

GROUP CLASS LESSON AGENDA

July 2025

	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
Group Class Theme:		BJJ FIGHT SIMULATION	BJJ FIGHT SIMULATION	ATTRIBUTES		
Little Samurais						
Pee Wee Champs		Mount Control Straigh Armlock	Wild Horse Side Mount Control	Bring A Friend		
Fundamentals		Fight Simulation 3	Fight Simulation 4			
Advanced		Fight Simulation 12	Fight Simulation 13			
	7	8	9	10	11	12
Group Class Theme:	ATTRIBUTES	HARD	HARD	HARD		
Little Samurais						
Pee Wee Champs	Bring A Friend	Hand Pattern Full Sparring Stance	Back Kick Kiai	Roundhouse Kick Head Block		
Fundamentals		Kihon 6 a & b	Opening Cerimony Belt Tie	Attention & Ready Pos. Horse Stance w/ Punch		
Advanced		Self Defense 1	Self Defense 2	Self Defense 3		
	14	15	16	17	18	19
Group Class Theme:	Youth Push Clinic HARD	Youth Push Clinic HARD	Youth Push Clinic SOFT SUP.	Youth Push Clinic STRIPE EVAL.	Nerf Wars 1-3 pm	
Little Samurais						
Pee Wee Champs	Hammer Fist & Backhand Outside Block	Palm & Chop Strikes Inside Block	Rolls	Red Stripe Eval		
Fundamentals	Spar Combo 1 & 2	Spar Combo 3 & 4	Hip Throw to Heel Pick	Red Stripe Eval		
Advanced	Self Defense 4	Pinan Nidan - Full	S. Body Drop Sweeping Hip Throw	Red Stripe Eval		
	21	22	23	24	25	26
Group Class Theme:	STRIPE EVAL.	SOFT	SOFT	SOFT		
Little Samurais						
Pee Wee Champs	Red Stripe Eval	Trap & Roll Leg Triangle	F. Clinch & B. Fold Shrimp Skill	Mouse Trap Bridge Skill		
Fundamentals	Red Stripe Eval	Fight Sim. 5	Fight Sim. 6	Trap & Roll - Choke		
Advanced	Red Stripe Eval	SM Control: Smart Knee	SM Control - Knee on Belly	1/2 Guard Bottom Strategy A		
	28	29	30	31		
Group Class Theme:	SOFT	SOFT	SOFT	SOFT		
Little Samurais						
Pee Wee Champs	Top Mount Control Punch Block (1)	Take Back Punch Block (2)	Trap & Roll Punch Block (3)	F. Clinch & B. Fold Punch Block (4)		
Fundamentals	Take Back Mount	Take Back - Strong Side	Take Back - Weak Side	Re-Mount		
Advanced	1/2 Guard Bottom Strategy B	1/2 Guard Bottom Strategy C	1/2 Guard Top Strategy A	1/2 Guard Top Strategy B		