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

November 2026
Chapter: Caring

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
November 2 **Jr Grapplers–Cls 16** 5:15 pm - 6:15 pm **Black Belt Club Standing** 6:15 pm - 7:15 pm	3 **Mat Munckins** 5:15 pm - 5:45 pm **Little Champs–Cls 1** 5:50 pm - 6:35 pm	4 **Jr Grapplers • Cls 1** 5:15 pm - 6:15 **Black Belt Club Standing** 6:15 pm - 7:15 pm	5 **Little Champs–Cls 2** 5:15 pm - 6:00 pm	6	7 **Little Champs–Cls 1/2** 1:00 pm – 1:45 pm **Jr Grapplers–Cls 16/1** 1:50 pm - 2:50 pm
9 **Jr Grapplers–Cls 2** 5:15 pm - 6:15 pm **Black Belt Club Mount** 6:15 pm - 7:15 pm	10 **Mat Munckins** 5:15 pm - 5:45 pm **Little Champs–Cls 3** 5:50 pm - 6:35 pm	11 **Closed for Remembrance Day**	12 **Little Champs–Cls 4** 5:15 pm - 6:00 pm	13	14 **Little Champs–Cls 3/4** 1:00 pm – 1:45 pm **Jr Grapplers–Cls 2** 1:50 pm - 2:50 pm
16 **Jr Grapplers–Cls 3** 5:15 pm - 6:15 pm **Black Belt Club Side Mount** 6:15 pm - 7:15 pm	17 **Mat Munckins** 5:15 pm - 5:45 pm **Little Champs–Cls 5** 5:50 pm - 6:35 pm	18 **Jr Grapplers • Cls 4** 5:15 pm - 6:15 **Black Belt Club Sidemount** 6:15 pm - 7:15 pm	19 **Little Champs–Cls 6** 5:15 pm - 6:00 pm	20	21 **Little Champs–Cls 5/6** 1:00 pm – 1:45 pm **Jr Grapplers–Cls 3/4** 1:50 pm - 2:50 pm
23 **Jr Grapplers–Cls 5** 5:15 pm - 6:15 pm **Black Belt Club Guard** 6:15 pm - 7:15 pm	24 **Mat Munckins** 5:15 pm - 5:45 pm **Little Champs–Cls 7** 5:50 pm - 6:35 pm	25 **Jr Grapplers • Cls 6** 5:15 pm - 6:15 **Black Belt Club Guard** 6:15 pm - 7:15 pm	26 **Little Champs–Cls 8** 5:15 pm - 6:00 pm	27	28 **Little Champs–Cls 7/8** 1:00 pm – 1:45 pm **Jr Grapplers–Cls 5/6** 1:50 pm - 2:50 pm
30 **Jr Grapplers–Cls 7** 5:15 pm - 6:15 pm **Black Belt Club Half-Guard** 6:15 pm - 7:15 pm	**December 1** **Mat Munckins** 5:15 pm - 5:45 pm **Little Champs–Cls 1** 5:50 pm - 6:35 pm	2 **Jr Grapplers • Cls 8** 5:15 pm - 6:15 **Black Belt Club Half-Guard** 6:15 pm - 7:15 pm	3 **Little Champs–Cls 2** 5:15 pm - 6:00 pm	4	5 **Little Champs–Cls 1/2** 1:00 pm – 1:45 pm **Jr Grapplers–Cls 7/8** 1:50 pm - 2:50 pm

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

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