

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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September 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
OCT 5 4:30PM - 5:00PM Mat Munchkins	SEPT 1 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 6	SEPT 2 4:00 PM Jr. Grapplers Class 7 5:00 PM Black Belt Club	SEPT 3 4:00 PM Jr. Grapplers Class 8 5:00 PM Little Champs Gracie Games 1	SEPT 4	SEPT 5 SCHOOL CLOSURE HAPPY LABOR DAY
7 SCHOOL CLOSURE HAPPY LABOR DAY	8 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 9	9 4:00 PM Jr. Grapplers Class 10 5:00 PM Black Belt Club	10 4:00 PM Jr. Grapplers Class 11 5:00 PM Little Champs Gracie Games 3	11	12 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
14 4:30PM - 5:00PM Mat Munchkins	15 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 12	16 4:00 PM Jr. Grapplers Class 13 5:00 PM Black Belt Club	17 4:00 PM Jr. Grapplers Class 14 5:00 PM Little Champs Gracie Games 5	18	19 Gracie Game Day / Bullyproof Seminar 12:30pm - 2:30pm
21 4:30PM - 5:00PM Mat Munchkins	22 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 15	23 4:00 PM Jr. Grapplers Class 16 5:00 PM Black Belt Club	24 4:00 PM Jr. Grapplers Class 17 5:00 PM Little Champs Gracie Games 2	25	26 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
28 4:30PM - 5:00PM Mat Munchkins	29 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 18	30 4:00 PM Jr. Grapplers Class 19 5:00 PM Black Belt Club	OCT 1 4:00 PM Jr. Grapplers Class 20 5:00 PM Little Champs Gracie Games 4	OCT 2	OCT 3 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.