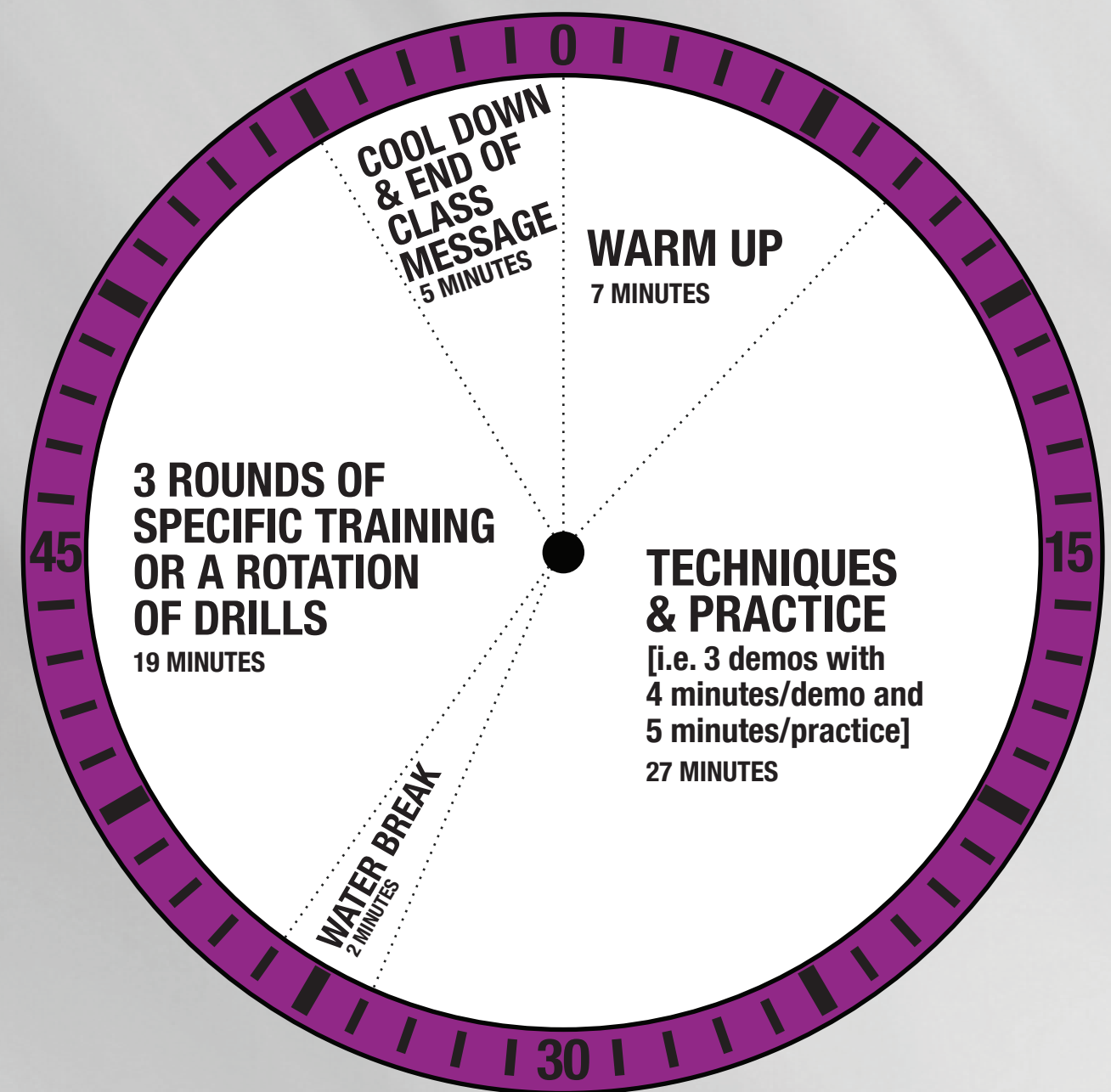




# GB2 Curriculum



WEEK 1	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM

WEEK 2	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
SIDE MOUNT	SIDE MOUNT

WEEK 3	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
LEG GRABS	LEG GRABS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD TOP	GUARD TOP

WEEK 4	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY

WEEK 5	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM

WEEK 6	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
BACK OR TURTLE	BACK OR TURTLE

WEEK 7	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
LEG GRABS	LEG GRABS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD TOP	GUARD TOP

WEEK 8	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
SIDE MOUNT	SIDE MOUNT

WEEK 9	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM

WEEK 10	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY

WEEK 11	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
LEG GRABS	LEG GRABS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD TOP	GUARD TOP

WEEK 12	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
BACK OR TURTLE	BACK OR TURTLE

WEEK 13	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
TRANSITIONS TO THE GUARD OR SACRIFICE THROWS	TRANSITIONS TO THE GUARD OR SACRIFICE THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD BOTTOM	GUARD BOTTOM

WEEK 14	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
HIP THROWS OR HAND THROWS	HIP THROWS OR HAND THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
SIDE MOUNT	SIDE MOUNT

WEEK 15	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
LEG GRABS	LEG GRABS
GROUND TECHNIQUE	GROUND TECHNIQUE
GUARD TOP	GUARD TOP

WEEK 16	
CLASS A	CLASS B
STAND UP TECHNIQUE	SELF DEFENSE TECHNIQUE
FOOT THROWS	FOOT THROWS
GROUND TECHNIQUE	GROUND TECHNIQUE
MOUNT OR KNEE ON BELLY	MOUNT OR KNEE ON BELLY