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 Opp (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 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)

Gracie BULLYPROOF
Prepare Your Child For Life

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 9 4 PM JR.GRAPPLERS Class 4 5 PM BLACK BELT CLUB	10 4:30 PM LITTLE CHAMPS Gracie Games 5	11 3:45-4:15PM MAT MUNCHKINS 4:30 PM LITTLE CHAMPS Gracie Games 1	12 4 PM JR.GRAPPLERS Class 5 5 PM BLACK BELT CLUB	13	14 12:30 PM LITTLE CHAMPS & JR.GRAPPLERS Teacher's Choice
16 4 PM JR.GRAPPLERS Class 6 5 PM BLACK BELT CLUB	17 4:30 PM LITTLE CHAMPS Gracie Games 2	18 3:45-4:15 PM MAT MUNCHKINS 4:30 PM LITTLE CHAMPS Gracie Games 3	19 4 PM JR.GRAPPLERS Class 7 5 PM BLACK BELT CLUB	20	21 12:30 PM LITTLE CHAMPS & JR.GRAPPLERS Teacher's Choice
23 4 PM JR.GRAPPLERS Class 8 5 PM BLACK BELT CLUB	24 4:30 PM LITTLE CHAMPS Gracie Games 4	25 SCHOOL IS CLOSED NOVEMBER 25-29	26 HAPPY THANKSGIVING	27	28
30 4 PM JR.GRAPPLERS Class 9 5 PM BLACK BELT CLUB	DECEMBER 1 4:30 PM LITTLE CHAMPS Gracie Games 5	2 3:45-4:15 PM MAT MUNCHKINS 4:30 PM LITTLE CHAMPS Gracie Games 1	3 4 PM JR.GRAPPLERS Class 10 5 PM BLACK BELT CLUB	4	5 12:30 PM LITTLE CHAMPS & JR.GRAPPLERS Teacher's Choice
7 4 PM JR.GRAPPLERS Class 11 5 PM BLACK BELT CLUB	8 4:30 PM LITTLE CHAMPS Gracie Games 2	9 3:45-4:15 PM MAT MUNCHKINS 4:30 PM LITTLE CHAMPS Gracie Games3	10 4 PM JR.GRAPPLERS Class 12 5 PM BLACK BELT CLUB	11	12 12:30 PM LITTLE CHAMPS & JR.GRAPPLERS Teacher's Choice

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!

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