

Learn one of the most effective MARTIAL ARTS while getting in shape, reducing stress & developing self confidence

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|---|--|---|--|---|
| 6:30-7:30 am Fundamental BJJ | | 6:30-7:30 am Fundamental BJJ | Competition Team Training * 6-7 am | 6:30-7:30 am Fundamental BJJ | 9:30 - 10:15 am Youth BJJ ALL AGES | |
| 7:30-8:00 am Sparring (Adv Prog) | | 7:30-8:00 am Sparring (Adv Prog) | | 7:30-8:00 am Sparring (Adv Prog) | 10:30 - 11:30 am MMA Kickboxing | 9:45 - 11:45 am Open Mat |
| | | | | | 11:30 am - 12:30 pm Fundamental BJJ | 11:30 am - 12:30 pm MMA / Competition Team Training * |
| | 2:30 - 1:30 pm Fundamental BJJ | 1:30 pm Advanced No-Gi | 2:30 - 1:30 pm Fundamental BJJ | | 12:30 pm - 1:30 pm Advanced BJJ | |
| | pm Sparring (Adv Prog) | | pm Sparring (Adv Prog) | | | |
| 4:15 - 5:00 pm Fox Cubs BJJ (Ages 5-7) | 4:15 - 5:00 pm Fox Cubs BJJ (Ages 5-7) | | 4:15 - 5:00 pm Fox Cubs BJJ (Ages 5-7) | 4:15 - 5:00 pm Youth Leadership Program | | |
| 4:45 pm Jr Fox BJJ (Ages 8-12) | 4:45 pm Jr Fox BJJ (Ages 8-12) | 5:00 - 5:45 pm Youth Future Black Belt | 4:45 pm Jr Fox BJJ (Ages 8-12) | 4:45 pm Youth BJJ ALL AGES | | |
| 6:00 - 7:00 pm Advanced BJJ | 6:00 - 7:00 pm Fundamental BJJ | 6:00 - 7:00 pm Advanced BJJ | 6:00 - 7:00 pm Fundamental BJJ | 6:00 - 7:00 pm Advanced BJJ | | |
| 7:00 - 8:00 pm Fundamental BJJ | 7:00 pm No-Gi | 7:00 - 8:00 pm Fundamental BJJ | 7:00 pm No-Gi | 7:00 - 8:00 pm Fundamental BJJ | | |
| 8:00 - 8:30 pm Sparring (Adv Prog) | 8:00 - 9:00 pm MMA Kickboxing | 8:00 - 8:30 pm Sparring (Adv Prog) | 8:00 - 9:00 pm MMA Kickboxing | | | |
| 8:30 - 9:30 pm Fundamental BJJ | Competition Team Training * 9-10 pm | 8:30 - 9:30 pm Fundamental BJJ | Competition Team Training * 9-10 pm | | | |

SILVER FOX BJJ ACADEMY

is a Brazilian Jiu-Jitsu/BJJ, Submission Grappling and Mixed Martial Arts school. It is an official Renzo Gracie Affiliate.

Emphasis is placed on:

- technique & leverage rather than brute strength
- effective movement into fight ending submissions
- personalized attention
- each student's advancement is measured by consistency and own progress

The school is well known for its highest quality instruction as well as its friendly and cooperative atmosphere.

HEAD INSTRUCTOR

Master Karel Pravec (aka Silver Fox) is 3rd Degree BJJ Black Belt under legendary **Renzo Gracie** (MMA pioneer, one of the world's most highly regarded BJJ practitioners and teachers, and grandson of BJJ founder, Carlos Gracie) & **John Danaher** (TUF Coach and BJJ trainer of many notable MMA and BJJ practitioners, including UFC Middleweight Champion Chris Weidman, former Welterweight Champion Georges St. Pierre, former Lightweight Champion Frankie Edgar, former Welterweight Champion Matt Serra and many others). Master Karel is one of Renzo Gracie's first students in the U.S., and has over 31 years of Martial Arts experience, including more than 24 years in BJJ. To maintain the highest quality instruction at his academy, he continues to train at the world renowned Renzo Gracie Academy in New York 3x /week with some of the best BJJ and MMA practitioners in the world.

Fundamental Program

Advanced Program

* Advanced Program (Approval Needed)

Youth Program

Youth Program (Invitation Only)

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