

BULLYPROOF – JR GRAPPLERS/GRACIE TEENS

Day/Week	Techniques
1 (M/T)	Positional Control (Roll/Guard Prev) (GU 11) D.L.T.D (C) (Basic App) (GU 15)
1.5 (W/Th)	Positional Control (Mount Trans) (GU 11) D.L.T.D (C) (GU 15)
2 (M/T)	Straight Armlock (Side Variation) (GU 8) D.L.T.D (C) (GU 15)
2.5 (W/Th)	Shrimp Escape (Block & Shoot) (GU 21) D.L.T.D (C) (GU 15)
3 (M/T)	Sport Guard Pull (Ground & Standing)
3.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4 (M/T)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO
4.5 (W/Th)	JIU-JITSU FLOWS/BULLY BATTLE/SUMO

March 2026 – Side Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Week 1 – 5:00p	3 Week 1 – 4:00p & 5:00p	4 Week 1.5 – 5:00p	5 Week 1.5 -4:00p & 5:00p	6	7 BBC- 10:00a
9 Week 2 – 5:00p	10 Week 2 – 4:00p & 5:00p	11 Week 2.5 - 5:00p	12 Week 2.5 – 4:00p & 5:00p	13	14 BBC- 10:00a
16 Week 3 – 5:00p	17 Week 3 – 4:00p & 5:00p	18 Week 3.5 – 5:00p	19 Week 3.5 -4:00p & 5:00p	20	21 BBC- 10:00a FREE Gracie Jiu-Jitsu 101 Self- Defense Seminar 11:30a-1:30p
23 Week 4 – 5:00p	24 Week 4 – 4:00p & 5:00p	25 Week 4.5 – 5:00p	26 Week 4.5 -4:00p & 5:00p	27	28 BBC- 10:00a
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 – 5:00	7 Week 2– 4:00 & 5:00	8 Week 2.5 – 5:00	9 Week 2.5 – 4:00 & 5:00	10	11 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)

March 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Class 4- 4:00p Level 1	3	4 Class 4.5- 4:00p Level 2	5	6	7
9 Class 5- 4:00p Level 1	10	11 Class 5.5- 4:00p Level 2	12	13	14
16 Class 6- 4:00p Level 1	17	18 Class 6.5- 4:00p Level 2	19	20	21 FREE Gracie Jiu-Jitsu 101 Self- Defense Seminar 11:30a-1:30p
23 Class 7- 4:00p Level 1	24	25 Class 7.5- 4:00p Level 2	26	27	28
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

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