

# BULLYPROOF – JR GRAPPLERS/GRACIE TEENS

Day/Week	Techniques
1 (M/T)	Twisting Arm Control (Basic App) (GU 32) Clinch (C) (GU 13)
1.5 (W/Th)	Twisting Arm Control (Armlock finish) (GU 32) B.F.T. (GU 12)
2 (M/T)	SPRING BREAK
2.5 (W/Th)	SPRING BREAK
3 (M/T)	Elbow Escape (Standard) (GU 10) Clinch (C) (GU 13)B.F.T. (GU 12)
3.5 (W/Th)	Week 1 & 3 Review
4 (M/T)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO

April 2026 – Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Week 1 – 5:00p	31 Week 1 – 4:00p & 5:00p	1 Week 1.5 – 5:00p	2 Week 1.5 -4:00p & 5:00p	3	4 BBC- 10:00a
6 Week 2 – 5:00p	7 Week 2 – 4:00p & 5:00p	8 Week 2.5 - 5:00p	9 Week 2.5 – 4:00p & 5:00p	10	11 BBC- 10:00a
13 Spring Break	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break
20 Week 3 – 5:00p	21 Week 3 – 4:00p & 5:00p	22 Week 3.5 – 5:00p	23 Week 3.5 -4:00p & 5:00p	24	25 Gracie Game Day Tentative
27 Week 4 – 5:00p	28 Week 4 – 4:00p & 5:00p	29 Week 4.5 – 5:00p	30 Week 4.5 -4:00p & 5:00p	1	2 BBC- 10:00a
4 Week 1 – 5:00	5 Week 1– 4:00 & 5:00	6 Week 1.5 – 5:00	7 Week 1.5 – 4:00 & 5:00	8	9 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)

April 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Class 8– 4:00p Level 1	31	1 Class 8.5– 4:00p Level 2	2	3	4
6 Class 1– 4:00p Level 1	7	8 Class 1.5– 4:00p Level 2	9	10	11
13 Spring Break	14 Spring Break	15 Spring Break	16 Spring Break	17 Spring Break	18 Spring Break
20 Class 2– 4:00p Level 1	21	22 Class 2.5– 4:00p Level 2	23	24	25 Gracie Game Day Tentative
27 Class 3– 4:00p Level 1	28	29 Class 3.5– 4:00p Level 2	30	1	2
4 Class 4– 4:00p Level 1	5	6 Class 4.5– 4:00p Level 2	7	8	9

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