409	<b>Adult Jits Partner Squad C - Beg</b> 6:00 - 6:40  Zoom Meeting ID: 905-717-945			
	<b>Adult Jits Partner Squad D</b> 7:00 - 7:40  Zoom Meeting ID: 905-717-945	<b>Yoga</b> 7:10 - 8:10  Zoom Meeting ID: 328-738-787	<b>Adult Jits Partner Squad D</b> 7:00 - 7:40  Zoom Meeting ID: 905-717-945			

### Adult Brazilian Jiu Jitsu (BJJ) Technical Classes

#### Fundamentals

- BJJ 1: White belt - 1st stripe | 8 classes
- BJJ 2: White belt - 2nd, 3rd and 4th stripes | 12 classes
- BJJ 3: Yellow + Orange belts | 24 classes per level

#### 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 (Closed Group)

Semi-private training groups  
 Focused on accelerated skill acquisition and personal development  
 Tuesday at 6:30 am + Wednesday at 6:00 pm