Camp Grappalachia: May 2024 Open Source Jiu-Jitsu . 357 Gorman Bridge Rd, Asheville, NC

4:00 PM	Friday 5/17		
- AUTOM	On the mats	Off the mats	
4.00 FII		4pm Check-in begins for	
5:00 PM		Full Package Campers	
3.00111			
6:00 PM	5-8pm Open Mat	6-8pm	
0.00111	Span man	Brief Orientation	
7:00 PM		Welcome Cookout	
8:00 PM 9:00 PM		8pm-10pm Campfire + S'mores	
10:00 PM			
,			
	Saturday 5/18 On the mats	Off the mats	
7:00 AM	On the made	7:30-9am	
8:00 AM		Breakfast (Full Package Campers)	
9:00 AM	9 – 10am How to be a Pass-ifist: Passing the Guard Like	555	
	Gandhi (Gi) *Kaity Martin*	6	
10:00 AM	* 15 Minute Break *	8:30am-afternoon Kafe Neo Mobile Espresso Bar	
	10:15-11:15am Choking Fools from Top Half Guard (Gi /No Gi) *Eric Bydairk*		
II:00 AM	Elic Byualik		
12:00 PM	11:15am-1pm	11:30-1pm Massages by Dario	
12:00 PH	Open Mat / Lunch Break	12-1pm	
1:00 PM	1-2pm	Lunch	
1	Leave the Gun, Take the Canoli (Gi) *Kris Shaw*		
2:00 PM	* Break *		
	2:10 – 3:10pm Unathletic Takedowns (Gi/No Gi)		
3:00 PM	*Matt McPeake* * Break *		
	3:20-4:20pm		
4:00 PM	Mount Maintenance (Gi/No Gi) *Mary Holmes*		
5:00 PM			
6:00 PM			
7:00 PM	A		
8:00 PM 9:00 PM	7-10ishpm Open Mat Party		
10:00 PM			
Sunday 5/19			
On the mats Off the mats			
7:00 AM		7:30-9am Breakfast	
8:00 AM	9 – 10am	(Full Package Campers)	
9:00 AM	Defending Foot Locks and Knee Bars (Collaborative Class)	555 —	
10:00 AM	*Kris Shaw* * Break *	8:30am-afternoon	
	10:15-11:15am Kimura Counters {and counters to the counters}	Kafe Neo Mobile Espresso Bar	
II:00 AM	`(Gi/No Gi) *Mary Holmes*		
		11:30-1pm	
12:00 PM	11:15am-1pm Open Mat / Lunch Break	Massages by Dario	
12:00 PM			
12:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi)	Massages by Dario	
1:00 PM	Open Mat / Lunch Break	Massages by Dario	
	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi)	Massages by Dario	
1:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi)	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk*	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM 3:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk*	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM 3:00 PM 4:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 7:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch 51 630am-ofternoon Kafe Neo Mobile Espresso Bar 7-10pm	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 7:00 PM 8:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Massages by Dario 12-1pm Lunch Lunch 351 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down	Assages by Dario 12-1pm Lunch Lunch State of the service of the	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat	Assages by Dario 12-1pm Lunch Lunch State of the service of the	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 9:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20	Massages by Dario 12-1pm Lunch Lunch 8-30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillin' Burlal Beer Co @ 40 Collier Ave - South Slope Brewing District	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 10:00 PM 7:00 AM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats	Nassages by Dario 12-1pm Lunch Lunch 51 630am-ofternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillin' Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 10:00 PM 7:00 AM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4-30pm Post Training Cool Down Monday 5/20 On the mats	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 7:00 AM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4-30pm Post Training Cool Down Monday 5/20 On the mats 9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break* 1015-11515am How to Stop Stalin, an Introduction to the Russia	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 7:00 AM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats 9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break * 10:15-11:15am	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 on the mats 9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break* 10:15-11:15am How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi)	Nassages by Dario 12-1pm Lunch Lunch 15-1pm Lunch Lunch 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hopping Chillini Burial Beer Co @ 40 Collier Ave - South Slope Brewing District Off the mats	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 8:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 on the mats 9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break* 10:15-11:15am How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi)	Nassages by Dario 12-1pm Lunch Lunch 7-10pm Downtown Asheville Pub & Grub Hopping Chillin' Burial Beer Co @ 40 Collier Ave - South Slope Brewing District 7:30-9am Breakfast (Full Package Campers)	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 10:00 AM 10:00 AM 11:00 AM 12:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats 4-9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break * 10:15-11:15am How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi) *Kaity Martin* 11:15am-1pm	Nassages by Dario 12-1pm Lunch Lunch 151 8:30am-afternoon Kafe Neo Mobile Espresso Bar 7-10pm Downtown Asheville Pub & Grub Hepping Chillin' Burial Beer Cog 40 Collier Ave - South Slope Brewing District Off the mats 7:30-9am Breakfast (Full Package Campers)	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 10:00 AM 10:00 AM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats 4-9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break * 10:15-11:15am How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi) *Kaity Martin* 11:15am-1pm	Nassages by Dario 12-1pm Lunch Lunch 7-10pm Downtown Asheville Pub & Grub Hopping Chillin' Slope Brewing District 7:30-9am Breakfast (Full Package Campers)	
1:00 PM 2:00 PM 3:00 PM 4:00 PM 5:00 PM 6:00 PM 7:00 PM 8:00 PM 10:00 PM 10:00 AM 10:00 AM 11:00 AM 12:00 PM	Open Mat / Lunch Break 1-2pm Fun-Gi Takedowns That Aren't Judo (Gi) *Eric Bydairk* 2-4pm All Asheville Open Mat 4-4:30pm Post Training Cool Down Monday 5/20 On the mats 9-10am Arm Bar Bonanza (Gi/No Gi) *Matt McPeake* * Break * 10:15-11:15am How to Stop Stalin, an Introduction to the Russia Tie and Geopolitics (Gi/No Gi) *Kaity Martin* 11:15am-1pm Open Mat	Nassages by Dario 12-1pm Lunch Lunch 7-10pm Downtown Asheville Pub & Grub Hopping Chillin' Slope Brewing District 7:30-9am Breakfast (Full Package Campers)	