

22 Classes	33 Essential Techniques
1	Trap and Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 5)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 6)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 12)
4	Take the Back (GU 4) Clinch Conservative Opp (GU 13)
5	Punch Block Series (1-4) – Guard (GU 7) Double Leg Takedown (GU 15)
6	Straight Armlock – Mount (GU 8) Pull Guard (GU 19)
7	Elevator Sweep – Guard (GU 9) Standing Headlock Defense Defense (GU 23)
8	Elbow Escape – Mount (GU 10) Rear Takedown (GU 26)
9	Positional Control – Side Mount (GU 11) Haymaker Punch Defense (GU 27)
10	Headlock Counters – Mount (GU 14) Guillotine Defense (GU 29)
11	Headlock Escape 1 – Side Mount (GU 16) Standing Armlock (GU 31)
12	Straight Armlock – Guard (GU 17) Leg Hook Takedown (GU 5)
13	Double Ankle Sweep – Guard (GU 18) Clinch (Aggressive Opponent) (GU 6)
14	Headlock Escape 2 – Side Mount (GU 20) Body Fold Takedown (GU 12)
15	Shrimp Escape – Side Mount (GU 21) Clinch (Conservative Opponent) (GU 13)
16	Kimura Armlock – Guard (GU 22) Double Leg Takedown (Aggressive) (GU 15)
17	Punch Block Series (5) – Guard (GU 24) Pull Guard (GU 19)
18	Hook Sweep – Guard (GU 25) Standing Headlock Defense (GU 23)
19	Take the Back – Guard (GU 28) Rear Takedown (GU 26)
20	Elbow Escape – Side Mount (GU 30) Haymaker Punch Defense (GU 27)
21	Twisting Arm Control – Mount (GU 32) Guillotine Defense (GU 29)
22	Double Underhook Pass – Guard (GU 33) Standing Armlock (GU 31)



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December 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 2 4:00 PM Jr. Grapplers Class 8  5:00PM Black Belt Club	3 4:30 PM Little Champs  Gracie Games 4	4 4:30PM Little Champs  Gracie Games 5	5 4:00 PM Jr. Grapplers Class 9  5:00PM Black Belt Club	6	7 12:00 PM Little Champs & Jr. Grapplers  Class 10
9 4:00 PM Jr. Grapplers Class 11  5:00PM Black Belt Club	10 4:30 PM Little Champs  Gracie Games 1	11 4:30PM Little Champs  Gracie Games 2	12 4:00 PM Jr. Grapplers Class 12  5:00PM Black Belt Club	13	14 12:00 PM Little Champs & Jr. Grapplers  Class 13
16 4:00 PM Jr. Grapplers Class 14  5:00PM Black Belt Club	17 4:30 PM Little Champs  Gracie Games 3	18 4:30PM Little Champs  Gracie Games 4	19 4:00 PM Jr. Grapplers Class 15  5:00PM Black Belt Club	20	21 12:00 PM Little Champs & Jr. Grapplers  Class 16
23	24	25	26	27	28
Happy Holidays! No Class					
30	31  Happy Holidays! No Class	JAN 1	2 4:00 PM Jr. Grapplers Class 17  5:00PM Black Belt Club	3	4 12:00 PM Little Champs & Jr. Grapplers  Class 18

**Little Champs Gracie Games:**

1. Spider Kid and Shark Bite
2. Bulldozer and Crazy Horse
3. Tackle the Giant and Crocodile Control
4. Base Battle and Snake Bite
5. Guard Monster and Crazy Legs

**Log-on & Boost Progress!**

As a student of the *Gracie Bullyproof* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a Gracie Academy student services representative.