

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 2025					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 5 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 5	6	7 4:00PM Little Champs Gracie Games 1  5:15PM Jr. Grapplers Class 8	8	9 4:00PM Little Champs Gracie Games 2  5:15PM Jr. Grapplers Class 9	10
12 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 3	13	14 4:00PM Little Champs Gracie Games 4  5:15PM Jr. Grapplers Class 10	15	16 4:00PM Little Champs Gracie Games 5  5:15PM Jr. Grapplers Class 11	17
19 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 1	20	21 4:00PM Little Champs Gracie Games 2  5:15PM Jr. Grapplers Class 12	22	23 4:00PM Little Champs Gracie Games 3  5:15PM Jr. Grapplers Class 13	24
26 No Class Memorial Day	27	28 4:00PM Little Champs Gracie Games 4  5:15PM Jr. Grapplers Class 14	29	30 4:00PM Little Champs Gracie Games 5  5:15PM Jr. Grapplers Class 15	31
JUNE 2 4:00PM Black Belt Club  5:15PM Little Champs Gracie Games 1	3	4 4:00PM Little Champs Gracie Games 2  5:15PM Jr. Grapplers Class 16	5	6 4:00PM Little Champs Gracie Games 3  5:15PM Jr. Grapplers Class 17	7

#### 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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