

GROUP CLASS LESSON AGENDA
February 2026

	Mon 2	Tues 3	Wed 4	Thurs 5	Fri 6	Sat 7
Group Class Theme:	HARD	SOFT	STRIPE EVAL.	STRIPE EVAL.		I.C.
Little Samurais						
Pee Wee Champs	Front Leg Roundhouse Forward Stance	Rolls Straight Armlock - Mount	Red Stripe Eval	Red Stripe Eval		
Fundamentals	Pinan Shodan 1/3	Rolls	Red Stripe Eval	Red Stripe Eval		Instructors Choice
Advanced	Pinan Godan - Full	Bent Elbow Escape Flow 2	Red Stripe Eval	Red Stripe Eval		Instructors Choice
Black Belt		Guard Pass A (Knee Split)		Guard Pass A (Knee Split)		
	9	10	11	12	13	14
Group Class Theme:	PROMOTIONS	PROMOTIONS	SOFT	SOFT		I.C.
Little Samurais						
Pee Wee Champs	Promotions	Promotions	Trap & Roll Side Mount Control	Front Clinch & Body Fold Leg Triangle		
Fundamentals	Promotions	Promotions	Elevator Sweep (Guard)	Clinch vs Cons. & Agg.		Instructors Choice
Advanced	Promotions	Promotions	Top Mount Control Super Hooks	Sub. Counter - Kimura		Instructors Choice
Black Belt		Guard Pass A (Knee Split)		Guard Sub Counter - Kimura		
	16	17	18	19	20	21
Group Class Theme:	SOFT	SOFT	SOFT	SOFT		I.C.
Little Samurais						
Pee Wee Champs	Americana Shrimp Skill	Positional Control - Mount Bridge Skill	Take Back - Mount Punch Block (1)	Trap & Roll Punch Block (2)	EDGE 5 XTREME 5	
Fundamentals	Trap & Roll Vs Punch	Clinch vs Cons. & Agg.	Leg Hook & Body Fold TD	Fight Sim 2		Instructors Choice
Advanced	Top Mount Control - High Mout Control	Side Control Escapes	Sports Guard Submission - Wrist Control - Armlock	Lying Armlock Submission Finishes		Instructors Choice
Black Belt		Side Mount Escape A (Bump Shoot)		Side Mount Escape A (Bump Shoot)		
	23	24	25	26	27	
Group Class Theme:	SOFT	HARD SUPPLEMENT	HARD SUPPLEMENT	STRIPE EVAL.		I.C.
Little Samurais						
Pee Wee Champs	Front Clinch & Body Fold Punch Block (3)	Outside Block Short Cat Stance	Inside Block Medium Cat Stance	Red Stripe Eval	WARRIOR 5 INFERNO 5	
Fundamentals	Guillotine & Standing Armlock	Forced Entry	Sensitivity Enry	Red Stripe Eval		Instructors Choice
Advanced	Sports Guard Submission - Cross Choke & Armlock	Hubud with Club	Hubud with Joint Locks	Red Stripe Eval		Instructors Choice
Black Belt		Tiger Fight Simulation		Review		