



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 (GU3) 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 (GU 23)
8	Elbow Escape - Mount (GU 10) Rear Takedown (GU 5)
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 24) Double Leg Takedown (Aggressive) (GU15)
17	Punch Block Series (5) - Guard (GU 22) 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 27)
20	Elbow Escape - Side Mount (GU 30) Haymaker Punch Defense (GU 27)
21	Twisting Arm Control - Mount (GU 32) Haymaker Punch Defense (GU 29)
22	Double Underhook Pass - Guard (GU 33) Standing Armlock (GU 31)

July 2024 Chapter: Citizenship

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 1 Focus: Stranger Danger 4:00 LC: Gracie Game 2 5:15 Jr. Grapplers: GU 8	2	3 Focus: 4:00 Jr. Grapplers: GU 8 5:15 LC: Gracie Game 3	4	5	6
8 Focus: Control 4:00 LC: Gracie Game 4 5:15 Jr. Grapplers: GU 9	9	10 Focus: Control 4:00 Jr. Grapplers: GU 10 5:15 LC: Gracie Game 5	11	12	13 Gracie Game Day!! 5-7 pm
15 Focus: Helping Others 4:00 LC: Gracie Game 1 5:15 Jr. Grapplers: GU 11	16	17 Closed for Instructor Recertification	18	19	20
22 Focus: Submissions 4:00 LC: Gracie Game: 2 5:15 Jr. Grapplers: GU 12	23	24 4:00 Jr. Grapplers: GU 12 5:15 LC: Gracie Game: 3	25	26	27
29 Focus: Boundary Setting 4:00 LC: Gracie Game 4 5:15 Jr. Grapplers: GU 13	30	31 Focus: Boundary Setting 4:00 Jr. Grapplers: GU 14 5:15 LC: Gracie Game 5	August 1	2	3

Little Champs Gracie Games

- Spider Kid and Shark Bite
- Bulldozer and Crazy Horse
- Tackle the Giant and Crocodile Control
- Base Battle and Snake Bite
- Guard Monster and Crazy Legs

Special Events

- Gracie Game Day July 13th 5-7 pm (Respect)
- Bring a friend to class – get a free t-shirt!
- We will be closed July 17th for instructor recertification in California

Gracie Jiu-Jitsu Pineland students qualify for a free subscription to GracieUniversity.com! This gives you online access to the Bullyproof curriculum. This is a great way to train with your kids at home. If you have trouble accessing lessons, let us know.

Adult Gracie Combatives Students with children in Gracie Bullyproof classes are welcome to be assistant instructors for their child's class! Inquire for details!