

# JUNIOR GRAPPLERS

ULTIMATE CONFIDENCE FOR UNCERTAIN TIMES!

| 23<br>Classes | 33 Essential Techniques                                                    |
|---------------|----------------------------------------------------------------------------|
| 1             | <b>Trap and Roll Escape – Mount</b><br>Leg Hook Takedown                   |
| 2             | <b>Americana Armlock – Mount</b><br>Clinch (Aggressive Opponent)           |
| 3             | <b>Positional Control – Mount</b><br>Body Fold Takedown                    |
| 4             | <b>Take the Back + Re-Mount – Mount</b><br>Clinch (Conservative Opponent)  |
| 5             | <b>Punch Block Series (1-4) – Guard</b><br>Sprawl (Standing)               |
| 6             | <b>Straight Armlock – Mount</b><br>Guillotine Defense                      |
| 7             | <b>Triangle Control – Guard</b><br>Haymaker Punch Defense                  |
| 8             | <b>Elevator Sweep – Guard</b><br>Rear Takedown                             |
| 9             | <b>Elbow Escape – Mount</b><br>Pull Guard                                  |
| 10            | <b>Positional Control – Side Mount</b><br>Double Leg Takedown (Aggressive) |
| 11            | <b>Headlock Counters – Mount</b><br>Standing Headlock Defense              |
| 12            | <b>Headlock Escape 1 – Side Mount</b><br>Standing Armlock                  |
| 13            | <b>Straight Armlock – Guard</b><br>Clinch (Aggressive Opponent)            |
| 14            | <b>Double Ankle Sweep – Guard</b><br>Sprawl (Standing)                     |
| 15            | <b>Headlock Escape 2 – Side Mount</b><br>Clinch (Conservative Opponent)    |
| 16            | <b>Shrimp Escape – Side Mount</b><br>Body Fold Takedown                    |
| 17            | <b>Kimura Armlock – Guard</b><br>Leg Hook Takedown                         |
| 18            | <b>Punch Block Series (5) – Guard</b><br>Haymaker Punch Defense            |
| 19            | <b>Hook Sweep – Guard</b><br>Guillotine Defense                            |
| 20            | <b>Take the Back – Guard</b><br>Standing Headlock Defense                  |
| 21            | <b>Elbow Escape – Side Mount</b><br>Pull Guard                             |
| 22            | <b>Twisting Arm Control – Mount</b><br>Rear Takedown                       |
| 23            | <b>Double Underhook Pass – Guard</b><br>Double Leg Takedown (Conservative) |

| September 2025                                          |                                                             |                                        |          |                        |                                                |
|---------------------------------------------------------|-------------------------------------------------------------|----------------------------------------|----------|------------------------|------------------------------------------------|
| Monday                                                  | Tuesday                                                     | Wednesday                              | Thursday | Friday                 | Saturday                                       |
| 1<br>SCHOOL IS CLOSED FOR<br>LABOUR DAY LONG<br>WEEKEND | 2                                                           | 3<br>5:15p – Games Day:<br>Citizenship | 4        | 5<br>5:15p – Class 8   | 6<br>1:30p – Gracie Bullyproof<br>(ages 5-12)  |
| 8<br>5:15p – RD Mount                                   | 9                                                           | 10<br>5:15p – Class 9                  | 11       | 12<br>5:15p – Class 10 | 13<br>1:30p – Gracie Bullyproof<br>(ages 5-12) |
| 15<br>5:15p – Class 11                                  | 16                                                          | 17<br>5:15p – Class 12                 | 18       | 19<br>5:15p – Class 13 | 20<br>1:30p – Gracie Bullyproof<br>(ages 5-12) |
| 22<br>5:15p – Class 14                                  | 23                                                          | 24<br>5:15p – Class 15                 | 25       | 26<br>5:15p – Class 16 | 27<br>1:30p – Gracie Bullyproof<br>(ages 5-12) |
| 29<br>5:15p – Class 17                                  | 30<br>SCHOOL IS CLOSED FOR<br>TRUTH &<br>RECONCILIATION DAY |                                        |          |                        |                                                |

## Ultimate Confidence in 23 Classes!

The 33 techniques in the *Junior Grapplers* program are the most important techniques in all of Gracie Jiu-Jitsu. The 33 techniques have been strategically divided into 23 one-hour classes. Absolutely no experience is necessary to participate in any class, and the 23 classes can be completed in any order.

## Character Development The Gracie Way!

Our goal is to develop your child's character to ensure success in all aspects of life. There are 6 chapters in the Gracie Character Development Program: Responsibility, Health, Respect, Citizenship, Manners, and Caring. We spend two months on each chapter, and during each class we dedicate a few minutes to discussing the featured character trait and the simple things your child can do to make it a part of their everyday lives!

## Log-on & Boost Progress!

Once your child is enrolled in the *Junior Grapplers* program, you qualify for a free subscription to GracieUniversity.com. Our interactive online learning platform for Gracie BullyProof. With comprehensive videos covering every technique your child learns in class, you and your child can use your online access to review past lessons and learn new techniques – from your computer or mobile device right from home! If you have trouble accessing your lessons online, please speak to a one of our Community Coordinators for help.

## Junior Combatives Qualification Requirements

Once your child has earned all 6 character development badges and demonstrated their ability to perfecting all 33 techniques in every possible combination, they will be eligible for entry into our Junior Combatives program (ages 13-17).