



www.gracienipomo.com | (805) 270-5593 | gracienipomo@gmail.com

### April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
April 1 Closed for Spring Break	2 Closed for Spring Break	3 Closed for Spring Break	4 Closed for Spring Break	5 Closed for Spring Break	6 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
8 Jr. Grapplers 5:00PM	9 Black Belt Club 5:00PM	10 Jr. Grapplers 5:00PM (Bring a Friend!)	11 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	12 Teen Jiu-Jitsu 5:00PM	13 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
15 Jr. Grapplers 5:00PM	16 Black Belt Club 5:00PM	17 Jr. Grapplers 5:00PM (Bring a Friend!)	18 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	19 Teen Jiu-Jitsu 5:00PM	20 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
22 Jr. Grapplers 5:00PM	23 Black Belt Club 5:00PM	24 Jr. Grapplers 5:00PM (Bring a Friend!)	25 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	26 Teen Jiu-Jitsu 5:00PM	27 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
29 Jr. Grapplers 5:00PM	30 Black Belt Club 5:00PM	May 1 Jr. Grapplers 5:00PM (Bring a Friend!)	2 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	3 Teen Jiu-Jitsu 5:00PM	4 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
6 Jr. Grapplers 5:00PM	7 Black Belt Club 5:00PM	8 Jr. Grapplers 5:00PM (Bring a Friend!)	9 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	10 Teen Jiu-Jitsu 5:00PM	11 Gracie Game Day 12:00 PM - 2:00 PM

22 Classes	33 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 5)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 6)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 12)
4	Take the Back (GU 4) Clinch Conservative Opponent (GU 13)
5	Punch Block Series (1-4) – Guard (GU 7) Double Leg Takedown (GU 15)
6	Straight Armlock – Mount (GU 8) Pull Guard (GU 19)
7	Elevator Sweep – Guard (GU 9) Standing Headlock Defense (GU 23)
8	Elbow Escape – Mount (GU 10) Rear Takedown (GU 26)
9	Positional Control – Side Mount (GU 11) Haymaker Punch Defense (GU 27)
10	Headlock Counters – Mount (GU 14) Guillotine Defense (GU 29)
11	Headlock Escape 1 – Side Mount (GU 16) Standing Armlock (GU 31)
12	Straight Armlock – Guard (GU 17) Leg Hook Takedown (GU 5)
13	Double Ankle Sweep – Guard (GU 18) Clinch (Aggressive Opponent) (GU 6)
14	Headlock Escape 2 – Side Mount (GU 20) Body Fold Takedown (GU 12)
15	Shrimp Escape – Side Mount (GU 21) Clinch (Conservative Opponent) (GU 13)
16	Kimura Armlock – Guard (GU 22) Double Leg Takedown (Aggressive) (GU 15)
17	Punch Block Series (5) – Guard (GU 24) Pull Guard (GU 19)
18	Hook Sweep – Guard (GU 25) Standing Headlock Defense (GU 23)
19	Take the Back – Guard (GU 28) Rear Takedown (GU 26)
20	Elbow Escape – Side Mount (GU 30) Haymaker Punch Defense (GU 27)
21	Twisting Arm Control – Mount (GU 32) Guillotine Defense (GU 29)
22	Double Underhook Pass – Guard (GU 33) Standing Armlock (GU 31)

- Little Champs Gracie Games:**
1. Spider Kid and Shark Bite
  2. Bulldozer and Crazy Horse
  3. Tackle the Giant and Crocodile Control
  4. Base Battle and Snake Bite
  5. Guard Monster and Crazy Legs

**Log-on & Boost Progress!**

As a student of the Gracie Bullyproof program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.