

# Bullyproof Jiu-Jitsu®

*The Best of Gracie Jiu-Jitsu*

<b>Bullyproof</b>	
<b>23</b>	<b>36 Essential Techniques</b>
<b>Classes</b>	
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<b>April 2024</b>					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
April 1 Jr Grappler U14 5:15 pm - 6:15 pm Black Belt Club 6:15 pm - 7:15 pm	2 Mat Munchikins 4:45 pm - 5:15 pm LC 5:15 pm - 6:00 pm JG11 6:00 pm-6:45 pm	3 Jr Grappler U14 5:15 pm - 6:15 pm	4 Lil Champ U8 5:15 pm - 6:00 pm Jr Grapplers U11 6:00 pm - 6:45 pm	5	6
8 Jr Grappler U14 5:15 pm - 6:15 pm Black Belt Club 6:15 pm - 7:15 pm	9 Mat Munchikins 4:45 pm - 5:15 pm LC 5:15 pm - 6:00 pm JG11 6:00 pm-6:45 pm	10 Jr Grappler U14 5:15 pm - 6:15 pm	11 Lil Champ U8 5:15 pm - 6:00 pm Jr Grapplers U11 6:00 pm - 6:45 pm	12	13
15 Jr Grappler U14 5:15 pm - 6:15 pm Black Belt Club 6:15 pm - 7:15 pm	16 Mat Munchikins 4:45 pm - 5:15 pm LC 5:15 pm - 6:00 pm JG11 6:00 pm-6:45 pm	17 Jr Grappler U14 5:15 pm - 6:15 pm	18 Lil Champ U8 5:15 pm - 6:00 pm Jr Grapplers U11 6:00 pm - 6:45 pm	19	20
22 Jr Grappler U14 5:15 pm - 6:15 pm Black Belt Club 6:15 pm - 7:15 pm	23 Mat Munchikins 4:45 pm - 5:15 pm LC 5:15 pm - 6:00 pm JG11 6:00 pm-6:45 pm	24 Jr Grappler U14 5:15 pm - 6:15 pm	25 Lil Champ U8 5:15 pm - 6:00 pm Jr Grapplers U11 6:00 pm - 6:45 pm	26	27
29 Jr Grappler U14 5:15 pm - 6:15 pm Black Belt Club 6:15 pm - 7:15 pm	30 Mat Munchikins 4:45 pm - 5:15 pm LC 5:15 pm - 6:00 pm JG11 6:00 pm-6:45 pm	May 1 Jr Grappler U14 5:15 pm - 6:15 pm	2 Lil Champ U8 5:15 pm - 6:00 pm Jr Grapplers U11 6:00 pm - 6:45 pm	3	4

## 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 (JG11) U11:** Ages 8 – 10

**Jr Grapplers (JG14) U14:** Ages 11 – 13

**Black Belt Club (BBC):** Ages 10-13, Invitation Only