

Gracie Jiu-Jitsu



Jun 2011 Schedule

Date	Session Plan
01.06.2011 Wednesday	Lesson 10 Triangle Choke (Guard)
02.06.2011 Thursday	Lesson 17 Double Leg Takedown (Standing)
03.06.2011 Friday	Lesson 8 Punch Block Series (Stages 1-4) (Guard)
	REFLEX DEVELOPMENT (RDD)
06.06.2011 Monday	Lesson 2 Americana Armlock (Mount)
07.06.2011 Tuesday	Lesson 27 Punch Block Series (Stage5) (Guard)
08.06.2011 Wednesday	Lesson 1 Trap and Roll Escape (Mount)
09.06.2011 Thursday	Lesson 31 Take the Back (Guard)
10.06.2011 Friday	Lesson 35 Twisting Arm Control (Mount)
	REFLEX DEVELOPMENT (RDD)
13.06.2011 Monday	Lesson 21 Pull Guard (Standing)
	Lesson 34 Standing Armlock (Standing)
14.06.2011 Tuesday	Lesson 33 Elbow Escape (Side Mount)
15.06.2011 Wednesday	Lesson 32 Guillotine Defense (Standing)
	Lesson 3 Positional Control (Mount)
16.06.2011 Thursday	Lesson 36 Double Underhook Guard Pass (Guard)
17.06.2011 Friday	Lesson 7 Clinch (Aggressive Opponent) (Standing)
	REFLEX DEVELOPMENT (RDD)
20.06.2011 Monday	Lesson 11 Elevator Sweep (Guard)
21.06.2011 Tuesday	Lesson 5 Rear Naked Choke (Mount)
22.06.2011 Wednesday	Lesson 18 Headlock Escape 1 (Side Mount)
23.06.2011 Thursday	Lesson 19 Straight Armlock (Guard)
24.06.2011 Friday	REFLEX DEVELOPMENT (RDD)
27.06.2011 Monday	Lesson 28 Hook Sweep (Guard)
28.06.2011 Tuesday	Lesson 15 Clinch (Conservative Opponent) (Standing)
29.06.2011 Wednesday	Lesson 14 Body Fold Takedown (Standing)
30.06.2011 Thursday	Lesson 25 Kimura Armlock (Guard)
	REFLEX DEVELOPMENT (RDD)

Sessions are between **17:30 - 19:00** | Call **0533 842 78 81** or send e-mail to **info@academycyprus.com** for further details.