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| November 4th | Navigation Bar- |
| November 11th | Framework for adult page, kids page- instructor page- try out page- schedule/pricing page- |
| November 18th | content for adult page minus media, content for kids page minus media, instructor page minus media |
| November 27th | “contact plug-in” on try out page |
| December 2nd | if content is large, make read more that will refresh to a new page to read entire p |
| December 9th | build schedule – table?,- Insert prices jpeg |
| December 20th | Picture gallery for adults and kids |
| December 27th | Work out any bugs/or if run behind |
| January 9th | Announcements area with text field and button, Have the announcements show on page |
| January 16th | Button at bottom for “administrator” that will bring to another page to sign in |
| January 30th | Administrator vs public view, Build database for admin and public |
| February 17th | Administrator can make announcements/public can only see announcements |
| March 3rd | Administrator can also change class times or prices as time goes on |
| March 4th-end of month | Catch up or work out any bugs |

Brazilian Jiu Jitsu is a self defense system that uses grappling techniques, leverage and the attackers aggression to win the fight.

The game plan is to close the distance, execute the takedown, achieve a dominate position, and finish the fight with a choke hold or joint lock.

The BJJ Class at the Academy is a 90 min  lesson design to Improve your cardio, balance, self defense skills and overall understanding of Martial Arts and how they work. In class you will learn everything from Basic Self defense, Stretching, Wrestling , Judo and Body Mechanics.

**Curriculum**

 Our Self Defense curriculum is made up of 36 street readiness techniques. Form **TakeDowns** to **Sweeps** to **Submissions** you will learn everything you need to know to defend yourself. We start with the basics and provide you with a Move list to help you in your education.

**Competition Team**

Lead by Chris Manley The 2016 Ammo Supper Fight Champion. The Academy is known for showing up in numbers to compete in such events as Tap Cancer Out, NAGA and IBJJF. Winning two Awards for placing as a team. Team Member Alexis Rosasco Also won an award for the Most Money Fundraised for TCO Danvers.