



# Gracie Jiu-Jitsu Schedule

## Bolton



Effective February 1st, 2011

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 - 9:00 p.m. Technique	8:15 - 9:45 p.m. Fundamentals	7:15 - 8:00 p.m. Junior Jiu-Jitsu	8:00 - 9:30 p.m. Fundamentals	6:15 - 7:00 p.m. Fitness Class	n/a
9:00 - 10:00 p.m. Sparring	9:45 - 10:15 p.m. Private Lessons	8:00 - 9:00 p.m. Technique	9:30 - 10:00 p.m. Private Lessons	7:00 - 8:00 p.m. Open Mat	
		9:00 - 10:00 p.m. Sparring		8:00 - 9:00 p.m. MMA	

All classes are taught by a certified Gracie Jiu-Jitsu instructor.

All students are required to be in proper uniform.

All students should arrive ten minutes prior to class.

There will **not** be any Gracie Jiu-Jitsu classes on the last Friday of every month which is exam night for Karate students.

# CLASS DESCRIPTION

## Fundamentals Class

Students are provided with the knowledge they need to defend themselves in a real life threatening situation. Our curriculum includes 120 techniques that could literally save your life during a confrontation. In this class you will learn how to deal with the most common street attacks without relying on strength, speed or coordination. Grand Master Helio Gracie has perfected the techniques and unique teaching method used in Gracie Jiu-Jitsu over a span of 70 years. The result is a self-defense system that has been proven to work for everyone.

## Sparring Class

Learning by doing - The sparring class is intended for students to have an opportunity to put their knowledge into action. In this class you will be able to improve your skills by practicing with other students. Timing and conditioning are highly emphasized in this class. Here, you will be able to spar making free use of throwing and grappling techniques. In addition to its technical benefits, the sparring class provides an excellent cardiovascular workout.

## No Gi Class

Leave your jackets at home and participate in the no gi class. In this class you will learn new techniques and participate in specialized drills and sparring sessions to improve all areas of your game. Please wear gi pants and a long-sleeved Gracie Jiu-Jitsu rash guard for this class. The no gi class presents an opportunity for our students to realize that the techniques they learn in Jiu-Jitsu work regardless of what the aggressor is wearing.

## Throwing Techniques and Clinching

The throws and the grappling techniques are as inseparable as the front and rear wheels of an automobile. The two work together assisting each other to decide victory or defeat. The throwing techniques class was developed to address a crucial element of a street fight - how to take your opponent to the ground. In this class you will learn how to apply several take down techniques that do not require any strength. In addition, this class benefits its participants by improving balance, coordination and the ability to defend against being thrown.

## Private Classes

Grand Master Helio Gracie has stated that the best way to take full advantage of Gracie Jiu-Jitsu techniques and all its intricacies and details is by taking private lessons. During private lessons you will learn several techniques against all types of street aggressions including bare hand, club, knife and gun attacks. After only 40 private lessons a student will possess all the knowledge and reflexes necessary to be ready to fully defend themselves in a real street fight.

## MMA Drills and Skills Class

This class consists of striking, take downs, no gi grappling and all elements of today's mixed martial arts competition.