



May 2024					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6  <b>5:30 Black Belt Club</b>	7 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	8 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	9	10  <b>6:30 Black Belt Club</b>	11 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
13  <b>5:30 Black Belt Club</b>	14 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	15 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	16	17  <b>6:30 Black Belt Club</b>	18 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>
20  <b>5:30 Black Belt Club</b>	21 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	22 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	23	24  <b>6:30 Black Belt Club</b>	25  <b>CLOSED FOR THE HOLIDAY</b>
27  <b>CLOSED FOR THE HOLIDAY</b>	28 <b>5:30pm</b> <b>Jr. Combatives (8-12)</b> <b>6:30pm</b> <b>Little Champs (5-7)</b>	29 4:15pm Mat Munchkins 4:45 pm Little Champs 5:30pm <b>Jr. Combatives (8-12)</b>	30	31  <b>6:30 Black Belt Club</b>	JUNE 1 <b>11:30 am</b> <b>Jr. Combatives (8-12)</b> <b>12:30 pm</b> <b>Little Champs (5-7)</b>

Week of	Jr. Combatives Weekly Focus
May 6 – May 11	Clinch Aggressive w/ Punch Block Series
May 13 – May 18	Haymaker Punch Defense w/ Twisting Arm Control
May 20 – May 25	Clinch Conservative w/ Punch Block Series CLOSED: SATURDAY, May 25 <sup>th</sup> for the holiday
May 27 – June 1	Leghook w/ Mount Controls CLOSED MONDAY, May 27 <sup>th</sup> for the holiday

www.GracieUniversity.com/KeegoHarbor | 2801 Orchard Lake Rd. Keego Harbor, MI 48320 | 248-657-0121 | [gjjmichigan@gmail.com](mailto:gjjmichigan@gmail.com)

Instagram: @graciejiujitsumichigan Facebook: @GJJKeegoHarbor