



# American Jiu-Jitsu Centers

## **Feb 2020**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Ground Fighting Self Defense
2	3 Free Fighting Self Defense	4 Ground Fighting Self Defense	5 Stand Up Self Defense	6 Free Fighting Self Defense	7 PRIVATES	8 Stand Up Self Defense
9	10 Ground Fighting Self Defense	11 Stand Up Self Defense	12 Ground Fighting Self Defense	13 Free Fighting Self Defense	14 PRIVATES	15 Free Fighting Self Defense
16	17 CLOSED	18 Free Fighting Self Defense	19 Free Fighting Self Defense	20 Ground Fighting Self Defense	21 PRIVATES	22 Stand Up Self Defense
23	24 Free Fighting Self Defense	25 Ground Fighting Self Defense	26 BELT PROMOTIONAL	27 Stand Up Self Defense	28 PRIVATES	29 Ground Fighting Self Defense

**AMERICAN JIU-JITSU SYSTEM OF SELF DEFENSE IS BROKEN INTO 3 CLASSES**

**A.J.J Free Fighting Self Defense:**

**A.J.J Stand up Self Defense:**

**A.J.J Ground Fighting:**