

| 22<br>Classes | 33 Essential Techniques   |
|---------------|---|
| 1             | <b>Trap and Roll Escape – Mount</b> (GU 1)*<br>Leg Hook Takedown (GU 5)             |
| 2             | <b>Americana Armlock – Mount</b> (GU 2)<br>Clinch (Aggressive Opponent) (GU 6)      |
| 3             | <b>Positional Control – Mount</b> (GU 3)<br>Body Fold Takedown (GU 12)              |
| 4             | <b>Take the Back</b> (GU 4)<br>Clinch Conservative Opponent (GU 13)                 |
| 5             | <b>Punch Block Series (1-4) – Guard</b> (GU 7)<br>Double Leg Takedown (GU 15)       |
| 6             | <b>Straight Armlock – Mount</b> (GU 8)<br>Pull Guard (GU 19)                        |
| 7             | <b>Elevator Sweep – Guard</b> (GU 9)<br>Standing Headlock Defense (GU 23)           |
| 8             | <b>Elbow Escape – Mount</b> (GU 10)<br>Rear Takedown (GU 26)                        |
| 9             | <b>Positional Control – Side Mount</b> (GU 11)<br>Haymaker Punch Defense (GU 27)    |
| 10            | <b>Headlock Counters – Mount</b> (GU 14)<br>Guillotine Defense (GU 29)              |
| 11            | <b>Headlock Escape 1 – Side Mount</b> (GU 16)<br>Standing Armlock (GU 31)           |
| 12            | <b>Straight Armlock – Guard</b> (GU 17)<br>Leg Hook Takedown (GU 5)                 |
| 13            | <b>Double Ankle Sweep – Guard</b> (GU 18)<br>Clinch (Aggressive Opponent) (GU 6)    |
| 14            | <b>Headlock Escape 2 – Side Mount</b> (GU 20)<br>Body Fold Takedown (GU 12)         |
| 15            | <b>Shrimp Escape – Side Mount</b> (GU 21)<br>Clinch (Conservative Opponent) (GU 13) |
| 16            | <b>Kimura Armlock – Guard</b> (GU 22)<br>Double Leg Takedown (Aggressive) (GU 15)   |
| 17            | <b>Punch Block Series (5) – Guard</b> (GU 24)<br>Pull Guard (GU 19)                 |
| 18            | <b>Hook Sweep – Guard</b> (GU 25)<br>Standing Headlock Defense (GU 23)              |
| 19            | <b>Take the Back – Guard</b> (GU 28)<br>Rear Takedown (GU 26)                       |
| 20            | <b>Elbow Escape – Side Mount</b> (GU 30)<br>Haymaker Punch Defense (GU 27)          |
| 21            | <b>Twisting Arm Control – Mount</b> (GU 32)<br>Guillotine Defense (GU 29)           |
| 22            | <b>Double Underhook Pass – Guard</b> (GU 33)<br>Standing Armlock (GU 31)            |



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| July 2025                 |  |  |  |   |   |
|---------------------------|--|--|--|---|---|
| MONDAY                    | TUESDAY  | WEDNESDAY                                      | THURSDAY   | FRIDAY  | SATURDAY  |
|                           | 1<br>Little Champs 4:00p<br>Black Belt Club 5:00p  | 2<br>Jr. Grapplers 5:00p<br>(Bring a friend!)  | 3<br>Mat Munchkins 3:30p<br>Little Champs 4:00p<br>Black Belt Club 5:00pm  | 4<br>4 <sup>th</sup> of July Weekend<br>CLOSED  | 5<br>4 <sup>th</sup> of July Weekend<br>CLOSED                        |
| 7<br>Jr. Grapplers 5:00p  | 8<br>Little Champs 4:00p<br>Black Belt Club 5:00p  | 9<br>Jr. Grapplers 5:00p<br>(Bring a friend!)  | 10<br>Mat Munchkins 3:30p<br>Little Champs 4:00p<br>Black Belt Club 5:00pm   | 11<br>Gracie Teens<br>(12-15 yrs old)<br>5:00PM   | 12<br>Gracie Game Day<br>12:00-2:00p                                  |
| 14<br>Jr. Grapplers 5:00p | 15<br>Little Champs 4:00p<br>Black Belt Club 5:00p | 16<br>Jr. Grapplers 5:00p<br>(Bring a friend!) | 17<br><del>Mat Munchkins 3:30p</del><br><del>Little Champs 4:00p</del><br><del>Black Belt Club 5:00pm</del><br>Class Cancelled<br>(Jeff is away) | 18<br><del>Gracie Teens</del><br><del>(12-15 yrs old)</del><br><del>5:00PM</del><br>Class Cancelled<br>(Jeff is away) | 19<br>Jr. Grapplers/All Kids Level<br>12:00p<br><b>*Make up Class</b> |
| 21<br>Jr. Grapplers 5:00p | 22<br>Little Champs 4:00p<br>Black Belt Club 5:00p | 23<br>Jr. Grapplers 5:00p<br>(Bring a friend!) | 24<br>Mat Munchkins 3:30p<br>Little Champs 4:00p<br>Black Belt Club 5:00pm   | 25<br>Gracie Teens<br>(12-15 yrs old)<br>5:00PM   | 26<br>Jr. Grapplers/All Kids Level<br>12:00p<br><b>*Make up Class</b> |
| 28<br>Jr. Grapplers 5:00p | 29<br>Little Champs 4:00p<br>Black Belt Club 5:00p | 30<br>Jr. Grapplers 5:00p<br>(Bring a friend!) | 31<br>Mat Munchkins 3:30p<br>Little Champs 4:00p<br>Black Belt Club 5:00pm   |   |   |

#### 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.