

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 2026 Chapter: CITIZENSHIP					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 3 Closed for Civic Holiday	4 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 7 5:45 pm - 6:30 pm	5 Black Belt Club (No-Gi) Freestyle 5:15 pm - 6:15 pm	6 Jr Grapplers • Cls 7 5:15 pm - 6:15	7	8 Little Champs • Cls 7 1:00 pm – 1:45 pm Jr Grapplers • Cls 8 1:45 pm - 2:45 pm
10 Jr Grapplers • Cls 10 5:15 pm - 6:15 pm Black Belt Club Half Guard 6:15 pm - 7:15 pm	11 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 8 5:45 pm - 6:30 pm	12 Black Belt Club (No-Gi) Half Guard 5:15 pm - 6:15 pm	13 Jr Grapplers • Cls 9 5:15 pm - 6:15 pm	14	15 Little Champs • Cls 8 1:00 pm – 1:45 pm Jr Grapplers • Cls 10 1:45 pm - 2:45 pm
17 Jr Grapplers • Cls 12 5:15 pm - 6:15 pm Black Belt Club Back Mount 6:15 pm - 7:15 pm	18 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 1 5:45 pm - 6:30 pm	19 Black Belt Club (No-Gi) Back Mount 5:15 pm - 6:15 pm	20 Jr Grapplers • Cls 11 5:15 pm - 6:15 pm	21	22 Little Champs • Cls 1 1:00 pm – 1:45 pm Jr Grapplers • Cls 12 1:45 pm - 2:45 pm
24 Jr Grapplers • Cls 14 5:15 pm - 6:15 pm Black Belt Club Leg Locks 6:15 pm - 7:15 pm	25 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 2 5:45 pm - 6:30 pm	26 Black Belt Club (No-Gi) Leg Locks 5:15 pm - 6:15 pm	27 Jr Grapplers • Cls 13 5:15 pm - 6:15 pm	28	29 Little Champs • Cls 2 1:00 pm – 1:45 pm Jr Grapplers • Cls 14 1:45 pm - 2:45 pm
31 Jr Grapplers • Cls 16 5:15 pm - 6:15 pm Black Belt Club Standing 6:15 pm - 7:15 pm	September 1 Mat Munchkins 5:15 pm - 5:45 pm Little Champs • Cls 3 5:45 pm - 6:30 pm	2 Black Belt Club (No-Gi) Standing 5:15 pm - 6:15 pm	3 Jr Grapplers • Cls 15 5:15 pm - 6:15 pm	4	5 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