

Delaware Self-Defense Academy

Royce Gracie Jiu-Jitsu

Telephone 302-531-6147

North Dover Academy

80 - 1 Salt Creek Drive
Dover, DE 19901



www.delawareselfdefenseacademy.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Mat 10:00 am - 12:00 pm	Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am			Family Judo Youth & Adult 9:00 am - 10:00 am
	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>		Family Judo Open Mat / Sparring 10:00 am - 10:30 am
	KinderGrapplers 5:30 pm - 6:00 pm		KinderGrapplers 5:30 pm - 6:00 pm		<i>Private lesson availability</i>	Adult Judo 10:30 am - 11:30 am
	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm		Adult Judo Open Mat / Sparring 11:30 am - 12:00 pm
	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm		
	Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm	Advanced (GI) Adult Gracie Jiu-Jitsu 8:00 pm - 9:00 pm	Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm	Advanced (NOGI) Adult Gracie Jiu-Jitsu 8:00 pm - 9:00 pm		<i>Private lesson availability</i>
	Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		Adult NOGI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm			

Students are expected to:

1. Be Punctual
2. Greet the instructor(s)
3. Wear clean, neat, odor free uniforms
4. Quietly and respectfully prepare for class without interrupting class in progress
5. Check the website (delawarecombatsports.com) for any schedule changes

Note: Advanced Gracie Jiu-Jitsu is for Blue Belts and above

6. Practice good hygiene
7. Only white Kimonos with Navy Blue under shirts are permitted
8. Show proper respect to instructors, students and visitors
9. Show effort and spirit in class
10. Keep finger/toe nails trimmed

Delaware Self-Defense Academy

Royce Gracie Jiu-Jitsu

Telephone 302-531-6147



Camden Academy

121 N Main St.
Camden, DE 19738

Middletown Academy

718 Ash Blvd
Middletown, DE 19709

www.delawareselfdefenseacademy.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am		Open Mat 10:00 am - 12:00 pm
	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	Advanced Jiu-Jitsu 11:00 am - 12:00 pm	<i>Private lesson availability</i>	
		KinderGrapplers 5:30 pm - 6:00 pm		KinderGrapplers 5:30 pm - 6:00 pm		
	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	Top Team 1 (Ages 9 & under) Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 9 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm		<i>Private lesson availability</i>
	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm	Top Team 2 (Ages 10 & above) Youth Wrestling 7:00 pm - 8:00 pm	Jr. Grapplers 2 (Ages 10 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 8:00 pm		
		Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm		Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm		
		Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		Adult NOGI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		

Students are expected to:

1. Be Punctual
2. Greet the instructor(s)
3. Wear clean, neat, odor free uniforms
4. Quietly and respectfully prepare for class without interrupting class in progress
5. Check the website (delawarecombatsports.com) for any schedule changes
6. Practice good hygiene
7. Only white Kimonos with Navy Blue under shirts are permitted
8. Show proper respect to instructors, students and visitors
9. Show effort and spirit in class
10. Keep finger/toe nails trimmed

Delaware Self-Defense Academy

Royce Gracie Jiu-Jitsu

Telephone 302-531-6147

Rehoboth Beach Academy

301 Rehoboth Ave.
Rehoboth Beach, DE 19971

www.delawareselfdefenseacademy.com



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am	Adult Gracie Jiu-Jitsu Fighting Foundations 10:00 am - 11:00 am
					Advanced Jiu-Jitsu 11:00 am - 12:00 pm	Advanced Jiu-Jitsu 11:00 am - 12:00 pm
					<i>Private lesson availability</i>	Open Mat 12:00 pm - 2:00 pm
			KinderGrapplers 5:30 pm - 6:00 pm		KinderGrapplers 5:30 pm - 6:00 pm	<i>Private lesson availability</i>
			Jr. Grapplers (Ages 6 - 13) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm		Jr. Grapplers (Ages 6 - 13) Youth Gracie Jiu-Jitsu 6:00 PM - 7:00 pm	
			Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm		Adult Gracie Jiu-Jitsu Fighting Foundations 8:00 pm - 9:00 pm	
			Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm		Adult GI Advanced Jiu-Jitsu 9:00 pm - 10:00 pm	

Students are expected to:

1. Be Punctual
2. Greet the instructor(s)
3. Wear clean, neat, odor free uniforms
4. Quietly and respectfully prepare for class without interrupting class in progress
5. Check the website (delawarecombatsports.com) for any schedule changes

Note: Advanced Gracie Jiu-Jitsu is for Blue Belts and above

6. Practice good hygiene
7. Only white Kimonos with Navy Blue under shirts are permitted
8. Show proper respect to instructors, students and visitors
9. Show effort and spirit in class
10. Keep finger/toe nails trimmed