

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



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September 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Sep 8 4:00 PM Jr. Grapplers Class 8  5:00PM Black Belt Club	9 4:30 PM Little Champs  Gracie Games 4	10 4:30PM Little Champs  Gracie Games 5	11 4:00 PM Jr. Grapplers Class 9  5:00PM Black Belt Club	12	13 12:30 PM Little Champs & Jr. Grapplers  Class 10
15 4:00 PM Jr. Grapplers Class 11  5:00PM Black Belt Club	16 4:30 PM Little Champs  Gracie Games 1	17 4:30PM Little Champs  Gracie Games 2	18 4:00 PM Jr. Grapplers Class 12  5:00PM Black Belt Club	19	20 12:30 PM Little Champs & Jr. Grapplers  Class 13
22 4:00 PM Jr. Grapplers Class 14  5:00PM Black Belt Club	23 4:30 PM Little Champs  Gracie Games 3	24 4:30PM Little Champs  Gracie Games 4	25 4:00 PM Jr. Grapplers Class 15  5:00PM Black Belt Club	26	27 Gracie Game Day/ Back to School Day 1pm - 3pm
29 4:00 PM Jr. Grapplers Class 16  5:00PM Black Belt Club	30 4:30 PM Little Champs  Gracie Games 5	OCT 1 4:30PM Little Champs  Gracie Games 1	2 4:00 PM Jr. Grapplers Class 17  5:00PM Black Belt Club	3	4 12:30 PM Little Champs & Jr. Grapplers  Class 18
6 4:00 PM Jr. Grapplers Class 19  5:00PM Black Belt Club	7 4:30 PM Little Champs  Gracie Games 2	8 4:30PM Little Champs  Gracie Games 3	9 4:00 PM Jr. Grapplers Class 20  5:00PM Black Belt Club	10	11 12:30 PM Little Champs & Jr. Grapplers  Class 21

#### 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.