JUNIOR GRAPPLERS

ULTIMATE CONFIDENCE FOR UNCERTAIN TIMES!

Classes 1 Trap and Roll Escape – Mount Leg Hook Takedown 2 Americana Armlock – Mount Clinch (Aggressive Opponent) 3 Positional Control – Mount Body Fold Takedown 4 Take the Back + Re-Mount – Mount Clinch (Conservative Opponent) 5 Punch Block Series (1-4) – Guard Sprawl (Standing) 6 Straight Armlock – Mount Guillotine Defense 7 Triangle Control – Guard Haymaker Punch Defense 8 Elevator Sweep – Guard Rear Takedown 9 Elbow Escape – Mount Double Leg Takedown (Aggressive) 10 Positional Control – Side Mount Double Leg Takedown (Aggressive) 11 Headlock Counters – Mount Standing Headlock Defense 12 Headlock Escape 1 – Side Mount Standing Armlock 13 Straight Armlock – Guard Clinch (Aggressive Opponent) 14 Double Ankle Sweep – Guard Sprawl (Standing) 15 Headlock Escape 2 – Side Mount Clinch (Conservative Opponent) 16 Shrimp Escape – Side Mount Body Fold Takedown 17 Kimura Armlock – Guard Leg Hook Takedown 18 Punch Block Series (5) – Guard Haymaker Punch Defense 19 Hook Sweep – Guard Standing Headlock Defense 20 Take the Back – Guard Standing Headlock Defense 21 Elbow Escape – Side Mount Pull Guard 22 Twisting Arm Control – Mount Rear Takedown 23 Double Underhook Pass – Guard Double Leg Takedown (Conservative)	23				
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Body Fold Takedown		Clinch (Aggressive Opponent)			
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18	17	Leg Hook Takedown			
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Guillotine Defense Take the Back – Guard Standing Headlock Defense Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard	10	Haymaker Punch Defense			
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20 Standing Headlock Defense 21 Elbow Escape – Side Mount Pull Guard 22 Twisting Arm Control – Mount Rear Takedown 23 Double Underhook Pass – Guard					
21 Elbow Escape – Side Mount Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard					
Pull Guard Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard	21				
22 Twisting Arm Control – Mount Rear Takedown Double Underhook Pass – Guard					
Rear Takedown Double Underhook Pass – Guard	22				
73					
Double Leg Takedown (Conservative)	23				
		Double Leg Takedown (Conservative)			

December 2025							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
1 5:15p – Class 16	2	3 5:15p – Class 17	4	5 5:15p – RD Guard	6 1:30p – Gracie Bullyproof (ages 5-12)		
8 5:15p – Class 18	9	10 5:15p – Class 19	11	12 5:15p – Class 20	13 1:30p – Gracie Bullyproof (ages 5-12)		
15 5:15p – Class 21	16	17 5:15p – Class 22	18	19 5:15p – Class 23	20 1:30p – Gracie Bullyproof (ages 5-12)		
22	23	24	25	26	27		
CLOSED FOR WINTER BREAK							
29	30	31					
	CLOSED FOR WINTER BREA	AK					

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).