

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

# Bullyproof Jiu-Jitsu®

*The Best of Gracie Jiu-Jitsu*

| <b>February 2026</b><br><b>Chapter: Responsibility   Gracie Game Day on March 1<sup>st</sup>, 2026</b>                             |                                                                                                      |                                                                        |                                                         |        |                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------------------------------|--------|--------------------------------------------------------------------------------------------------------------|
| Monday                                                                                                                             | Tuesday                                                                                              | Wednesday                                                              | Thursday                                                | Friday | Saturday                                                                                                     |
| February 2<br><b>Jr Grapplers • Cls 6</b><br>5:15 pm - 6:15 pm<br><b>Black Belt Club</b><br><b>Side Mount</b><br>6:15 pm - 7:15 pm | 3<br><b>Mat Munchkins</b><br>5:15 pm - 5:45 pm<br><b>Little Champs • Cls 6</b><br>5:45 pm - 6:30 pm  | 4<br><b>Black Belt Club</b><br><b>Side Mount</b><br>5:15 pm - 6:15 pm  | 5<br><b>Jr Grapplers • Cls 5</b><br>5:15 pm - 6:15 pm   | 6      | 7<br><b>Little Champs • Cls 6</b><br>1:00 pm – 1:45 pm<br><b>Jr Grapplers • Cls 6</b><br>1:45 pm - 2:45 pm   |
| 9<br><b>Jr Grapplers • Cls 8</b><br>5:15 pm - 6:15 pm<br><b>Black Belt Club</b><br><b>Guard</b><br>6:15 pm - 7:15 pm               | 10<br><b>Mat Munchkins</b><br>5:15 pm - 5:45 pm<br><b>Little Champs • Cls 7</b><br>5:45 pm - 6:30 pm | 11<br><b>Black Belt Club</b><br><b>Guard</b><br>5:15 pm - 6:15 pm      | 12<br><b>Jr Grapplers • Cls 7</b><br>5:15 pm - 6:15 pm  | 13     | 14<br><b>Little Champs • Cls 7</b><br>1:00 pm – 1:45 pm<br><b>Jr Grapplers • Cls 8</b><br>1:45 pm - 2:45 pm  |
| 16<br><b>Closed for Family Day</b>                                                                                                 | 17<br><b>Mat Munchkins</b><br>5:15 pm - 5:45 pm<br><b>Little Champs • Cls 8</b><br>5:45 pm - 6:30 pm | 18<br><b>Black Belt Club</b><br><b>Half Guard</b><br>5:15 pm - 6:15 pm | 19<br><b>Jr Grapplers • Cls 9</b><br>5:15 pm - 6:15 pm  | 20     | 21<br><b>Little Champs • Cls 8</b><br>1:00 pm – 1:45 pm<br><b>Jr Grapplers • Cls 10</b><br>1:45 pm - 2:45 pm |
| 23<br><b>Jr Grapplers • Cls 12</b><br>5:15 pm - 6:15 pm<br><b>Black Belt Club</b><br><b>Back Mount</b><br>6:15 pm - 7:15 pm        | 24<br><b>Mat Munchkins</b><br>5:15 pm - 5:45 pm<br><b>Little Champs • Cls 1</b><br>5:45 pm - 6:30 pm | 25<br><b>Black Belt Club</b><br><b>Standing</b><br>5:15 pm - 6:15 pm   | 26<br><b>Jr Grapplers • Cls 11</b><br>5:15 pm - 6:15 pm | 27     | 28<br><b>Little Champs • Cls 1</b><br>1:00 pm – 1:45 pm<br><b>Jr Grapplers • Cls 12</b><br>1:45 pm - 2:45 pm |
| March 2<br><b>Jr Grapplers • Cls 14</b><br>5:15 pm - 6:15 pm<br><b>Black Belt Club</b><br><b>Mount</b><br>6:15 pm - 7:15 pm        | 3<br><b>Mat Munchkins</b><br>5:15 pm - 5:45 pm<br><b>Little Champs • Cls 2</b><br>5:45 pm - 6:30 pm  | 4<br><b>Black Belt Club</b><br><b>Mount</b><br>5:15 pm - 6:15 pm       | 5<br><b>Jr Grapplers • Cls 13</b><br>5:15 pm - 6:15 pm  | 6      | 7<br><b>Little Champs • Cls 2</b><br>1:00 pm – 1:45 pm<br><b>Jr Grapplers • Cls 14</b><br>1:45 pm - 2:45 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