



www.gracienipomo.com | (805) 270-5593 | gracienipomo@gmail.com

July 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Jr. Grapplers 5:00PM	2 Little Champs 4:00PM Black Belt Club 5:00PM	3 Jr. Grapplers 5:00PM (Bring a Friend!)	4 Closed for Independence Day	5 Teen Jiu-Jitsu 5:00PM	6 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
8 Jr. Grapplers 5:00PM	9 Little Champs 4:00PM Black Belt Club 5:00PM	10 Jr. Grapplers 5:00PM (Bring a Friend!)	11 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	12 Teen Jiu-Jitsu 5:00PM	13 Gracie Game Day 12:00 PM - 2:00 PM
15 Jr. Grapplers 5:00PM	16 Little Champs 4:00PM Black Belt Club 5:00PM	17 Closed for Instructor Recertification	18 Closed for Instructor Recertification	19 Closed for Instructor Recertification	20 Closed for Instructor Recertification
22 Jr. Grapplers 5:00PM	23 Little Champs 4:00PM Black Belt Club 5:00PM	24 Jr. Grapplers 5:00PM (Bring a Friend!)	25 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	26 Teen Jiu-Jitsu 5:00PM	27 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
29 Jr. Grapplers 5:00PM	30 Little Champs 4:00PM Black Belt Club 5:00PM	31 Jr. Grapplers 5:00PM (Bring a Friend!)	August 1 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	2 Teen Jiu-Jitsu 5:00PM	3 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class
5 Jr. Grapplers 5:00PM	6 Little Champs 4:00PM Black Belt Club 5:00PM	7 Jr. Grapplers 5:00PM (Bring a Friend!)	8 Black Belt Club 5:00PM Little Champs 4:00PM Mat Munchkins 3:30PM	9 Teen Jiu-Jitsu 5:00PM	10 Jr. Grapplers/All Kids Level 12:00 PM *Make up Class

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 Opponent (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(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)

- 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

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