Gracie BULLYPROOF®

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

November 2026 – LITTLE CHAMPS & JR. GRAPPLERS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 **JG Class 11** - 5:00 pm	3 **LC Class 5** - 5:00 pm	4 **JG Class 12** - 5:00 pm	5 **LC Class 6** - 5:00 pm	6	7
8	9 **JG Class 13** - 5:00 pm	10 **LC Class 7** - 5:00 pm	11 **JG Class 14** - 5:00 pm	12 **LC Class 8** - 5:00 pm	13	14
15	16 **JG Class 15** - 5:00 pm	17 **LC Class 9** - 5:00 pm	18 **JG Class 16** - 5:00 pm	19 **LC Class 10** - 5:00 pm	20	21
22	23 **JG Class 17** - 5:00 pm	24 **LC Class 1** - 5:00 pm	25 **JG Class 18** - 5:00 pm	26 ****CLOSED****	27 ****CLOSED****	28 ****CLOSED****
29	30 **JG Class 19** - 5:00 pm					

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