

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 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 4 4:00 PM Jr. Grapplers Class 20	5 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 21	6 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	7 4:00 PM Jr. Grapplers Class 22 5:00 PM Little Champs Gracie Games 3	8	9 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
11 No Class Veterans Day	12 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 1	13 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	14 4:00 PM Jr. Grapplers Class 2 5:00 PM Little Champs Gracie Games 5	15	16 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
18 4:00 PM Jr. Grapplers Class 3	19 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 4	20 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	21 4:00 PM Jr. Grapplers Class 5 5:00 PM Little Champs Gracie Games 2	22	23 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
25 4:00 PM Jr. Grapplers Class 6	26 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 7	27	28	29	30
No Class Happy Thanksgiving					
DEC 2 4:00 PM Jr. Grapplers Class 8	3 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 9	4 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	5 4:00 PM Jr. Grapplers Class 10 5:00 PM Little Champs Gracie Games 5	6	7 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club

- 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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