

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)



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September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Closed for Labor Day	2 Black Belt Club 5:00p Gracie Teens 6:00P/ Black Belt Club Prep 6:00p *Studio A	3 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	4 Black Belt Club 5:00p	5 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	6
8 Little Champs 4:30p Jr. Grapplers 5:30p	9 Black Belt Club 5:00p Gracie Teens 6:00P/ Black Belt Club Prep 6:00p *Studio A	10 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	11 Black Belt Club 5:00p	12 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	13 Gracie Game Day 12:00-2:00pm
15 Little Champs 4:30p Jr. Grapplers 5:30p	16 Black Belt Club 5:00p Gracie Teens 6:00P/ Black Belt Club Prep 6:00p *Studio A	17 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	18 Black Belt Club 5:00p	19 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	20
22 Little Champs 4:30p Jr. Grapplers 5:30p	23 Black Belt Club 5:00p Gracie Teens 6:00P/ Black Belt Club Prep 6:00p *Studio A	24 Little Champs 4:30p Jr. Grapplers 5:30p (Bring a friend!)	25 Black Belt Club 5:00p	26 Mat Munchkins 4:30p Gracie Teens (12-15year olds) 6:00pm	27
29 Little Champs 4:30p Jr. Grapplers 5:30p	30 Black Belt Club 5:00p Gracie Teens 6:00P/ Black Belt Club Prep 6:00p *Studio A	Oct 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

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.