

# Jr. Grapplers/Gracie Teens

| Day/Week   | Techniques                                                                                  |
|------------|---------------------------------------------------------------------------------------------|
| 1 (M/T)    | Take the Back (Head & Arm Control) (GU 28)<br>Standing: Haymaker P.D (A) (GU 27)            |
| 1.5 (W/Th) | T.T.B (Create the angle/final getup (GU 28)<br>Standing: Rear Takedown (GU 26)              |
| 2 (M/T)    | Double Ankle Sweep (Kick Var.) (GU 18)<br>Standing: Haymaker P.D (GU27) R.TD (GU 26)        |
| 2.5 (W/Th) | Straight Armlock (Basic Prep/High Var)(GU 17)<br>Standing: Haymaker P.D (GU27) R.TD (GU 26) |
| 3 (M/T)    | High Mount (BBS1)<br>Guard Pull                                                             |
| 3.5 (W/Th) | High Mount (BBS1)<br>Guard Pull                                                             |
| 4 (M/T)    | <b>JIU-JITSU FLOWS/BULLY BATTLE/SUMO</b>                                                    |
| 4.5 (W/Th) | <b>JIU-JITSU FLOWS/BULLY BATTLE/SUMO</b>                                                    |

| August 2026 – <b>Guard Focus</b> |                              |                        |                                |        |                                 |
|----------------------------------|------------------------------|------------------------|--------------------------------|--------|---------------------------------|
| Monday                           | Tuesday                      | Wednesday              | Thursday                       | Friday | Saturday                        |
| 3<br>Week 1 – 5:00p              | 4<br>Week 1 – 4:00p & 5:00p  | 5<br>Week 1.5 – 5:00p  | 6<br>Week 1.5 -4:00p & 5:00p   | 7      | 8<br>BBC- 10:00a                |
| 10<br>Week 2 – 5:00p             | 11<br>Week 2 – 4:00p & 5:00p | 12<br>Week 2.5 - 5:00p | 13<br>Week 2.5 – 4:00p & 5:00p | 14     | 15<br>BBC- 10:00a               |
| 17<br>Week 3 – 5:00p             | 18<br>Week 3 – 4:00p & 5:00p | 19<br>Week 3.5 – 5:00p | 20<br>Week 3.5 – 4:00p & 5:00p | 21     | 22<br>BBC- 10:00a               |
| 24<br>Week 4 – 5:00p             | 25<br>Week 4 – 5:00p         | 26<br>Week 4.5 – 5:00p | 27<br>Week 4.5 – 5:00p         | 28     | 29<br>BBC- 10:00a<br><b>GGD</b> |
| 31<br>Week 1 – 5:00p             | 1<br>Week 1– 4:00p & 5:00p   | 2<br>Week 1.5 – 5:00p  | 3<br>Week 1.5 -4:00p & 5:00p   | 4      | 5<br>BBC- 10:00a                |
| 7<br>Week 2 – 5:00               | 8<br>Week 2– 4:00 & 5:00     | 9<br>Week 2.5 – 5:00   | 10<br>Week 2.5 – 4:00 & 5:00   | 11     | 12<br>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

| Classes | Gracie Games                                          |
|---------|-------------------------------------------------------|
| 1       | <b>Base Battle (GU 7)</b><br>Spider Kid (GU 1)        |
| 2       | <b>Tackle the Giant</b> (GU 5)<br>Shark Bite (GU 2)   |
| 3       | <b>Base Battle (GU 7)</b><br>Bulldozer (GU 3)         |
| 4       | <b>Tackle the Giant</b> (GU 5)<br>Crazy Horse (GU 4)  |
| 5       | <b>Base Battle (GU 7)</b><br>Crocodile Control (GU 6) |
| 6       | <b>Tackle the Giant</b> (GU 5)<br>Snake Bite (GU 7)   |
| 7       | <b>Base Battle (GU 7)</b><br>Guard Monster (GU 8)     |
| 8       | <b>Tackle the Giant</b> (GU 5)<br>Crazy Legs (GU 9)   |

| August 2026                      |         |                                    |          |        |           |
|----------------------------------|---------|------------------------------------|----------|--------|-----------|
| Monday                           | Tuesday | Wednesday                          | Thursday | Friday | Saturday  |
| 3<br>Class 7 – 4:00p<br>Level 1  | 4       | 5<br>Class 7.5 – 4:00p<br>Level 2  | 6        | 7      | 8         |
| 10<br>Class 8 – 4:00p<br>Level 1 | 11      | 12<br>Class 8.5 – 4:00p<br>Level 2 | 13       | 14     | 15        |
| 17<br>Class 1 – 4:00p<br>Level 1 | 18      | 19<br>Class 1.5 – 4:00p<br>Level 2 | 20       | 21     | 22        |
| 24<br>Class 2 – 4:00p<br>Level 1 | 25      | 26<br>Class 2.5 – 4:00p<br>Level 1 | 27       | 28     | 29<br>GGD |
| 31<br>Class 3 – 4:00p<br>Level 1 | 1       | 2<br>Class 3.5 – 4:00p<br>Level 2  | 3        | 4      | 5         |
| 7<br>Class 4 – 4:00p<br>Level 1  | 8       | 9<br>Class 4.5 – 4:00p<br>Level 2  | 10       | 11     | 12        |

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