

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 (GU 3) 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 Defense (GU 23)
8	Elbow Escape – Mount (GU 10) Rear Takedown (GU 26)
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 22) Double Leg Takedown (Aggressive) (GU 15)
17	Punch Block Series (5) – Guard (GU 24) 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 26)
20	Elbow Escape – Side Mount (GU 30) Haymaker Punch Defense (GU 27)
21	Twisting Arm Control – Mount (GU 32) Guillotine Defense (GU 29)
22	Double Underhook Pass – Guard (GU 33) Standing Armlock (GU 31)



www.ccjiujitsuacademy.com | (805) 270-5593 | gracienipomo@gmail.com

January 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4 Jr. Grapplers 5:00 PM Class 21	5 Black Belt Club 5:00 PM One Arm Shoulder Throw Rear Choke Defense	6 Jr. Grapplers 5:00 PM Class 22	7 Black Belt Club 5:00 PM One Arm Shoulder Throw Review Little Champs 4:00 PM Gracie Games 1	8	9 Jr. Grapplers/All Kids Level 12:00PM Class 6
11 Jr. Grapplers 5:00 PM Class 1	12 Black Belt Club 5:00 PM One Arm Shoulder Throw Combinations	13 Jr. Grapplers 5:00 PM Class 2	14 Black Belt Club 5:00 PM Cross Chokes from Mount Little Champs 4:00PM Gracie Games 2	15	16 Jr. Grapplers/All Kids Level 12:00PM Class 7
18 Jr. Grapplers 5:00 PM Class 3	19 Black Belt Club 5:00 PM One Arm Shoulder Throw Combination	20 Jr. Grapplers 5:00 PM Class 4	21 Black Belt Club 5:00 PM Cross Chokes from Guard Little Champs 4:00PM Gracie Games 3	22	23 Jr. Grapplers/ All Kids Level 12:00PM Class 8
25 Jr. Grapplers 5:00 PM Class 5	26 Closed for Instructor Training	27 Jr. Grapplers 5:00 PM Class 6	28 Closed for Instructor Training	29	30 Jr. Grapplers/All Kids Level 12:00PM Class 9
Feb 1 Jr. Grapplers 5:00 PM Class 7	Feb 2 Black Belt Club 5:00 PM Class One Arm Shoulder Review Freestyle Standing	Feb 3 Jr. Grapplers 5:00 PM Class 8	Feb 4 Black Belt Club 5:00 PM Class Turtle Game Strategy Gracie Games 4	Feb 5	Feb 6 Jr. Grapplers/All Kids Level 12:00PM Class 10

Little Champs Gracie Games:

1. Spider Kid and Shark Bite
2. Bulldozer and Crazy Horse
3. Tackle the Giant and Crocodile Control
4. Base Battle and Snake Bite
5. Guard Monster and Crazy Legs

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