

Delaware Self-Defense Academy

Top Team Combat Sports

Telephone 302-531-6147



Dover
506 Jefferic Blvd
Dover, DE 19901

Middletown
230 Dover Run Dr.
Middletown, DE 19709

Milford
28263 Lexus Dr.
Milford, DE 19963



www.delawareselfdefenseacademy.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Adult Gracie Jiu-Jitsu Fundamentals 10:00 am - 11:00 am		Adult Gracie Jiu-Jitsu Fundamentals 10:00 am - 11:00 am		*NOTE
		Jiu-Jitsu Sparring 11:00 am - 12:00 pm		Jiu-Jitsu Sparring 11:00 am - 12:00 pm		<i>All Judo classes are taught in our Dover location only.</i>
	Wrestling is at the Dover location Only	KinderGrapplers 5:30 pm - 6:00 pm	Wrestling is at the Dover location Only	KinderGrapplers 5:30 pm - 6:00 pm		Jiu-Jitsu Open Mat 9:00 am - 11:00 pm
	Top Team Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 8 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 6:50 pm	Top Team Youth Wrestling 6:00 pm - 7:00 pm	Jr. Grapplers 1 (Ages 8 & under) Youth Gracie Jiu-Jitsu 6:00 PM - 6:50 pm		Family Youth & Adult Judo 9:00 am - 10:00 am
		Jr. Grapplers 2 (Ages 9 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 7:50 pm	Jr Grapplers 1 & 2 Advanced Competition Jiu-Jitsu 7:00 PM - 7:50 pm (Min White/Yellow belt)	Jr. Grapplers 2 (Ages 9 & above) Youth Gracie Jiu-Jitsu 7:00 PM - 7:50 pm		Family Youth & Adult Judo Sparring 10:00 am - 10:30 am
	Adult Gracie Jiu-Jitsu Advanced 8:00 pm - 9:30 pm	Adult Gracie Jiu-Jitsu Fundamentals 8:00 pm - 9:30 pm	Adult Gracie Jiu-Jitsu Advanced 8:00 pm - 9:30 pm	Adult Gracie Jiu-Jitsu Fundamentals 8:00 pm - 9:30 pm		Adult Judo 10:30 am - 11:30 am
						Adult Judo Sparring 10:30 am - 11:30 am

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