CAMP GRAPPALACHIA

May 2026

FRIDAY 5/15

5:00 PM
Doors open! Open Mat

6:00-7:00 PM
Front Side Crucifix
[Gi/ No Gi]
Jesse Walker

7:00 PM
Welcome Cookout!

8:00-10:00
Campfire Jam & S'Mores

SATURDAY 5/16

7:30-9:00
Breakfast for On-Site Campers

9-9:30
Mobility with Lori

9:30-10:30
Why Pass When You Can
Knee-Bah? [Gi / No Gi]
Heather Raftery

10:45-11:45
Return to Crab Ride
Mountain [Gi/ No Gi]
Mary Holmes

12:00-1:00
Lunch / Open Mat

1:00-2:00
Instructor Panel Discussion

2:00-3:00
Shoulder Crush [Gi/ No Gi]
Rich Sab

7-10 PM
Open Mat
After Dark

SUNDAY 5/17

7:30-9:00
Breakfast for On-Site Campers

9-9:30
Mobility with Lori

9:30-10:30
Arm Triangles: The Hypotenuse of Humility
[Gi / No Gi]
Kaitlin Wonder

10:45-11:45
Sneaky Squeeze -
Lapel Chokes [Gi]
Amber Bendle

12:00-1:00
Lunch / Open Mat

1:00-2:00
Stronger on top than underneath:
Pt.2 My entirely new concept about half guard, sweeps, defense, and attacks [Gi/ No Gi]
Brad Wolfson

2:00-4:00
All Asheville Open Mat

7-10 PM
Downtown Hangout

MONDAY 5/18

7:30-9:00
Breakfast for On-Site Campers

9-9:30
Mobility with Lori

9:30-10:30
Kimura Traps [Gi /No Gi] **Brandon Hornby**

10:45-11:45
Twisted Sister Passing
[Gi / No Gi]
Lakyn Bendle

12:00-1:00
Lunch / Open Mat

End of camp! :(