

22 Classes	33 Essential Techniques
1	<b>Trap and Roll Escape – Mount</b> (GU 1)* Leg Hook Takedown (GU 5)
2	<b>Americana Armlock – Mount</b> (GU 2) Clinch (Aggressive Opponent) (GU 6)
3	<b>Positional Control – Mount</b> (GU 3) Body Fold Takedown (GU 12)
4	<b>Take the Back</b> (GU 4) Clinch Conservative Opp (GU 13)
5	<b>Punch Block Series (1-4) – Guard</b> (GU 7) Double Leg Takedown (GU 15)
6	<b>Straight Armlock – Mount</b> (GU 8) Pull Guard (GU 19)
7	<b>Elevator Sweep – Guard</b> (GU 9) Standing Headlock Defense Defense (GU 23)
8	<b>Elbow Escape – Mount</b> (GU 10) Rear Takedown (GU 26)
9	<b>Positional Control – Side Mount</b> (GU 11) Haymaker Punch Defense (GU 27)
10	<b>Headlock Counters – Mount</b> (GU 14) Guillotine Defense (GU 29)
11	<b>Headlock Escape 1 – Side Mount</b> (GU 16) Standing Armlock (GU 31)
12	<b>Straight Armlock – Guard</b> (GU 17) Leg Hook Takedown (GU 5)
13	<b>Double Ankle Sweep – Guard</b> (GU 18) Clinch (Aggressive Opponent) (GU 6)
14	<b>Headlock Escape 2 – Side Mount</b> (GU 20) Body Fold Takedown (GU 12)
15	<b>Shrimp Escape – Side Mount</b> (GU 21) Clinch (Conservative Opponent) (GU 13)
16	<b>Kimura Armlock – Guard</b> (GU 22) Double Leg Takedown (Aggressive) (GU 15)
17	<b>Punch Block Series (5) – Guard</b> (GU 24) Pull Guard (GU 19)
18	<b>Hook Sweep – Guard</b> (GU 25) Standing Headlock Defense (GU 23)
19	<b>Take the Back – Guard</b> (GU 28) Rear Takedown (GU 26)
20	<b>Elbow Escape – Side Mount</b> (GU 30) Haymaker Punch Defense (GU 27)
21	<b>Twisting Arm Control – Mount</b> (GU 32) Guillotine Defense (GU 29)
22	<b>Double Underhook Pass – Guard</b> (GU 33) Standing Armlock (GU 31)



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May 2026					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 4	5	6 3:30PM Little Champs Gracie Games 5  4:45PM Jr. Grapplers Class 13	7	8 4:00PM Little Champs Gracie Games 1  5:15PM Jr. Grapplers Class 14	9
11 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 2	12	13 3:30PM Little Champs Gracie Games 3  4:45PM Jr. Grapplers Class 15	14	15 4:00PM Little Champs Gracie Games 4  5:15PM Jr. Grapplers Class 16	16
18 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 5	19	20 3:30PM Little Champs Gracie Games 1  4:45PM Jr. Grapplers Class 17	21	22 4:00PM Little Champs Gracie Games 2  5:15PM Jr. Grapplers Class 18	23
25 Memorial Day No Class	26	27 3:30PM Little Champs Gracie Games 3  4:45PM Jr. Grapplers Class 19	28	29 4:00PM Little Champs Gracie Games 4  5:15PM Jr. Grapplers Class 20	30
JUNE 1 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 5	2	3 3:30PM Little Champs Gracie Games 1  4:45PM Jr. Grapplers Class 21	4	5 4:00PM Little Champs Gracie Games 2  5:15PM Jr. Grapplers Class 22	6

**Little Champs Gracie Games:**

1. Spider Kid and Shark Bite
2. Bulldozer and Crazy Horse
3. Tackle the Giant and Crocodile Control
4. Base Battle and Snake Bite
5. Guard Monster and Crazy Legs

**Log-on & Boost Progress!**

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