

August

NBR
NO BELT REQUIRED

2025

Weekly Focus:

Week 1: Side Control Escapes and Attacks/Single Leg Takedowns

Week 2: Guard Passes to Side Control/Double Leg Takedowns

Week 3: Passing to Back/Take Back Escapes/Foot Sweeps

Week 4: Back Attacks and Escapes/Foot Sweeps as Set Up to Takedown

Week 5: Guard Passes to Mount/Mount Escapes/Ankle Picks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Week 1</div>					<div>1</div> <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ with Luis @ Marana, 4-5:30pm	<div>2</div> <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
<div>3</div> <div>Week 2</div>	<div>4</div> <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon @ Mako, 1-3pmBJJ with Hunter @ Marana, 7-9pm	<div>5</div>	<div>6</div> <ul style="list-style-type: none">BJJ with Eric @ Marana, 7-9pm	<div>7</div> <ul style="list-style-type: none">BJJ with Tim @ Undisputed Downtown, 2-4pmBJJ with Matt @ Undisputed South, 7:00-8:30pm	<div>8</div> <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	<div>9</div> <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
<div>10</div> <div>Week 3</div>	<div>11</div> <ul style="list-style-type: none">BJJ with Natalie and Gerald @ Mako, 1-3pmBJJ/Judo/Wrestling with Brendon @ Marana, 7-9pm	<div>12</div>	<div>13</div> <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon @ Marana, 7-9pm	<div>14</div> <ul style="list-style-type: none">BJJ with Tim @ Undisputed Downtown, 2-4pmBJJ with Matt @ Undisputed South, 7:00-8:30pm	<div>15</div> <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ with Luis @ Marana, 4-5:30pm	<div>16</div> <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
<div>17</div> <div>Week 4</div>	<div>18</div> <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon @ Mako, 1-3pmBJJ with Hunter @ Marana, 7-9pm	<div>19</div>	<div>20</div> <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon @ Marana, 7-9pm	<div>21</div> <ul style="list-style-type: none">BJJ with Tim @ Undisputed Downtown, 2-4pmBJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm	<div>22</div> <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	<div>23</div> <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
<div>24</div> <div>Week 5</div>	<div>25</div> <ul style="list-style-type: none">BJJ with Tim @ Mako, 1-3pmBJJ/Judo/Wrestling with Brendon @ Marana, 7-9pm	<div>26</div>	<div>27</div> <ul style="list-style-type: none">BJJ with Eric @ Marana, 7-9pm	<div>28</div> <ul style="list-style-type: none">BJJ/Judo/Wrestling with Brendon @ Undisputed Downtown, 2-4pmBJJ/Wrestling with Mike @ Undisputed South, 7:00-8:30pm	<div>29</div> <ul style="list-style-type: none">Open Mat @ Mako, 6-7:30amBJJ/Judo/Wrestling with Brendon @ Marana, 4-5:30pm	<div>30</div> <ul style="list-style-type: none">Open Mat @ Sonoran, 10am-12pmOpen Mat @ Mako, 11:15am-12:30pm
<div>31</div>						