

Jr. Grapplers/Gracie Teens

Day/Week	Techniques
1 (M/T)	Positional Control (Roll Prev) (GU 11) Standing: Double Leg (Basic) (GU 15)
1.5 (W/Th)	T.T.B (Create the angle/final getup (GU 28) Standing: Double Leg (A) (GU 15)
2 (M/T)	Labor Day - No Class
2.5 (W/Th)	Twisting Arm Control (Armlock Finish)(GU 32) Standing: Double Leg (A) (GU 15)
3 (M/T)	Bump & Shoot (BBS1) Grip Fighting (Double Leg Grips)
3.5 (W/Th)	High Mount (BBS1) Grip Fighting (Double Leg Grips)
4 (M/T)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO

September 2026 – Side Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Week 4 – 5:00p	25 Week 4 – 4:00p & 5:00p	26 Week 4.5 – 5:00p	27 Week 4.5 -4:00p & 5:00p	28	29 BBC- 10:00a
31 Week 1 – 5:00p	1 Week 1 – 4:00p & 5:00p	2 Week 1.5 - 5:00p	3 Week 1.5 – 4:00p & 5:00p	4	5 BBC- 10:00a
7 Labor Day No Class	8 Week 2 – 4:00p & 5:00p	9 Week 2.5 – 5:00p	10 Week 2.5 – 4:00p & 5:00p	11	12 BBC- 10:00a
14 Week 3 – 5:00p	15 Week 3 – 5:00p	16 Week 3.5 – 5:00p	17 Week 3.5 – 5:00p	18	19 BBC- 10:00a
21 Week 4 – 5:00p	22 Week 4– 4:00p & 5:00p	23 Week 4.5 – 5:00p	24 Week 4.5 -4:00p & 5:00p	25	26 BBC- 10:00a
28 Week 1 – 5:00	29 Week 1– 4:00 & 5:00	30 Week 1.5 – 5:00	1 Week 1.5 – 4:00 & 5:00	2	3 BBC- 10:00a

Altogether, there are 33 Jr. Grapplers lessons each of which features one technique.

- Cycle through each group of 3 lessons twice before moving on to the next group.
- Track all progress in your Jiu-Jitsu Journal to continue earning belt promotions.
- Once all techniques are mastered, you will be ready to move on to the Gracie Combatives adult course.

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 student services representative.

Little Champs

	Gracie Games
Week 1	Power Push Cow tipper
Week 2	Lumbar Jack Surfer
Week 3	Power Push Guard Magnet
Week 4	Lumbar Jack Crocodile Control

September 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24 Class 2 – 4:00p Level 1	25	26 Class 2.5 – 4:00p Level 2	27	28	29
31 Class 3 – 4:00p Level 1	1	2 Class 3.5 – 4:00p Level 2	3	4	5
7 Labor Day No Class	8	9 Class 4.5 – 4:00p Level 2	10	11	12
14 Class 5– 4:00p Level 1	15	16 Class 5.5– 4:00p Level 1	17	18	19
21 Class 6 – 4:00p Level 1	22	23 Class 6.5 – 4:00p Level 2	24	25	26
28 Class 7 – 4:00p Level 1	29	30 Class 7.5 – 4:00p Level 2	1	2	3

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