

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



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## April 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Little Champs 4:00p Black Belt Club 5:00p	2 Jr. Grapplers 5:00p (Bring a friend!)	3 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	4 Gracie Teens (12-15 yrs old) 5:00PM	5 Jr. Grapplers/All Kids Level 12:00p *Make up Class
7 Jr. Grapplers 5:00p	8 Little Champs 4:00p Black Belt Club 5:00p	9 Jr. Grapplers 5:00p (Bring a friend!)	10 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	11 Gracie Teens (12-15 yrs old) 5:00PM	12 Jr. Grapplers/All Kids Level 12:00p *Make up Class
14 Jr. Grapplers 5:00p	15 Little Champs 4:00p Black Belt Club 5:00p	16 Jr. Grapplers 5:00p (Bring a friend!)	17 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	18 Gracie Teens (12-15 yrs old) 5:00PM	19 Jr. Grapplers/All Kids Level 12:00p *Make up Class
21 Jr. Grapplers 5:00p	22 Little Champs 4:00p Black Belt Club 5:00p	23 Jr. Grapplers 5:00p (Bring a friend!)	24 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	25 Gracie Teens (12-15 yrs old) 5:00PM	26 Jr. Grapplers/All Kids Level 12:00p *Make up Class
28 Jr. Grapplers 5:00p	29 Little Champs 4:00p Black Belt Club 5:00p	30 Jr. Grapplers 5:00p (Bring a friend!)			

### 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.