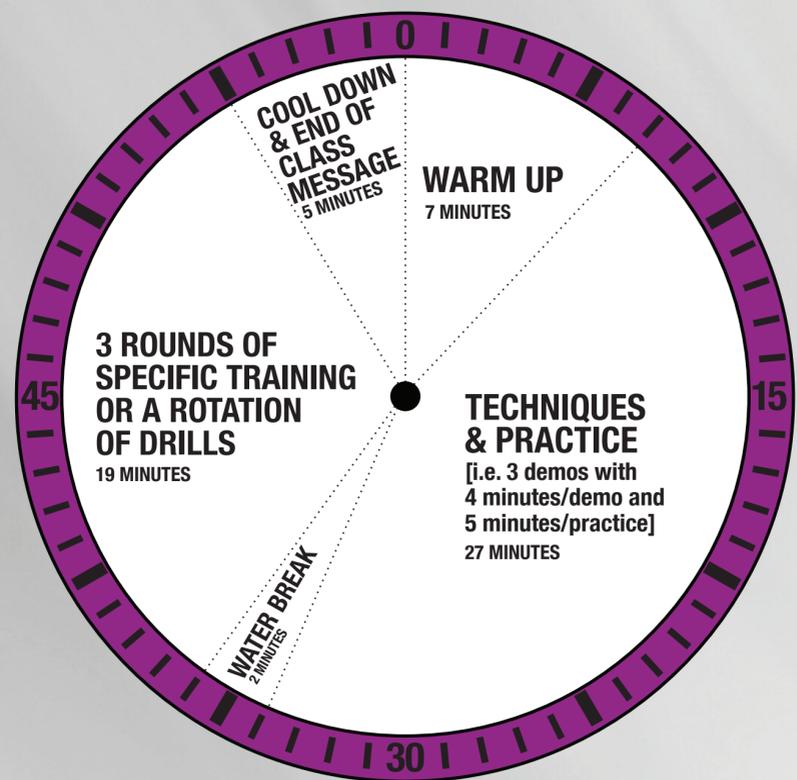


GB^[2]

GB2 Curriculum

CARLOS GRACIE JR.



WEEK 1		WEEK 2		WEEK 3		WEEK 4	
CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS	LEG GRABS	LEG GRABS	FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM	SIDE MOUNT	SIDE MOUNT	GUARD TOP	GUARD TOP	MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY
WEEK 5		WEEK 6		WEEK 7		WEEK 8	
CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS	LEG GRABS	LEG GRABS	FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM	BACK OR TURTLE	BACK OR TURTLE	GUARD TOP	GUARD TOP	SIDE MOUNT	SIDE MOUNT
WEEK 9		WEEK 10		WEEK 11		WEEK 12	
CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS	LEG GRABS	LEG GRABS	FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM	MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY	GUARD TOP	GUARD TOP	BACK OR TURTLE	BACK OR TURTLE
WEEK 13		WEEK 14		WEEK 15		WEEK 16	
CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B	CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE	STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS	LEG GRABS	LEG GRABS	FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM	SIDE MOUNT	SIDE MOUNT	GUARD TOP	GUARD TOP	MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY