



| LITTLE CHAMPS (Ages 5-7)  |                                 |
|---------------------------|---------------------------------|
| LC Class                  | Gracie Games                    |
| 1                         | Spiderkid                       |
| 2                         | Shark Bite                      |
| 3                         | Bulldozer                       |
| 4                         | Crazy Horse                     |
| 5                         | Tackle the Giant                |
| 6                         | Crocodile Control               |
| 7                         | Base Battle                     |
| 8                         | Snake Bite                      |
| 9                         | Guard Monster                   |
| 10                        | Crazy Legs                      |
| JR. GRAPPLERS (Ages 8-12) |                                 |
| JG Class                  | 33 Essential Techniques         |
| 1                         | Trap and Roll Escape – Mount    |
| 2                         | Americana Armlock – Mount       |
| 3                         | Positional Control – Mount      |
| 4                         | Take the Back + R.N.C. – Mount  |
| 5                         | Leg Hook Takedown               |
| 6                         | Clinch (Aggressive Opponent)    |
| 7                         | Punch Block Series (1-4)        |
| 8                         | Straight Armlock – Mount        |
| 9                         | Elevator Sweep                  |
| 10                        | Elbow Escape – Mount            |
| 11                        | Positional Control – Side Mount |
| 12                        | Body Fold Takedown              |
| 13                        | Clinch (Conservative Opponent)  |
| 14                        | Headlock Counters - Mount       |
| 15                        | Double Leg Takedown             |
| 16                        | Headlock Escape 1               |
| 17                        | Straight Armlock (Guard)        |
| 18                        | Double Ankle Sweep              |
| 19                        | Pull Guard                      |
| 20                        | Headlock Escape 2               |
| 21                        | Shrimp Escape                   |
| 22                        | Standing Headlock Defense       |
| 23                        | Standing Headlock Defense       |
| 24                        | Punch Block Series (Stage 5)    |
| 25                        | Hook Sweep                      |
| 26                        | Rear Takedown                   |
| 27                        | Haymaker Punch Defense          |
| 28                        | Take the Back                   |
| 29                        | Guillotine Defense              |
| 30                        | Elbow Escape (Side Mount)       |
| 31                        | Standing Armlock                |
| 32                        | Twisting Arm Control            |
| 33                        | Double Underhook Guard Pass     |

| July 2025 – LITTLE CHAMPS & JR. GRAPPLERS |                             |                            |                             |                             |                 |          |
|-------------------------------------------|-----------------------------|----------------------------|-----------------------------|-----------------------------|-----------------|----------|
| Sunday                                    | Monday                      | Tuesday                    | Wednesday                   | Thursday                    | Friday          | Saturday |
|                                           |                             | 1<br>LC Class 1 - 5:00 pm  | 2<br>JG Class 15 - 5:00 pm  | 3<br>LC Class 2 - 5:00 pm   | 4<br>**CLOSED** | 5        |
| 6                                         | 7<br>JG Class 16 - 5:00 pm  | 8<br>LC Class 3 - 5:00 pm  | 9<br>JG Class 17 - 5:00 pm  | 10<br>LC Class 4 - 5:00 pm  | 11              | 12       |
| 13                                        | 14<br>JG Class 18 - 5:00 pm | 15<br>LC Class 5 - 5:00 pm | 16<br>JG Class 19 - 5:00 pm | 17<br>LC Class 6 - 5:00 pm  | 18              | 19       |
| 20                                        | 21<br>JG Class 20 - 5:00 pm | 22<br>LC Class 7 - 5:00 pm | 23<br>JG Class 21 - 5:00 pm | 24<br>LC Class 8 - 5:00 pm  | 25              | 26       |
| 27                                        | 28<br>JG Class 22 - 5:00 pm | 29<br>LC Class 9 - 5:00 pm | 30<br>JG Class 23 - 5:00 pm | 31<br>LC Class 10 - 5:00 pm |                 |          |

gracietcmadison.com | 9076 Madison Blvd, Ste C | 256-631-4731 | info@gracietcmadison.com