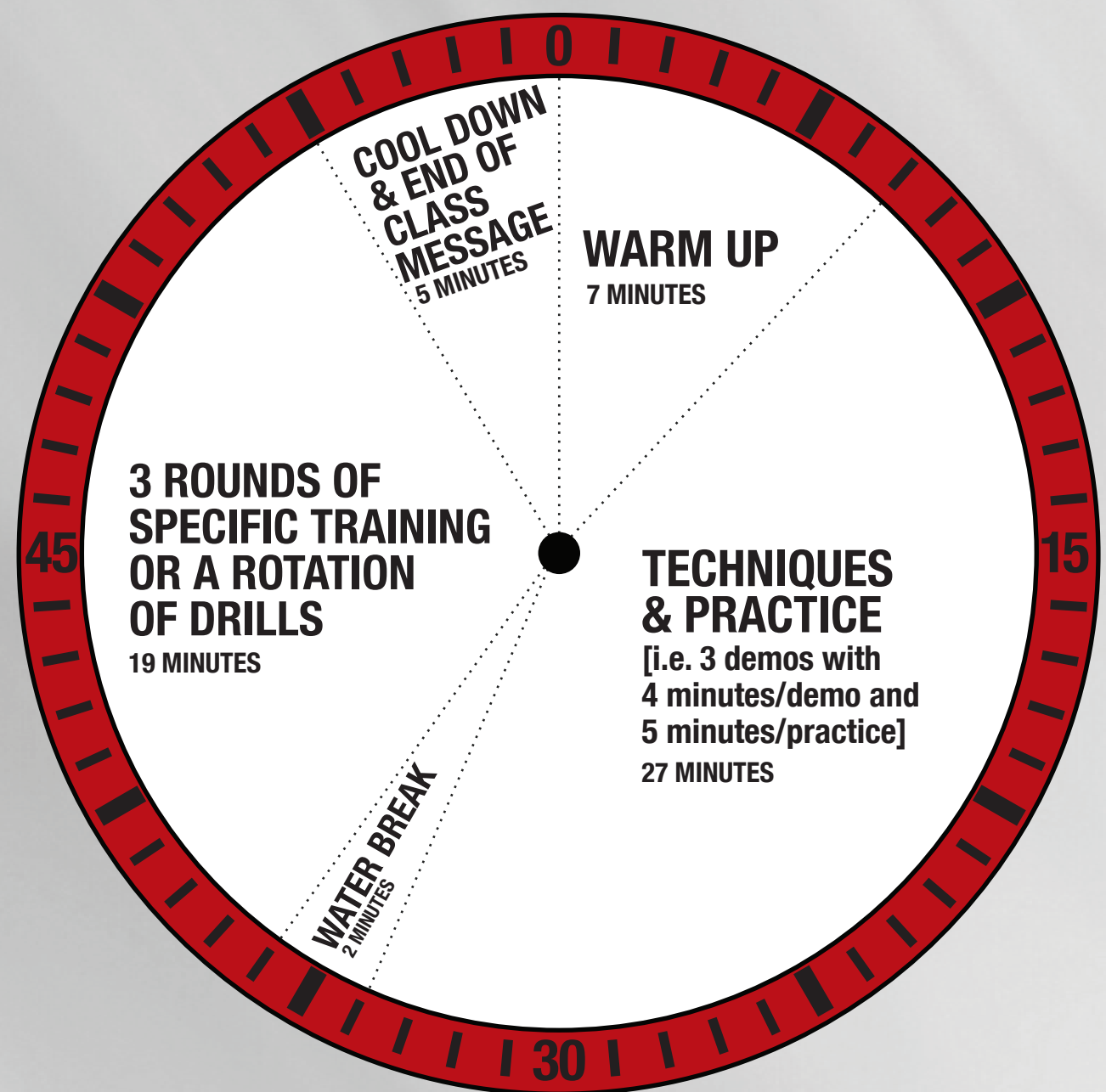




GB3 Curriculum



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	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP 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 GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE SIDE MOUNT	GROUND TECHNIQUE SIDE MOUNT	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE MOUNT OR KNEE ON BELLY	GROUND TECHNIQUE 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	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP 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 GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE BACK OR TURTLE	GROUND TECHNIQUE BACK OR TURTLE	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE SIDE MOUNT	GROUND TECHNIQUE 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	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP 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 GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE MOUNT OR KNEE ON BELLY	GROUND TECHNIQUE MOUNT OR KNEE ON BELLY	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE BACK OR TURTLE	GROUND TECHNIQUE 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	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP TECHNIQUE	STAND UP 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 GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE SIDE MOUNT	GROUND TECHNIQUE SIDE MOUNT	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE GUARD	GROUND TECHNIQUE MOUNT OR KNEE ON BELLY	GROUND TECHNIQUE MOUNT OR KNEE ON BELLY