

## Foundations Class

### August 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>July 28</b>  <b>Class 16:</b> Guard Pass 2 • Posture/Break Guard – Kneeling • Half Guard Pass  Warmup: 1-5	<b>July 29</b>  <b>Class 17:</b> Guard Sweeps 1 • Scissor • Elevator  Warmup: 6-10	<b>July 30</b>  Closed	<b>July 31</b>  <b>Class 18:</b> Guard Sweeps 2 • Tripod • Double Ankle  Warmup: 11-15	<b>August 1</b>  Closed	<b>August 2</b>  <b>Class 19:</b> Takedowns • Helmet to Clinch • Clinch to Back – Trips • Body Fold/Leg Hook  Warmup: 16-20
<b>August 4</b>  <b>Class 20:</b> Striking • Jab/Cross/Hook/Uppercut • Front Kick/Teep • Helmet to Clinch • Clinch – Knee & Elbow Strikes  Warmup: 6-10	<b>August 5</b>  <b>Class 21:</b> Grabs 1 • Wrist Grabs • Bear Hug (Over Arms/Under Arms) • Standing Rear Naked Choke  Warmup: 11-15	<b>August 6</b>  Closed	<b>August 7</b>  <b>Class 22:</b> Grabs 2 • Headlock Defense  Warmup: 16-20	<b>August 8</b>  Closed	<b>August 9</b>  <b>Class 23:</b> Triangle • Triangle From Guard  Warmup: 1-5
<b>August 11</b>  <b>Class 24:</b> Guillotine Defense • Standing • Ground  Warmup: 11-15	<b>August 12</b>  <b>Class 25:</b> Guillotine • Standing • Ground  Warmup: 16-20	<b>August 13</b>  Closed	<b>August 14</b>  <b>Class 1:</b> Mount Defense/Escapes 1 • Trap & Roll (3 Variations)  Warmup: 1-5	<b>August 15</b>  Closed	<b>August 16</b>  <b>Class 2:</b> Mount Defense/Escapes 2 • Elbow Escape • Hip Escape  Warmup: 6-10
<b>August 18</b>  <b>Class 3:</b> Mount Retention 1 (Upper Body) • Establish Position (Low Mount) • Weight Distribution/Hand Position • Swim/Pummeling/Stripping Grips • Gift Wrap  Warmup: 16-20	<b>August 19</b>  <b>Class 4:</b> Mount Retention 2 (Lower Body) • Log Roll Drill • Leg/Hip Control (Hip Switch/Sprawl) • Shadow Hooks/Leg Pummeling  Warmup: 1-5	<b>August 20</b>  Closed	<b>August 21</b>  <b>Class 5:</b> • Isolate Arm • Americana (Key Lock) • Arm Triangle (Kata Gatame)  Warmup: 6-10	<b>August 22</b>  Closed	<b>August 23</b>  <b>Class 6:</b> Side Control Defense/Escapes 1 • Frame, Bridge, & Recover Guard • Punch Defense  Warmup: 11-15
<b>August 25</b>  <b>Class 7:</b> Side Control Defense/Escapes 2 • Underhook Escape • Block Crossface/Punch to Elbow Push  Warmup: 1-5	<b>August 26</b>  <b>Class 8:</b> Side Control Retention • Establish Position (3 ways) • Weight Distribution (Push/Pull) • Hip Switch/Sprawl to Break Frames  Warmup: 6-10	<b>August 27</b>  Closed	<b>August 28</b>  <b>Class 9:</b> Side Control Submissions • North South Choke • Americana/Straight Armlock/Kimura  Warmup: 11-15	<b>August 29</b>  Closed	<b>August 30</b>  <b>Class 10:</b> Back Defense/Escapes • Overhook Side • Underhook Side  Warmup: 16-20