Bullyproof Jiu-Jitsu®

The Best of Gracie Jiu-Jitsu

Bullyproof					
23 Classe s	36 Essential Techniques				
1	Trap and Roll Escape – Mount Leg Hook Takedown				
2	Americana Armlock – Mount Clinch (Aggressive Opponent)				
3	Positional Control – Mount Body Fold Takedown				
4	Take the Back + R.N.C. – Mount Clinch (Conservative Opponent)				
5	Punch Block Series (1-4) – Guard Guillotine Choke (Standing)				
6	Straight Armlock – Mount Guillotine Defense				
7	Triangle Choke – Guard Haymaker Punch Defense				
8	Elevator Sweep – Guard Rear Takedown				
9	Elbow Escape – Mount Pull Guard				
10	Positional Control – Side Mount Double Leg Takedown (Aggressive)				
11	Headlock Counters – Mount Standing Headlock Defense				
12	Headlock Escape 1 – Side Mount Standing Armlock				
13	Straight Armlock – Guard Clinch (Aggressive Opponent)				
14	Double Ankle Sweep – Guard Guillotine Choke (Guard Pull)				
15	Headlock Escape 2 – Side Mount Clinch (Conservative Opponent)				
16	Shrimp Escape – Side Mount Body Fold Takedown				
17	Kimura Armlock – Guard Leg Hook Takedown				
18	Punch Block Series (5) – Guard Haymaker Punch Defense				
19	Hook Sweep – Guard Guillotine Defense				
20	Take the Back – Guard Standing Headlock Defense				
21	Elbow Escape – Side Mount Pull Guard				
22	Twisting Arm Control – Mount Rear Takedown				
23	Double Underhook Pass – Guard Double Leg Takedown (Conservative)				

April 2024							
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 & 4Lil Champs (LC) U8: Ages 5 - 7Jr Grapplers (JG11) U11: Ages 8 - 10Jr Grapplers (JG14) U14: Ages 11 - 13Black Belt Club (BBC): Ages 10-13, Invitation Only