

# Camp Grappalachia: May 2024

Open Source Jiu-Jitsu • 357 Gorman Bridge Rd, Asheville, NC

## Friday 5/17

On the mats


Off the mats

4:00 PM		4pm <b>Check-in begins for Full Package Campers</b>
5:00 PM	5-8pm <b>Open Mat</b>	
6:00 PM		6-8pm <b>Brief Orientation + Welcome Cookout</b>
7:00 PM		
8:00 PM		8pm-10pm <b>Campfire + S'mores</b>
9:00 PM		
10:00 PM		

## Saturday 5/18

On the mats



Off the mats

7:00 AM		7:30-9am <b>Breakfast (Full Package Campers)</b>
8:00 AM		
9:00 AM	9-10am <b>How to be a Pass-ivist: Passing the Guard Like Gandhi (Gi)</b> <b>*Kaity Martin*</b>	 8:30am-afternoon <b>Kafe Neo Mobile Espresso Bar</b>
10:00 AM	* 15 Minute Break *	
11:00 AM	10:15-11:15am <b>Choking Fools from Top Half Guard (Gi / No Gi)</b> <b>*Eric Bydairk*</b>	
12:00 PM	11:15am-1pm <b>Open Mat / Lunch Break</b>	11:30-1pm <b>Massages by Dario</b>
1:00 PM	1-2pm <b>Leave the Gun, Take the Canoli (Gi)</b> <b>*Kris Shaw*</b>	12-1pm <b>Lunch</b>
2:00 PM	* Break *	
3:00 PM	2:10-3:10pm <b>Unathletic Takedowns (Gi/No Gi)</b> <b>*Matt McPeake*</b>	
4:00 PM	3:20-4:20pm <b>Mount Maintenance (Gi/No Gi)</b> <b>*Mary Holmes*</b>	
5:00 PM		
6:00 PM		
7:00 PM		
8:00 PM	7-10ishpm <b>Open Mat Party</b>	
9:00 PM		
10:00 PM		

## Sunday 5/19

On the mats

Off the mats

7:00 AM		7:30-9am <b>Breakfast (Full Package Campers)</b>
8:00 AM		
9:00 AM	9-10am <b>Defending Foot Locks and Knee Bars (Collaborative Class)</b> <b>*Kris Shaw*</b>	 8:30am-afternoon <b>Kafe Neo Mobile Espresso Bar</b>
10:00 AM	* Break *	
11:00 AM	10:15-11:15am <b>Kimura Counters (and counters to the counters) (Gi/No Gi)</b> <b>*Mary Holmes*</b>	
12:00 PM	11:15am-1pm <b>Open Mat / Lunch Break</b>	11:30-1pm <b>Massages by Dario</b>
1:00 PM	1-2pm <b>Fun-Gi Takedowns That Aren't Judo (Gi)</b> <b>*Eric Bydairk*</b>	12-1pm <b>Lunch Lunch</b>
2:00 PM		
3:00 PM	2-4pm <b>All Asheville Open Mat</b>	 8:30am-afternoon <b>Kafe Neo Mobile Espresso Bar</b>
4:00 PM	4-4:30pm <b>Post Training Cool Down</b>	
5:00 PM		
6:00 PM		
7:00 PM		
8:00 PM		7-10pm <b>Downtown Asheville Pub &amp; Grub Hopping Chillin'</b>
9:00 PM		
10:00 PM		Burial Beer Co @ 40 Collier Ave - South Slope Brewing District

## Monday 5/20

On the mats

Off the mats

7:00 AM		7:30-9am <b>Breakfast (Full Package Campers)</b>
8:00 AM		
9:00 AM	9-10am <b>Arm Bar Bonanza (Gi/No Gi)</b> <b>*Matt McPeake*</b>	
10:00 AM	* Break *	
11:00 AM	10:15-11:15am <b>How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi)</b> <b>*Kaity Martin*</b>	
12:00 PM	11:15am-1pm <b>Open Mat</b>	12-1pm <b>Lunch Break</b>
1:00 PM	<b>End of camp :(</b>	