

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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August 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 4:00 PM Jr. Grapplers Class 16 5:00PM Black Belt Club	28 4:30 PM Little Champs Gracie Games 5	29 4:30PM Little Champs Gracie Games 1	30 4:00 PM Jr. Grapplers Class 17 5:00PM Black Belt Club	31	AUG 1 No Class John Frankl Seminar @ Our New location 1408 41st Ave Capitola Sat & Sun 10am -1pm
3 4:00 PM Jr. Grapplers Class 18 5:00PM Black Belt Club	4 4:30 PM Little Champs Gracie Games 2	5 4:30PM Little Champs Gracie Games 3	6 4:00 PM Jr. Grapplers Class 19 5:00PM Black Belt Club	7	8 12:30 PM Little Champs & Jr. Grapplers Class 20
10 4:00 PM Jr. Grapplers Class 21 5:00PM Black Belt Club	11 4:30 PM Little Champs Gracie Games 4	12 4:30PM Little Champs Gracie Games 5	13 4:00 PM Jr. Grapplers Class 22 5:00PM Black Belt Club	14	15 12:30 PM Little Champs & Jr. Grapplers Class 1
17 4:00 PM Jr. Grapplers Class 2 5:00PM Black Belt Club	18 4:30 PM Little Champs Gracie Games 1	19 4:30PM Little Champs Gracie Games 2	20 4:00 PM Jr. Grapplers Class 3 5:00PM Black Belt Club	21	22 12:30 PM Little Champs & Jr. Grapplers Class 4
24 4:00 PM Jr. Grapplers Class 5 5:00PM Black Belt Club	25 4:30 PM Little Champs Gracie Games 3	26 4:30PM Little Champs Gracie Games 4	27 4:00 PM Jr. Grapplers Class 6 5:00PM Black Belt Club	28	29 12:30 PM Little Champs & Jr. Grapplers Class 7

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.