

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)



| www.graciemonterey.com | (831) 332-9876 | gjjmonterey@gmail.com

May 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUN 1 4:30PM - 5:00PM Mat Munchkins	JUN 2 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 11	JUN 3 4:00 PM Jr. Grapplers Class 12 5:00 PM Black Belt Club	JUN 4 4:00 PM Jr. Grapplers Class 13 5:00 PM Little Champs Gracie Games 3	MAY 1	MAY 2 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
4 4:30PM - 5:00PM Mat Munchkins	5 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 21	6 4:00 PM Jr. Grapplers Class 22 5:00 PM Black Belt Club	7 4:00 PM Jr. Grapplers Class 1 5:00 PM Little Champs Gracie Games 2	8	9 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
11 4:30PM - 5:00PM Mat Munchkins	12 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 2	13 4:00 PM Jr. Grapplers Class 3 5:00 PM Black Belt Club	14 4:00 PM Jr. Grapplers Class 4 5:00 PM Little Champs Gracie Games 4	15	16 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
18 4:30PM - 5:00PM Mat Munchkins	19 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 5	20 4:00 PM Jr. Grapplers Class 6 5:00 PM Black Belt Club	21 4:00 PM Jr. Grapplers Class 7 5:00 PM Little Champs Gracie Games 1	22	23 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
25 MEMORIAL DAY SCHOOL CLOSURE	26 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 8	27 4:00 PM Jr. Grapplers Class 9 5:00 PM Black Belt Club	28 4:00 PM Jr. Grapplers Class 10 5:00 PM Little Champs Gracie Games 3	29 MOVIE NIGHT 5PM - 7PM All Bullyproof Students!	30 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.