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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

December 2024 - January 2025						Chapter: MANNERS
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
9 Little Champs 4:30pm Gracie Games 1	10 Jr. Combatives 4:30pm Class 15 Black Belt Club GUARD Focus	11 Little Champs 4:30pm Gracie Games 2	12 Jr. Combatives 4:30pm Class 16 Black Belt Club HALF GUARD Focus	13	14 8 CHAPTERS Ch. 2 - Tactical Defenses	
16 Little Champs 4:30pm Gracie Games 3	17 Jr. Combatives 4:30pm Class 17 Black Belt Club BACK MOUNT Focus	18 Little Champs 4:30pm Gracie Games 4	19 Jr. Combatives 4:30pm Class 18 Black Belt Club LEG LOCKS Focus	20	21 8 CHAPTERS Ch. 3 - Situational Comfort in Chaos	
23 WINTER BREAK	24 WINTER BREAK	25 MERRY CHRISTMAS	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	
30 WINTER BREAK	31 WINTER BREAK	Jan 1 WINTER BREAK	2 Jr. Combatives 4:30pm Class 19 Black Belt Club STANDING Focus	3	4 8 CHAPTERS Ch. 4 - Tactical Escapes	
6 Little Champs 4:30pm Gracie Games 5	7 Jr. Combatives 4:30pm Class 20 Black Belt Club SPARRING Focus	8 Little Champs 4:30pm Gracie Games 1	9 Jr. Combatives 4:30pm Class 21 Black Belt Club MOUNT Focus	10 GRACIE GAME DAY! Little Champs 4:00 Junior Grapplers 5:30	11 8 CHAPTERS Ch. 5 - Situational Stranger Danger	

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 MANNERS – Jan 10th (4:00pm-7:00pm)
- Bring a Friend to Class – Get a FREE T-Shirt!