

# February 2011

## Lessons for Gracie Combatives

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Lesson 25: Kimura Armlock (1)	2	3 Lesson 31: Take the Back from Guard (1)	4 Lessons 11 and 28: Elevator Sweep (1) and Hook Sweep (1)	5
6	7	8 Guard Blue Belt Qualifi- cation Drill (1); Reflex Development Drill	9	10 Lesson 1: Trap and Roll Escape (2)	11 Lessons 2 and 3: Americana Armlock (2) and Positional Control (2)	12
13	14	15 Lesson 4: Take the Back from Mount (2)	16	17 Lesson 5: Rear Naked Choke (2)	18 Lessons 35 and 12: Twisting Arm Control (2) and Elbow Escape (2)	19
20	21	22 Lesson 16: Headlock Counters (2)	23	24 Lesson 9: Straight Armlock from Mount (2)	25 Mount Blue Belt Qualifi- cation Drill (2); Reflex Development Drill	26
27	28					

Teaching Kodokan Judo to the Roswell Community.

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