

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)



October 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29 Little Champs 4:30p Jr. Grapplers 5:30p	30 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm Black Belt Club Prep 6:00p *Studio A	1 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	2 Black Belt Club 5:00p	3 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	4
6 Little Champs 4:30p Jr. Grapplers 5:30p	7 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm Black Belt Club Prep 6:00p *Studio A	8 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	9 Black Belt Club 5:00p	10 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	11
13 Little Champs 4:30p Jr. Grapplers 5:30p	14 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm Black Belt Club Prep 6:00p *Studio A	15 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	16 Black Belt Club 5:00p	17 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	18
20 Closed for training sabbatical	21 Closed for training sabbatical	22 Closed for training sabbatical	23 Closed for training sabbatical	24 Closed for training sabbatical	25
27 Little Champs 4:30p Jr. Grapplers 5:30p	28 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm Black Belt Club Prep 6:00p *Studio A	29 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	30 Black Belt Club 5:00p	31 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	Nov 1

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