

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)



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October 2023					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 2 4:30PM Jr. Grapplers Class 1 5:30PM Black Belt Club	3 4:30 PM Little Champs Gracie Games 2	4 4:30PM Little Champs Gracie Games 3	5 4:30 PM Jr. Grapplers Class 2 5:30PM Black Belt Club	6	7 12:00 PM Little Champs & Jr. Grapplers Class 3
9 4:30PM Jr. Grapplers Class 4 5:30PM Black Belt Club	10 4:30 PM Little Champs Gracie Games 4	11 4:30PM Little Champs Gracie Games 5	12 4:30 PM Jr. Grapplers Class 5 5:30PM Black Belt Club	13	14 12:00 PM Little Champs & Jr. Grapplers Class 6
16 4:30PM Jr. Grapplers Class 7 5:30PM Black Belt Club	17 4:30 PM Little Champs Gracie Games 1	18 4:30PM Little Champs Gracie Games 2	19 4:30 PM Jr. Grapplers Class 8 5:30PM Black Belt Club	20	21 NO CLASS WIM HOF Workshop
23 4:30PM Jr. Grapplers Class 9 5:30PM Black Belt Club	24 4:30 PM Little Champs Gracie Games 3	25 4:30PM Little Champs Gracie Games 4	26 4:30 PM Jr. Grapplers Class 10 5:30PM Black Belt Club	27	28 12:00 PM Little Champs & Jr. Grapplers Class 11
30 4:30PM Jr. Grapplers Class 12 5:30PM Black Belt Club	31 NO CLASS Happy Halloween	NOV 1 4:30PM Little Champs Gracie Games 5	2 4:30 PM Jr. Grapplers Class 13 5:30PM Black Belt Club	3	4 12:00 PM Little Champs & Jr. Grapplers Class 14

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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