

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)



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November 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3 4:00 PM Jr. Grapplers Class 9 5:00PM Black Belt Club	4 4:30 PM Little Champs Gracie Games 5	5 4:30PM Little Champs Gracie Games 1	6 4:00 PM Jr. Grapplers Class 10 5:00PM Black Belt Club	7	8 12:30 PM Little Champs & Jr. Grapplers Class 11
10 4:00 PM Jr. Grapplers Class 12 5:00PM Black Belt Club	11 4:30 PM Little Champs Gracie Games 2	12 4:30PM Little Champs Gracie Games 3	13 4:00 PM Jr. Grapplers Class 13 5:00PM Black Belt Club	14	15 NO CLASS Closed for a seminar
17 4:00 PM Jr. Grapplers Class 14 5:00PM Black Belt Club	18 4:30 PM Little Champs Gracie Games 4	19 4:30PM Little Champs Gracie Games 5	20 4:00 PM Jr. Grapplers Class 15 5:00PM Black Belt Club	21	22 12:30 PM Little Champs & Jr. Grapplers Class 16
24 4:00 PM Jr. Grapplers Class 17 5:00PM Black Belt Club	25 4:30 PM Little Champs Gracie Games 1	26 27 28 29 NO CLASS Happy Thanksgiving!			
DEC 1 4:00 PM Jr. Grapplers Class 18 5:00PM Black Belt Club	2 4:30 PM Little Champs Gracie Games 2	3 4:30PM Little Champs Gracie Games 3	4 4:00 PM Jr. Grapplers Class 19 5:00PM Black Belt Club	5	6 12:30 PM Little Champs & Jr. Grapplers Class 20

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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