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June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUNE 2 4:00 PM Jr. Grapplers Class 10 5:00PM Black Belt Club	3 4:30 PM Little Champs Gracie Games 2	4 4:30PM Little Champs Gracie Games 3	5 4:00 PM Jr. Grapplers Class 11 5:00PM Black Belt Club	6	7 12:30 PM Little Champs & Jr. Grapplers Class 12
9 4:00 PM Jr. Grapplers Class 13 5:00PM Black Belt Club	10 4:30 PM Little Champs Gracie Games 4	11 4:30PM Little Champs Gracie Games 5	12 4:00 PM Jr. Grapplers Class 14 5:00PM Black Belt Club	13	14 12:30 PM Little Champs & Jr. Grapplers Class 15
16 4:00 PM Jr. Grapplers Class 16 5:00PM Black Belt Club	17 4:30 PM Little Champs Gracie Games 1	18 4:30PM Little Champs Gracie Games 2	19 4:00 PM Jr. Grapplers Class 17 5:00PM Black Belt Club	20	21 12:30 PM Little Champs & Jr. Grapplers Class 18
23 4:00 PM Jr. Grapplers Class 19 5:00PM Black Belt Club	24 4:30 PM Little Champs Gracie Games 3	25 No Class Ryron Gracie Seminar at Gracie Saratoga at 6pm- All welcome 12 and up	26 4:00 PM Jr. Grapplers Class 20 5:00PM Black Belt Club	27	28 No Class Breath Work and Jiu-Jitsu Seminar
30 4:00 PM Jr. Grapplers Class 21 5:00PM Black Belt Club	JULY 1 4:30 PM Little Champs Gracie Games 4	2 4:30PM Little Champs Gracie Games 5	3 4:00 PM Jr. Grapplers Class 22 5:00PM Black Belt Club	4	5 12:30 PM Little Champs & Jr. Grapplers Class 1

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.

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 (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)