

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

March 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAR 31 4:30PM - 5:00PM Mat Munchkins				31	MAR 1 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
3 4:30PM - 5:00PM Mat Munchkins	4 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 19	5 4:00 PM Jr. Grapplers Class 20 5:00 PM Black Belt Club	6 4:00 PM Jr. Grapplers Class 21 5:00 PM Little Champs Gracie Games 2	7	8 12:30 PM - 2:30 PM GRACIE GAME DAY
10 4:30PM - 5:00PM Mat Munchkins	11 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 22	12 4:00 PM Jr. Grapplers Class 1 5:00 PM Black Belt Club	13 4:00 PM Jr. Grapplers Class 2 5:00 PM Little Champs Gracie Games 4	14	15 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
17 4:30PM - 5:00PM Mat Munchkins	18 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 3	19 4:00 PM Jr. Grapplers Class 4 5:00 PM Black Belt Club	20 4:00 PM Jr. Grapplers Class 5 5:00 PM Little Champs Gracie Games 1	21	22 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
24 4:30PM - 5:00PM Mat Munchkins	25 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 6	26 4:00 PM Jr. Grapplers Class 7 5:00 PM Black Belt Club	27 4:00 PM Jr. Grapplers Class 8 5:00 PM Little Champs Gracie Games 3	28	MAR 29 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!

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.