

JUNIOR GRAPPLERS

ULTIMATE CONFIDENCE FOR UNCERTAIN TIMES!

23 Classes	33 Essential Techniques
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 Pull Guard
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 Guillotine 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)

February 2026					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 5:15p – Class 13	3	4 5:15p – RD Standing	5	6 5:15p – Class 14	7 1:30p – Gracie Bullyproof (ages 5-12)
9 5:15p – Class 15	10	11 5:15p – Class 16	12	13 5:15p – Class 17	14 SCHOOL IS CLOSED FOR FAMILY DAY LONG WEEKEND
16 SCHOOL IS CLOSED FOR FAMILY DAY	17	18 5:15p – Class 18	19	20 5:15p – Class 19	21 1:30p – Gracie Bullyproof (ages 5-12)
23 5:15p – Class 20	24	25 5:15p – RD Freestyle	26	27 5:15p – Class 21	28 1:30p – Gracie Bullyproof (ages 5-12)

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).

Contact Tri-Cities Gracie Jiu-Jitsu to Get Started!

(866) 936-1252 | www.tricitygjj.com | 2813 Spring Street, Port Moody, BC