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 Opponent) (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 (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™

November 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 **Little Champs 4:30p** **Jr. Grapplers 5:30p**	3 **Black Belt Club 5:00p**	4 **Little Champs 4:30p** **Jr. Grapplers 5:30p** **(Bring a friend!)**	5 **Black Belt Club 5:00p**	6 **Mat Munchkins 4:30p** **Gracie Teens** **(12-15 year olds)** **6:00pm**	
9 **Little Champs 4:30p** **Jr. Grapplers 5:30p**	10 **Black Belt Club 5:00p**	11 **Little Champs 4:30p** **Jr. Grapplers 5:30p** **(Bring a friend!)**	12 **Black Belt Club 5:00p**	13 **Mat Munchkins 4:30p** **Kids Make-Ups 5:00p** **Gracie Teens** **(12-15 year olds)** **6:00pm**	14 **Gracie Game Day** **12:00pm-2:00pm** **Make-up class for 2 classes**
16 **Little Champs 4:30p** **Jr. Grapplers 5:30p**	17 **Black Belt Club 5:00p**	18 **Little Champs 4:30p** **Jr. Grapplers 5:30p** **(Bring a friend!)**	19 **Black Belt Club 5:00p**	20 **Mat Munchkins 4:30p** **Gracie Teens** **(12-15 year olds)** **6:00pm**	
23 **Little Champs 4:30p** **Jr. Grapplers 5:30p**	24 **Black Belt Club 5:00p**	25 **CLOSED – Day Before Thanksgiving**	26 **CLOSED – Happy Thanksgiving!**	27 **CLOSED – Black Friday**	28 **CLOSED – Black Friday Weekend**
Nov 30 **Little Champs 4:30p** **Jr. Grapplers 5:30p**	Dec 1 **Black Belt Club 5:00p**	2 **Little Champs 4:30p** **Jr. Grapplers 5:30p** **(Bring a friend!)**	3 **Black Belt Club 5:00p**	4 **Mat Munchkins 4:30p** **Gracie Teens** **(12-15 year olds)** **6:00pm**	

Closed Wednesday, Nov 25 through Sunday, Nov 29 for Thanksgiving. Classes resume Monday, Nov 30.

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