

# May



# 2024

# Gracie

# BULLYPROOF®

*Prepare Your Child For Life*

## Character Development Topic: Respect

| Mon   | Tues   | Wed   | Thurs | Fri  | Sat  |
|---|--|---|-------|--|--|
|   |  | 1 Escapes<br>Standing: Lesson 5: Leg Hook Takedown<br>Ground: Lesson 17: Straight Armlock       | 2     | 3 Escapes<br>JG: Standing: Lesson 6: Clinch (Aggressive Opponent)<br>Ground: Lesson 18: Double Ankle Sweep<br>BBC: Combatives: Lesson 15: Double Leg Takedown<br>MC - Lesson 15: Elbow Cup Armbar                  | 4 Escapes<br>MM: Little Champs Readiness Test<br>LC: Jr. Combatives Readiness Test<br><br>Gracie Game Day: 1-2pm EWOK Park |
| 6 Stranger Danger<br>Combatives - Lesson 16: Headlock Escape 1<br>MC - Lesson 16: Safe Hands    | 7  | 8 Stranger Danger<br>Standing: Lesson 19: Pull Guard<br>Ground: Lesson 20: Headlock Escape 2    | 9     | 10 Stranger Danger<br>JG: Standing - Lesson 23: Standing Headlock Defense<br>Ground - Lesson 21: Shrimp Escape<br>BBC: Combatives - Lesson 17: Straight Armlock<br>MC - Lesson 17: Posture Prevention              | 11 Stranger Danger<br>MM - Gracie Game 1: Spiderkid<br>LC - Gracie Game 1: Spiderkid                                       |
| 13 Controls<br>Combatives - Lesson 18: Double Ankle Sweep<br>MC - Lesson 18: Pass Prevention    | 14   | 15 Controls<br>Standing - Lesson 26: Rear Takedown<br>Ground - Lesson 22: Kimura Armlock        | 16    | 17 Controls<br>JG - Standing - Lesson 27: Haymaker Punch Defense<br>Ground - Lesson 24: Punch Block Series (Stage 5)<br>BBC - Combatives - Lesson 19: Pull Guard<br>MC - Lesson 19: Knee Split Pass                | 18 Controls<br>MM - Gracie Game 2: Shark Bite<br>LC - Gracie Game 2: Shark Bite  |
| 20 Helping Others<br>Combatives - Lesson 20: Headlock Escape 2<br>MC - Lesson 20: Standing Pass | 21   | 22 Helping Others<br>Standing - Lesson 29: Guillotine Defense<br>Ground - Lesson 25: Hook Sweep | 23    | 24 Helping Others<br>JG - Standing - Lesson 31: Standing Armlock<br>Ground - Lesson 28: Take the Back (Guard)<br>BBC - Combatives - Lesson 21: Shrimp Escape<br>MC - Lesson 21: Triangle Choke Counters            | 25 Helping Others<br>MM<br>LC - Gracie Game 3: Bulldozer   |
| 27 Submissions<br>Memorial Day  | 28 Submissions<br>BBC 6pm<br>Combatives - Lesson 22: Kimura Armlock<br>MC - Lesson 22: Straight Armlock Counters | 29 Submissions<br>Standing - Lesson 5: Leg Hook Takedown<br>Ground - Lesson 30: Elbow Escape    | 30    | 31 Submissions<br>JG - Standing - Lesson 6: Clinch (Aggressive Opponent)<br>Ground - Lesson 32: Twisting Arm Control<br>BBC - Combatives - Lesson 23: Standing Headlock Defense<br>MC - Lesson 23: Kimura Counters | 1 Submissions<br>MM & LC - Gracie Game 4: Crazy Horse  |

