

Jr. Grapplers/Gracie Teens

Day/Week	Techniques
1 (M/T)	Trap & Roll (Headlock) (GU 1) Standing: Clinch (A) (GU 6)
1.5 (W/Th)	Trap & Roll (Open Guard Pass) (GU 3) Standing: B.F.T.D (GU 12)
2 (M/T)	Positional Control (Hips/Hands/High/Low) (GU 3) Standing: Clinch (A) (GU 6) B.F.T.D (GU 12)
2.5 (W/Th)	American Armlock (Standard) (GU 2) Standing: Clinch (A) (GU 6) B.F.T.D (GU 12)
3 (M/T)	High Mount (BBS1) Osoto Gari
3.5 (W/Th)	High Mount (BBS1) Osoto Gari
4 (M/T)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO

October 2026 – Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Week 1 – 5:00p	29 Week 1 – 4:00p & 5:00p	30 Week 1.5 – 5:00p	1 Week 1.5 -4:00p & 5:00p	2	3 BBC- 10:00a
5 Week 2 – 5:00p	6 Week 2 – 4:00p & 5:00p	7 Week 2.5 - 5:00p	8 Week 2.5 – 4:00p & 5:00p	9	10 BBC- 10:00a
12 NO CLASS INDIGENOUS PEOPLES COLUMBUS DAY	13 Week 3 – 4:00p & 5:00p	14 Week 3.5 – 5:00p	15 Week 3.5 – 4:00p & 5:00p	16	17 BBC- 10:00a
19 Week 4– 5:00p	20 Week 4 – 5:00p	21 Week 4.5 – 5:00p	22 Week 4.5 – 5:00p	23	24 GRACIE GAME DAY 10 AM-12 PM
26 Week 1 – 5:00p	27 Week 1– 4:00p & 5:00p	28 Week 1.5 – 5:00p	29 Week 1.5 -4:00p & 5:00p	30	31 BBC- 10:00a
2 Week 2 – 5:00	3 Week 2– 4:00 & 5:00	4 Week 2.5 – 5:00	5 Week 2.5 – 4:00 & 5:00	6	7 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	Earthquake Spider Kid
Week 2	Super Save Shark Bite
Week 3	Earthquake Bulldozer
Week 4	Super Save Crazy Horse

October 2026 Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Class 7 – 4:00p Level 1	29	30 Class 7.5 – 4:00p Level 2	1	2	3
5 Class 1 – 4:00p Level 1	6	7 Class 1.5 – 4:00p Level 2	8	9	10
12 NO CLASS INDIGENOUS PEOPLES COLUMBUS DAY	13	14 Class 2.5 – 4:00p Level 2	15	16	17
19 Class 3 – 4:00p Level 1	20	21 Class 3.5 – 4:00p Level 1	22	23	24 GRACIE GAME DAY 10 AM-12 PM
26 Class 4 – 4:00p Level 1	27	28 Class 4.5 – 4:00p Level 2	29	30	31
2 Class 5 – 4:00p Level 1	3	4 Class 5.5 – 4:00p Level 2	5	6	7

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