

BULLYPROOF – JR GRAPPLERS/GRACIE TEENS

Day/Week	Techniques
1 (M/T)	Headlock Escape 1 (Standard) (GU 16) Standing Armlock (GU 31)
1.5 (W/Th)	Position Control (Roll/Guard Prev) (GU 11) Standing Armlock (GU 31)
2 (M/T)	Straight Armlock (Side Variation) (GU 8) Standing Armlock (GU 31)
2.5 (W/Th)	Elbow Escape (Side Variation) (GU 30) Standing Armlock (GU 31)
3 (M/T)	Bull Fighter Pass Double Leg Takedown (Takedown Chain)
3.5 (W/Th)	Bull Fighter Pass Double Leg Takedown (Takedown Chain)
4 (M/T)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO

June 2026 – Side Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Memorial Day No Classes	26 Week 4 – 4:00p & 5:00p	27 Week 4.5 – 5:00p	28 Week 4.5 -4:00p & 5:00p	29	30 Adult & Youth Summer Belt Ceremony
1 Week 1 – 5:00p	2 Week 1 – 4:00p & 5:00p	3 Week 1.5 - 5:00p	4 Week 1.5 – 4:00p & 5:00p	5	6 BBC- 10:00a
8 Week 2 – 5:00p	9 Week 2 – 4:00p & 5:00p	10 Week 2.5 – 5:00p	11 Week 2.5 – 4:00p & 5:00p	12	13 BBC- 10:00a
15 Week 3 – 5:00p	16 Week 3 – 4:00p & 5:00p	17 Week 3.5 – 5:00p	18 Week 3.5 -4:00p & 5:00p	19	20 BBC- 10:00a
22 Week 4 – 4:00p & 5:00p	23 Week 4 – 4:00p & 5:00p	24 Week 4.5 – 5:00p	25 Week 4.5 -4:00p & 5:00p	26	27 BBC- 10:00a
29 Week 1 – 5:00	30 Week 1– 4:00 & 5:00	1 Week 1.5 – 5:00	2 Week 1.5 – 4:00 & 5:00	3	4 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.

BULLYPROOF - LITTLE CHAMPS

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

June 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
25 Memorial Day No Classes	26	27 Class 6 – 4:00p Level 2	28	29	30 Adult & Youth Summer Belt Ceremony
1 Class 7 – 4:00p Level 1	2	3 Class 7.5– 4:00p Level 2	4	5	6
8 Class 8– 4:00p Level 1	9	10 Class 8.5 – 4:00p Level 2	11	12	13
15 Class 1– 4:00p Level 1	16	17 Class 1.5 – 4:00p Level 2	18	19	20
22 Class 2– 4:00p Level 1	23	24 Class 2.5 – 4:00p Level 2	25	26	27
29 Class 3– 4:00p Level 1	30	1 Class 3.5– 4:00p Level 2	2	3	4

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