

Foundations Class

July 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 30 Class 25: Guillotine • Standing • Ground Warmup: 1-5	July 1 Class 1: Mount Defense/Escape 1 • Trap & Roll (3 Variations) Warmup: 6-10	July 2 Closed	July 3 Class 2: Mount Defense/Escape 2 • Elbow Escape • Hip Escape Warmup: 11-15	July 4 Closed	July 5 Class 3: Mount Retention 1 • Establish Position (Low Mount) • Weight Distribution • Swim Move • Pummeling/Stripping Grips Warmup: 16-20
July 7 Class 4: Mount Retention 2 • Log Roll Drill • Leg/Hip Control (Hip Switch/Sprawl) • Control Elbow to Gift Wrap to Back Warmup: 6-10	July 8 Class 5: Mount Submissions • Isolate Arm • Americana (Key Lock) • Arm Triangle (Kata Gatame) Warmup: 11-15	July 9 Closed	July 10 Class 6: Side Control Defense/Escape 1 • Frame, Bridge, & Recover Guard • Punch Defense Warmup: 16-20	July 11 Closed	July 12 Class 7: Side Control Defense/Escape 2 • Underhook Escape • Block Crossface/Punch to Elbow Push Warmup: 1-5
July 14 Class 8: Side Control Retention • Establish Position (3 ways) • Weight Distribution (Push/Pull) • Hip Switch/Sprawl to Break Frames Warmup: 11-15	July 15 Class 9: Side Control Submissions • North South Choke • Americana/Straight Armlock/Kimura Warmup: 16-20	July 16 Closed	July 17 Class 10: Back Defense/Escape • Overhook Side • Underhook Side Warmup: 1-5	July 18 Closed	July 19 Class 11: Back Control • Maintain Connection (Roll) • Overhook Side/Underhook Side Control & Recovery Warmup: 6-10
July 21 Class 12: Back Submissions • Triple Threat (Strangle/Armbar/Triangle) Warmup: 16-20	July 22 Class 13: Guard 1 • Guard Retention Warmup: 1-5	July 23 Closed	July 24 Class 14: Guard 2 • Punch Block Series Warmup: 6-10	July 25 Closed	July 26 Class 15: Guard Pass 1 • Posture/Break Guard – Standup • Torreando (Bull Fighter) Pass Warmup: 11-15