

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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Saturday July 26th
Bullyproof & Black Belt
Club cancelled
FREE Women Empowered
Seminar
11:30AM - 1:30PM

July 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JUL 7 4:30PM - 5:00PM Mat Munchkins	8 4:00 PM Little Champs Gracie Games 2 5:00 Jr. Grapplers Class	9 4:00 PM Jr. Grapplers Class 8 5:00 PM Black Belt Club	10 4:00 PM Jr. Grapplers Class 9 5:00 PM Little Champs Gracie Games 3	11	12 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
14 4:30PM - 5:00PM Mat Munchkins	15 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class	16 4:00 PM Jr. Grapplers Class 11 5:00 PM Black Belt Club	17 4:00 PM Jr. Grapplers Class 12 5:00 PM Little Champs Gracie Games 5	18	19 GRACIE GAME DAY 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	23 4:00 PM Jr. Grapplers Class 14 5:00 PM Black Belt Club	24 4:00 PM Jr. Grapplers Class 15 5:00 PM Little Champs Gracie Games 2	25	26 WOMEN EMPOWERED SEMINAR 11:30AM - 1:30PM Bullyproof & Black Belt Club Cancelled
28 4:30PM - 5:00PM Mat Munchkins	29 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class	30 4:00 PM Jr. Grapplers Class 17 5:00 PM Black Belt Club	31 4:00 PM Jr. Grapplers Class 18 5:00 PM Little Champs Gracie Games 4	AUG 1	2 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
4 4:30PM - 5:00PM Mat Munchkins	5 4:00 PM Little Champs Gracie Games 5 5:00 Jr. Grapplers Class	6 4:00 PM Jr. Grapplers Class 20 5:00 PM Black Belt Club	7 4:00 PM Jr. Grapplers Class 21 5:00 PM Little Champs Gracie Games 1	8	9 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.