

22 Classes	36 Essential Techniques	Online Lesson
1	Trap and Roll Escape Leg Hook Takedown	1 5
2	Americana Armlock Clinch - Aggressive Opponent	2 6
3	Positional Control - Mount Body Fold Takedown	3 12
4	Take the Back Clinch - Conservative Opponent	4 13
5	Punch Block Series (1-4) Double Leg Takedown	7 15
6	Straight Armlock - Mount Pull Guard	8 19
7	Elevator Sweep Standing Headlock Defense	9 23
8	Elbow Escape - Mount Rear Takedown	10 26
9	Positional Control – Side Mount Haymaker Punch Defense	11 27
10	Headlock Counters - Mount Guillotine Defense	14 29
11	Headlock Escape 1 – Side Mount Standing Armlock	16 31
12	Straight Armlock - Guard Leg Hook Takedown	17 5
13	Double Ankle Sweep Clinch - Aggressive Opponent	18 6
14	Headlock Escape 2 – Side Mount Body Fold Takedown	20 12
15	Shrimp Escape Clinch - Conservative Opponent	21 13
16	Kimura Armlock Double Leg Takedown - Aggressive	22 15
17	Punch Block Series (5) Pull Guard	24 19
18	Hook Sweep Standing Headlock Defense	25 23
19	Take the Back – Guard Rear Takedown	28 26
20	Elbow Escape – Side Mount Haymaker Punch Defense	30 27
21	Twisting Arm Control Guillotine Defense	32 29
22	Double Underhook Pass Standing Armlock	33 31



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OCTOBER 2024						Chapter: CITIZENSHIP					
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
SEP 30		OCT 1		2		3		4		5	
Little Champs 4:30pm Gracie Games 2		Jr. Combatives 4:30pm Class 19 Black Belt Club SIDE MOUNT Focus		Little Champs 4:30pm Gracie Games 3		Jr. Combatives 4:30pm Class 20 Black Belt Club GUARD Focus		8 CHAPTERS Ch. 8 - Tactical Submissions			
7		8		9		10		11		12	
Little Champs 4:30pm Gracie Games 4		Jr. Combatives 4:30pm Class 21 Black Belt Club HALF GUARD Focus		Little Champs 4:30pm Gracie Games 5		Jr. Combatives 4:30pm Class 22 Black Belt Club BACK MOUNT Focus		8 CHAPTERS Ch. 1 - Situational Boundary Setting			
14		15		16		17		18		19	
Little Champs 4:30pm Gracie Games 1		Jr. Combatives 4:30pm Class 1 Black Belt Club FOOT LOCKS Focus		Little Champs 4:30pm Gracie Games 2		Jr. Combatives 4:30pm Class 2 Black Belt Club STANDING Focus		8 CHAPTERS Ch. 2 - Tactical Defenses			
21		22		23		24		25		26	
Little Champs 4:30pm Gracie Games 3		Jr. Combatives 4:30pm Class 3 Black Belt Club MOUNT Focus		Little Champs 4:30pm Gracie Games 4		Jr. Combatives 4:30pm Class 4 Black Belt Club SPARRING Focus		8 CHAPTERS Ch. 3 - Situational Comfort in Chaos			
28		29		30		31		NOV 1		NOV 2	
Little Champs 4:30pm Gracie Games 5		Jr. Combatives 4:30pm Class 5 Black Belt Club GUARD Focus		Little Champs 4:30pm Gracie Games 1		HAPPY HALLOWEEN!! 		GRACIE GAME DAY! 8 CHAPTERS Ch. 4 - Tactical Escapes			

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

SPECIAL EVENTS

- Gracie Game Day CITIZENSHIP – Nov 1st (4pm - 7:30pm)
- Bring a Friend to Class – Get a FREE T-Shirt!