

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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October 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 3 4:30PM - 5:00PM Mat Munchkins	NOV 4 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 17	OCT 1 4:00 PM Jr. Grapplers Class 4 5:00 PM Black Belt Club	2 4:00 PM Jr. Grapplers Class 6 5:00 PM Little Champs Gracie Games 5	3	4 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
6 4:30PM - 5:00PM Mat Munchkins	7 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 5	8 4:00 PM Jr. Grapplers Class 6 5:00 PM Black Belt Club	9 4:00 PM Jr. Grapplers Class 7 5:00 PM Little Champs Gracie Games 2	10	11 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
13 4:30PM - 5:00PM Mat Munchkins	14 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 8	15 4:00 PM Jr. Grapplers Class 9 5:00 PM Black Belt Club	16 4:00 PM Jr. Grapplers Class 10 5:00 PM Little Champs Gracie Games 4	17	18 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
20 4:30PM - 5:00PM Mat Munchkins	21 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 11	22 4:00 PM Jr. Grapplers Class 12 5:00 PM Black Belt Club	23 4:00 PM Jr. Grapplers Class 13 5:00 PM Little Champs Gracie Games 2	24	25 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
27 4:30PM - 5:00PM Mat Munchkins	28 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 14	29 4:00 PM Jr. Grapplers Class 15 5:00 PM Black Belt Club	30 4:00 PM Jr. Grapplers Class 16 5:00 PM Little Champs Gracie Games 3	31	NOV 1 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE

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.