

# JUNIOR GRAPPLERS

ULTIMATE CONFIDENCE FOR UNCERTAIN TIMES!

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

## 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).