

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



www.graciesaratoga.com | (408) 343-8352 | graciesaratoga@gmail.com

| April 2026   |         |  |          |   |          |
|--|---------|--|----------|---|----------|
| MONDAY   | TUESDAY | WEDNESDAY  | THURSDAY | FRIDAY  | SATURDAY |
| 30<br>4:00PM Black Belt Club<br><br>5:15PM Little Champs<br>Gracie Games 5 | 31      | Apr 1<br>3:30PM Little Champs<br>Gracie Games 1<br><br>4:45PM Jr. Grapplers<br>Class 4 | 2        | 3<br>Easter Weekend<br>No Class   | 4        |
| 6<br>4:00PM Black Belt Club<br><br>5:15PM Little Champs<br>Gracie Games 2  | 7       | 8<br>3:30PM Little Champs<br>Gracie Games 3<br><br>4:45PM Jr. Grapplers<br>Class 5     | 9        | 10<br>4:00PM Little Champs<br>Gracie Games 4<br><br>5:15PM Jr. Grapplers<br>Class 6     | 11       |
| 13<br>4:00PM Black Belt Club<br><br>5:15PM Little Champs<br>Gracie Games 5 | 14      | 15<br>3:30PM Little Champs<br>Gracie Games 1<br><br>4:45PM Jr. Grapplers<br>Class 7    | 16       | 17<br>4:00PM Little Champs<br>Gracie Games 2<br><br>5:15PM Jr. Grapplers<br>Class 8     | 18       |
| 20<br>4:00PM Black Belt Club<br><br>5:15PM Little Champs<br>Gracie Games 3 | 21      | 22<br>3:30PM Little Champs<br>Gracie Games 4<br><br>4:45PM Jr. Grapplers<br>Class 9    | 23       | 24<br>4:00PM Little Champs<br>Gracie Games 5<br><br>5:15PM Jr. Grapplers<br>Class 10    | 25       |
| 27<br>4:00PM Black Belt Club<br><br>5:15PM Little Champs<br>Gracie Games 1 | 28      | 29<br>3:30PM Little Champs<br>Gracie Games 2<br><br>4:45PM Jr. Grapplers<br>Class 11   | 30       | MAY 1<br>4:00PM Little Champs<br>Gracie Games 3<br><br>5:15PM Jr. Grapplers<br>Class 12 | 2        |

**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!**

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 Gracie Academy student services representative.