

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)



| [www.graciemonterey.com](http://www.graciemonterey.com) | (831) 332-9876 | [gjjmonterey@gmail.com](mailto:gjjmonterey@gmail.com)

January 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JAN 5</b> 4:30PM - 5:00PM Mat Munchkins	6 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 15	7 4:00 PM Jr. Grapplers Class 16 5:00 PM Black Belt Club	8 4:00 PM Jr. Grapplers Class 17 5:00 PM Little Champs Gracie Games 4	9	10 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
12 4:30PM - 5:00PM Mat Munchkins	13 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class 18	14 4:00 PM Jr. Grapplers Class 19 5:00 PM Black Belt Club	15 4:00 PM Jr. Grapplers Class 20 5:00 PM Little Champs Gracie Games 1	16	17 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
19 4:30PM - 5:00PM Mat Munchkins	20 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class 21	21 4:00 PM Jr. Grapplers Class 22 5:00 PM Black Belt Club	22 4:00 PM Jr. Grapplers Class 1 5:00 PM Little Champs Gracie Games 3	23	24 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
26 4:30PM - 5:00PM Mat Munchkins	27 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 2	28 4:00 PM Jr. Grapplers Class 3 5:00 PM Black Belt Club	29 4:00 PM Jr. Grapplers Class 4 5:00 PM Little Champs Gracie Games 5	30	31 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE
<b>FEB 2</b> 4:30PM - 5:00PM Mat Munchkins	FEB 3 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 5	FEB 4 4:00 PM Jr. Grapplers Class 6 5:00 PM Black Belt Club	FEB 5 4:00 PM Jr. Grapplers Class 7 5:00 PM Little Champs Gracie Games 2	FEB 6	FEB 7 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.