

JAY PAGES JIU-JITSU SCHEDULE

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TIMES	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00AM – 7:30AM	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI SELF-DEFENSE	NOGI ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ		
10:30AM – 12:00PM	GI FUNDAMENTALS	NOGI ALL LVL'S ADV. BJJ	GI SELF-DEFENSE	NOGI ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ	9 – 10AM COMPETITION TRAINING	
12:00PM – 12:30PM						10 – 11PM WRESTLING	12 – 2PM OPEN MAT
4:00PM – 5:00PM	GI KIDS – FUNDAMENTALS	GI KIDS – ADVANCED	GI KIDS – FUNDAMENTALS	GI KIDS – ADVANCED	NOGI KIDS – FUNDAMENTALS	10 – 2PM OPEN MAT	
5:00PM – 6:00PM	GI FUNDAMENTALS	GI (5 – 6:30PM) STAND UP FOR BJJ	GI SELF-DEFENSE	GI (5 – 6:30PM) STAND UP FOR BJJ	GI FUNDAMENTALS		
5:00PM – 6:00PM	GI WOMENS ONLY		GI COMPETITION TRAINING		GI WOMENS ONLY		
6:00PM – 7:30PM	GI ALL LVL'S ADV. BJJ	NOGI (6:30 – 8PM) ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ	NOGI (6:30 – 8PM) ALL LVL'S ADV. BJJ	GI ALL LVL'S ADV. BJJ		
7:30PM – 8:30PM	GI JUDO		GI JUDO				

FUNDAMENTALS

Designed to provide students with a solid foundation of Brazilian Jiu Jitsu, basic BJJ theory, technique and principles are introduced. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning.

ALL LEVELS ADVANCED BJJ

Take a more in-depth look at the principles and techniques that define professor Jay's efficient and exciting style. Students should have a solid understanding of basic BJJ principles, fluency in technique, and body awareness. Situational attacks, transitions, escapes and strategies are explored, in addition to a strong emphasis on instinctual application through live sparring.

WOMENS ONLY

Just as the fundamentals class, the womens only class Designed to provide students with a solid foundation of Brazilian Jiu Jitsu, basic BJJ theory, technique and principles are introduced. Each class incorporates flow drills designed to help students internalize the fluid body mechanics behind the concepts they are learning. This class is only for women and is a great introduction for women!

JUDO & WRESTLING

This Class will focus on taking the most advanced students to the next level and provide the student with a complete game. Fluidity of movement, high level transitions and offensive strategy will be introduced and practiced within the context of the judo & wrestling game. Progressive drilling patterns, the intricacies of throws, trips, and take downs will be at the heart of this class.

COMPETITION TRAINING (INVITE ONLY)

Take a more in-depth look at the principles and techniques that encompass competitions. Students should have a solid understanding of basic BJJ principles, fluency in technique, and body awareness. Situation attacks, transitions, escapes and strategies, and game plan development are explored, in addition to a strong emphasis on instinctual application through live sparring.

OPEN MAT

Open Mat is a non-instructional class where students may practice the application of technique through independent drilling and timed sparring matches. Students are encouraged to conceptualize their strengths and weaknesses, and to work on internalizing what they learned throughout the week. Guidance by instructors is available.

STAND UP FOR BJJ

This Class will focus on taking a new student to the most advanced student to the next level and provide them with a complete game. Fluidity of movement, high level transitions and offensive strategy will be introduced and practiced within the context of the judo & wrestling game as it is applied to the BJJ. Progressive drilling patterns, the intricacies of throws, trips, take downs and guard pulling will be at the heart of this class.

SELF-DEFENSE

Our Brazilian Jiu-Jitsu Self-Defense classes are perfect for anyone wanting to learn proven, realistic, effective, lifesaving self-defense techniques. Classes are taught in a fun and completely safe environment. Age, conditioning, or experience is not an issue in our self-defense program.