

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)



| www.graciemonterey.com | (831) 332-9876 | gjjmonterey@gmail.com

December 2024					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEC 2 4:00 PM Jr. Grapplers Class 8	3 4:00 PM Little Champs Gracie Games 4 5:00 Jr. Grapplers Class 9	4 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	5 4:00 PM Jr. Grapplers Class 10 5:00 PM Little Champs Gracie Games 5	6	7 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
9 4:00 PM Jr. Grapplers Class 11	10 4:00 PM Little Champs Gracie Games 1 5:00 Jr. Grapplers Class 12	11 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	12 4:00 PM Jr. Grapplers Class 13 5:00 PM Little Champs Gracie Games 2	13	14 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
16 4:00 PM Jr. Grapplers Class 14	17 4:00 PM Little Champs Gracie Games 3 5:00 Jr. Grapplers Class 15	18 4:15PM - 4:45PM Mat Munchkins 5:00 PM Black Belt Club	19 4:00 PM Jr. Grapplers Class 16 5:00 PM Little Champs Gracie Games 4	20	21 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club
23	24	25	26	27	28
Happy Holidays! No Class					
30	31	JAN 1	2 4:00 PM Jr. Grapplers Class 17 5:00 PM Little Champs Gracie Games 5	3	4 12:30 PM Little Champs & Jr. Grapplers TEACHER'S CHOICE 1:30 PM Black Belt Club

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.