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)

Gracie BULLYPROOF
Prepare Your Child For Life.

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

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOV 2 4:30PM - 5:00PM Mat Munchkins	**NOV 3** 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 6	**NOV 4** 4:00 PM Jr. Grapplers Class 7 5:00 PM Black Belt Club	**NOV 5** 4:00 PM Jr. Grapplers Class 8 5:00 PM Little Champs Gracie Games 1	**NOV 6**	**NOV 7** 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
9 4:30PM - 5:00PM Mat Munchkins	10 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 9	11 4:00 PM Jr. Grapplers Class 10 5:00 PM Black Belt Club	12 4:00 PM Jr. Grapplers Class 11 5:00 PM Little Champs Gracie Games 3	13	14 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
16 4:30PM - 5:00PM Mat Munchkins	17 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 12	18 4:00 PM Jr. Grapplers Class 13 5:00 PM Black Belt Club	19 4:00 PM Jr. Grapplers Class 14 5:00 PM Little Champs Gracie Games 5	20	21 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
23 4:30PM - 5:00PM Mat Munchkins	24 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 15	**School Closure** **Happy Thanksgiving!**			
30 4:30PM - 5:00PM Mat Munchkins	**DEC 1** 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 16	**DEC 2** 4:00 PM Jr. Grapplers Class 17 5:00 PM Black Belt Club	**DEC 3** 4:00 PM Jr. Grapplers Class 18 5:00 PM Little Champs Gracie Games 3	**DEC 4**	**DEC 5** 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.

© 2019 Gracie Jiu-Jitsu Academy® 3 - GC Calendar (2019)