



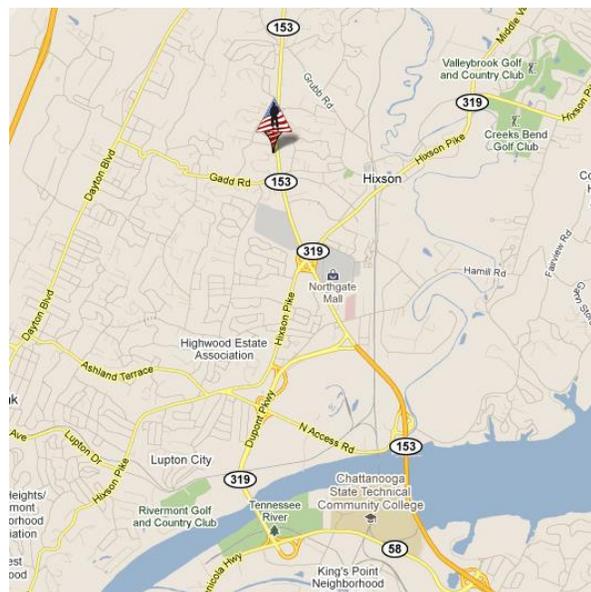
CHATTANOOGA JIU-JITSU ACADEMY

3901 Hixson Pike (formerly Blockbuster Video)

Hixson, TN 37343

423-874-0222

www.chattanoogajiujitsu.com



Chattanooga Jiu-Jitsu Academy Class Schedule – Updated: 04/2015

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00AM - 11:00AM					No Group Classes	Jiu-Jitsu Fundamentals (All Levels)
11:00AM - 12:00PM		Jiu-Jitsu Fundamentals (All Levels)	Sparring	Jiu-Jitsu Intermediate (Blue Belts and up)	No Group Classes	Surprise Attack Techniques (2 stripe white belt and up)
12:00PM - 1:00PM					No Group Classes	Sparring
4:30PM - 5:15PM	Little Champs (5-7year olds)		Little Champs (5-7year olds)		No Group Classes	
5:15PM - 6:15PM	Jr. Jiu-Jitsu (8-13 year olds)		Jr. Jiu-Jitsu (8-13 year olds)		No Group Classes	
5:30PM - 6:15PM		Thai Kickboxing		Thai Kickboxing	No Group Classes	
6:15PM - 7:15PM	Jiu-Jitsu Intermediate (Blue Belts and up)	Jiu-Jitsu Fundamentals (All Levels)	Jiu-Jitsu Intermediate (Blue Belts and up)	Jiu-Jitsu Fundamentals (All Levels)	No Group Classes	
7:15PM - 8:15PM	Sparring		Sparring		No Group Classes	

Established in 2002 the Chattanooga Jiu-Jitsu Academy is Chattanooga's premier self-defense martial arts academy exclusively dedicated to the teaching of Gracie Brazilian Jiu Jitsu technique and philosophy as developed by its founder the late Grand Master Helio Gracie. We believe that this system of jiu jitsu is an incredible means of developing self-defense, physical fitness, and a multitude of positive life style benefits.

Class Descriptions

FUNDAMENTLS (All levels)

The Fundamentals class is the cornerstone of our program. We teach all the essential techniques to be able to defend yourself in this class. The approximate makeup of the techniques taught in the class is 50% standing techniques and 50% ground techniques. This isn't the white belt only class. A student will continue to participate in the Fundamentals class all the way through Black Belt.

GROUND GRAPPLING (Blue belt and up)

Ground Grappling is one of the four areas of training in Jiu-Jitsu. In this class we teach Ground Grappling techniques that expand on the basics and go deeper into the intricacies of grappling.

STRIKING, CLINCHING, AND TAKEDOWNS (Blue belt and up)

The SCT class is designed to teach a student how to effectively deal with and opponent who is trying to strike them. To effectively manage the distance and either finish the fight standing or on the ground. This class will incorporate striking and a limited amount of stand-up sparring and rolling with punches.

SURPRISE ATTACK TECHNIQUES (2 stripes white belt and up)

In this class we will teach all the gun, stick, and knife disarms. As well as, a few of the surprise attack moves, which require the participants to be able to break fall.

SPARRING

Sparring classes will be one hour long and will be multiple rounds of drilling, and multiple rounds of rolling. These classes will be the only time sparring will take place in the Academy.