

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)



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March 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					March 1 Jr. Grapplers/All Kids Level 12:00p <i>*Make up Class</i>
3 Jr. Grapplers 5:00p	4 Little Champs 4:00p Black Belt Club 5:00p	5 Jr. Grapplers 5:00p (Bring a friend!)	6 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	7 Gracie Teens (12-15 yrs old) 5:00PM	8 <i>Gracie Game Day</i> 12:00-2:00p
10 Jr. Grapplers 5:00p	11 Little Champs 4:00p Black Belt Club 5:00p	12 Jr. Grapplers 5:00p (Bring a friend!)	13 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	14 Gracie Teens (12-15 yrs old) 5:00PM	15 Jr. Grapplers/All Kids Level 12:00p <i>*Make up Class</i>
17 CLOSED FOR SPRING BREAK	18 CLOSED FOR SPRING BREAK	19 CLOSED FOR SPRING BREAK	20 CLOSED FOR SPRING BREAK	21 CLOSED FOR SPRING BREAK	22 CLOSED FOR SPRING BREAK
24/31 Jr. Grapplers 5:00p	25 Little Champs 4:00p Black Belt Club 5:00p	26 Jr. Grapplers 5:00p (Bring a friend!)	27 Mat Munchkins 3:30p Little Champs 4:00p Black Belt Club 5:00pm	28 Gracie Teens (12-15 yrs old) 5:00PM	29 Jr. Grapplers/All Kids Level 12:00p <i>*Make up Class</i>

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!

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