

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)



May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	2
4 Little Champs 4:30p Jr. Grapplers 5:30p	5 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm *Studio A	6 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	7 Black Belt Club 5:00p	8 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	9 Gracie Game Day 12:00-2:00p (ages 7-13)
11 Little Champs 4:30p Jr. Grapplers 5:30p	12 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm *Studio A	13 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	14 Black Belt Club 5:00p	15 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	16
18 Little Champs 4:30p Jr. Grapplers 5:30p	19 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm *Studio A	20 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	21 Black Belt Club 5:00p	22 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	23
25 Closed for Memorial Day	26 Black Belt Club 5:00p Gracie Teens (12-15year olds) 6:00pm *Studio A	27 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	28 Black Belt Club 5:00p	29 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	30

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