



BRATTLEBORO YONGMUDO

JANUARY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
January 1 No Class New Years Day	2 6-7:30pm Yongmudo Falls & Kicks Side Fall, Side Kick Collar Grabs	3	4 6-7:30pm Yongmudo Falls & Kicks Rolls, Roundhouse Push Def.	5	6	7
8 9-10am Self Defense Class 1: Push Def. 10-11:30am Yongmudo Back Fall, Front Kick Push Def.	9 6-7:30pm Yongmudo Falls, Kicks, Grabs Kick Combos, Rolls Wrist Grabs	10	11 6-7:30pm Yongmudo Falls, Kicks, Grabs Other Falls, Kick Def. Front Choke	12	Sunday Self Defense Class Topics 1. Push: Fall, Kick, Stand; Deescalate 2. Front Choke: Armbar 3. Wrist Grab: Escape; Armbar 4. Punch: Block, Strike, Escape; Crash, Clinch 5. Tackle: Sprawl 6. Rear Choke: M.O. Reap; Side Headlock: Valley Drop 7. Bearhugs: Valley Drop; M.O. Reap 8. Groundwork: Mount; Guard 9. Groundwork: Guard Recovery; Guard Attack 10. Randomized Attack Practice	
15 9-10am Self Defense Class 2: Front Choke 10-11:30am Yongmudo Basic Strikes/Blocks	16 6-7:30pm Yongmudo Strikes and Grabs Boxing Footwork and Handwork Wrist Grabs	17	18 6-7:30pm Yongmudo Strikes and Grabs Knees and Elbows Clinch Control	19		
22 9-10am Self Defense Class 3: Wrist Grabs 10-11:30am Yongmudo Clinch Strikes Bearhugs	23 6-7:30pm Yongmudo Blocks and Grabs Patter Blocks Punch Def.	24	25 6-7:30pm Yongmudo Blocks and Grabs Wedge/Crash Blocks Punch Def.	26		
29 9-10am Self Defense Class 4: Punch Def. 10-11:30am Yongmudo Throws Intro, Reaps	30 6-7:30pm Yongmudo Throws Hip Throws	31	February 1 No Classes 2/1-2/9 Kobey out of town Students may attend BJJ 6:30-7:30pm	2	3	4
More Info: www.BrattleboroYongmudo.com Questions: BrattleboroYongmudo@gmail.com FB/IG: @BrattleboroYongmudo						