

| 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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Gracie Game Day
Saturday 12/6
12:30pm - 2:30pm

School Closure
Wednesday 12/24 -
Saturday 1/3

| December 2025 | | | | | |
|--|---|---|--|--------|---|
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
| DEC 1 4:30PM - 5:00PM Mat Munchkins | 2 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class | 3 4:00 PM Jr. Grapplers Class 6 5:00 PM Black Belt Club | 4 4:00 PM Jr. Grapplers Class 7 5:00 PM Little Champs Gracie Games 2 | 5 | 6 GRACIE GAME DAY 12:30PM - 2:30PM |
| 8 4:30PM - 5:00PM Mat Munchkins | 9 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class | 10 4:00 PM Jr. Grapplers Class 9 5:00 PM Black Belt Club | 11 4:00 PM Jr. Grapplers Class 10 5:00 PM Little Champs Gracie Games 4 | 12 | 13 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE |
| 15 4:30PM - 5:00PM Mat Munchkins | 16 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class | 17 4:00 PM Jr. Grapplers Class 12 5:00 PM Black Belt Club | 18 4:00 PM Jr. Grapplers Class 13 5:00 PM Little Champs Gracie Games 1 | 19 | 20 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE |
| 22 4:30PM - 5:00PM Mat Munchkins | 23 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class | 24 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | 25 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | 26 | 27 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! |
| 29 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | 30 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | 31 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | JAN 1 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! | JAN 2 | JAN 3 SCHOOL CLOSURE 12/24 - 1/4 Happy Holidays! |

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.