

Bullyproof	
16 Classes	Jr Grapplers U11-14
1	Trap and Roll Escape- GG 1 + GG 8 Leg Hook Takedown- JC 5
2	Americana Armlock – JC 2 Clinch Entry- JC 6
3	Mount Control – GG 1 + JC 3 Body Fold Takedown -JC 12
4	Back Mount Control – GG 4 + JC 4 Rear Naked Choke
5	Guard Control - Punch Block- GG 9 + JC 7
6	Armbar – Mount -JC 8 Leg Hook Takedown- JC 5
7	Elbow Escape –JC 10
8	Side Mount Control- GG 6 + JC 11 Knee on Belly Control
9	Headlock Counters Rear Takedown- JC26
10	Headlock Escape Double Leg Takedown- JC15
11	Armbar – Guard- JC 17 Clinch Entry - JC 13
12	Double Ankle Sweep – JC18 Haymaker Punch Defense- JC27
13	Twisting Arm Control -JC32 Body Fold Takedown- JC12
14	Shrimp Escape JC21 Leg Hook Takedown -JC5
15	Hook Sweep – JC 25 Double Leg Takedown- GG 5
16	Double Underhook Pass – JC33
8 Classes	Lil Champs U9
1	Spider kid - GG1 Pull the tree
2	Shark Bite - GG2 Pie in the face
3	Bulldozer - GG3 Rear Takedown
4	Crazy Horse - GG4 Base Battle – GG7
5	Crocodile Control – GG6 Tackle the Giant
6	Snake Bite – GG8 Helicopter
7	Guard Monster – GG9
8	Crazy Legs – GG10 Pull the tree

Bullyproof Jiu-Jitsu®

The Best of Gracie Jiu-Jitsu

August 2025					
Chapter: Citizenship Gracie Game Day: Citizenship on Sept 7, 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28 Jr Grapplers • Cls 2 5:15 pm - 6:15 pm Black Belt Club Back Mount 6:15 pm - 7:15 pm	29 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 4 5:45 pm - 6:30 pm	30 Black Belt Club Back Mount 5:15 pm - 6:15 pm	31 Jr Grapplers • Cls 3 5:15 pm - 6:15 pm	August 1	2 Closed for Civic Holiday
4 Closed for Civic Holiday	5 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 5 5:45 pm - 6:30 pm	6 Black Belt Club Mount 5:15 pm - 6:15 pm	7 Jr Grapplers • Cls 5 5:15 pm - 6:15 pm	8	9 Little Champs • Cls 5 1:00 pm – 1:45 pm Jr Grapplers • Cls 4 1:45 pm - 2:45 pm
11 Jr Grapplers • Cls 6 5:15 pm - 6:15 pm Black Belt Club Side Mount 6:15 pm - 7:15 pm	12 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 6 5:45 pm - 6:30 pm	13 Black Belt Club Side Mount 5:15 pm - 6:15 pm	14 Jr Grapplers • Cls 7 5:15 pm - 6:15 pm	15	16 Little Champs • Cls 6 1:00 pm – 1:45 pm Jr Grapplers • Cls 6 1:45 pm - 2:45 pm
18 Jr Grapplers • Cls 8 5:15 pm - 6:15 pm Black Belt Club Guard 6:15 pm - 7:15 pm	19 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 7 5:45 pm - 6:30 pm	20 Black Belt Club Guard 5:15 pm - 6:15 pm	21 Jr Grapplers • Cls 9 5:15 pm - 6:15 pm	22	23 Little Champs • Cls 7 1:00 pm – 1:45 pm Jr Grapplers • Cls 8 1:45 pm - 2:45 pm
25 Jr Grapplers • Cls 10 5:15 pm - 6:15 pm Black Belt Club Half Guard 6:15 pm - 7:15 pm	26 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 8 5:45 pm - 6:30 pm	27 Black Belt Club Half Guard 5:15 pm - 6:15 pm	28 Jr Grapplers • Cls 11 5:15 pm - 6:15 pm	29	30 Closed for Labour Day

Gracie Bullyproof

Although there are over 600 techniques in Gracie Jiu-Jitsu studies of real fights have shown that 35 techniques have been used more often and with greater success than all the other techniques combined. These 35 techniques were divided into 23 different classes (left) to make up the Jr Grapplers Course. All 23 classes can be completed in any order.

Mat Munchkins (MM) U5: Ages 3 & 4

Lil Champs (LC) U8: Ages 5 – 7

Jr Grapplers (JG): Ages 7 – 13

Black Belt Club (BBC): Ages 9 – 13, Application Only