

22 Classes	33 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 5)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 6)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 12)
4	<b>Take the Back</b> (GU 4) Clinch Conservative Opp (GU 13)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 7) Double Leg Takedown (GU 15)
6	<b>Straight Armlock – Mount</b> (GU 8) Pull Guard (GU 19)
7	<b>Elevator Sweep – Guard</b> (GU 9) Standing Headlock Defense Defense (GU 23)
8	<b>Elbow Escape – Mount</b> (GU 10) Rear Takedown (GU 26)
9	<b>Positional Control – Side Mount</b> (GU 11) Haymaker Punch Defense (GU 27)
10	<b>Headlock Counters – Mount</b> (GU 14) Guillotine Defense (GU 29)
11	<b>Headlock Escape 1 – Side Mount</b> (GU 16) Standing Armlock (GU 31)
12	<b>Straight Armlock – Guard</b> (GU 17) Leg Hook Takedown (GU 5)
13	<b>Double Ankle Sweep – Guard</b> (GU 18) Clinch (Aggressive Opponent) (GU 6)
14	<b>Headlock Escape 2 – Side Mount</b> (GU 20) Body Fold Takedown (GU 12)
15	<b>Shrimp Escape – Side Mount</b> (GU 21) Clinch (Conservative Opponent) (GU 13)
16	<b>Kimura Armlock – Guard</b> (GU 22) Double Leg Takedown (Aggressive) (GU 15)
17	<b>Punch Block Series (5) – Guard</b> (GU 24) Pull Guard (GU 19)
18	<b>Hook Sweep – Guard</b> (GU 25) Standing Headlock Defense (GU 23)
19	<b>Take the Back – Guard</b> (GU 28) Rear Takedown (GU 26)
20	<b>Elbow Escape – Side Mount</b> (GU 30) Haymaker Punch Defense (GU 27)
21	<b>Twisting Arm Control – Mount</b> (GU 32) Guillotine Defense (GU 29)
22	<b>Double Underhook Pass – Guard</b> (GU 33) Standing Armlock (GU 31)



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December 2023					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec 4 4:00 PM Jr. Grapplers Class 18	5 4:00 PM Little Champs Gracie Games 5  5:00 Jr. Grapplers Class 19	6 5:00 PM Black Belt Club	7 4:00 PM Jr. Grapplers Class 20  5:00 PM Little Champs Gracie Games 1	8	9 12:15 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE  1:15 PM Black Belt Club
11 4:00 PM Jr. Grapplers Class 21	12 4:00 PM Little Champs Gracie Games 22  5:00 Jr. Grapplers Class 22	13 5:00 PM Black Belt Club	14 4:00 PM Jr. Grapplers Class 1  5:00 PM Little Champs Gracie Games 3	15	16 12:15 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE  1:15 PM Black Belt Club
18 4:00 PM Jr. Grapplers Class 2	19 4:00 PM Little Champs Gracie Games 4  5:00 Jr. Grapplers Class 3	20 5:00 PM Black Belt Clu3	21 4:00 PM Jr. Grapplers Class 4  5:00 PM Little Champs Gracie Games 5	22	23 12:15 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE  1:15 PM Black Belt Club
25	26	27	28	29	30
No Class Happy Holidays!					
JAN 1 No Class Happy New Year!!	2 4:00 PM Little Champs Gracie Games 1  5:00 Jr. Grapplers Class 5	3 5:00 PM Black Belt Club	4 4:00 PM Jr. Grapplers Class 6  5:00 PM Little Champs Gracie Games 2	5	6 12:15 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE  1:15 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!

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.