

Little Champs - Gracie Games	
Spiderkid	Crocodile Control
Shark Bite	Base Battle
Bulldozer	Snake Bite
Crazy Horse	Guard Monster
Tackle the Giant	Crazy Legs

April 2018



Junior Grapplers – Jr Combatives	
L1: Trap & Roll Escape	L18: Double Ankle Sweep
L2: Americana Armlock	L19: Pull Guard
L3: Positional Control Mount	L20: Headlock Escape 2
L4: Take the Back	L21: Shrimp Escape
L5: Leg Hook Takedown	L22: Kimura Armlock
L6: Clinch (Aggressive Opp)	L23: Standing Headlock Defence
L7: Punch Block Series (Stages1-4)	L24: Punch Block Series (Stage 5)
L8: Straight Armlock	L25: Hook Sweep
L9: Elevator Sweep	L26: Rear Takedown
L10: Elbow Escape	L27: Haymaker Punch Defence
L11: Positional Control Sidemount	L28: Take the Back (Guard)
L12: Body Fold Takedown	L29: Guillotine Defence
L13: Clinch (Conservative Opp)	L30: Elbow Escape
L14: Headlock Counters	L31: Standing Armlock
L15: Double Leg Takedown	L32: Twisting Arm Control
L16: Headlock Escape 1	L33: Double Underhook Guard Pass
L17: Straight Armlock	

Watch all the lessons at
www.GracieKids.com

Web: www.Graciejujitsu.co.za

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Monday	Tuesday	Thursday	Friday	Saturday
2 CLOSED PUBLIC HOLIDAY	3 LITTLE CHAMPS 4.15-4.45pm JUNIOR GRAPPLERS 5-6PM REFLEX DEVELOPMENT	5 LITTLE CHAMPS 4.15-4.45pm JUNIOR GRAPPLERS 5-6PM	6 BLACKBELT CLUB 5PM-5.45PM AMERICANA ARMLOCK COUNTERS	7
9 BLACKBELT CLUB 5PM-5.45PM STRAIGHT ARMLOCK COUNTERS	10 LITTLE CHAMPS 4.15-4.45pm JUNIOR GRAPPLERS 5-6PM REFLEX DEVELOPMENT	12 LITTLE CHAMPS 4.15-4.45pm JUNIOR GRAPPLERS 5-6PM	13 BLACKBELT CLUB 5PM-5.45PM TWISTING ARM CONTROL COUNTERS	14
16 BLACKBELT CLUB 5PM-5.45PM MOUNT SUBMISSIONS NECK HUG SEQUENCE	17 LITTLE CHAMPS 4.15-4.45pm TACKLE THE GIANT & CRAZY LEGS JUNIOR GRAPPLERS 5-6PM REFLEX DEVELOPMENT	19 LITTLE CHAMPS 4.15-4.45pm SHARK BITE, SPIDER KID & BULLDOZER JUNIOR GRAPPLERS 5-6PM BODYFOLD TAKEDOWN & ARMBAR FROM MOUNT	20 BLACKBELT CLUB 5PM-5.45PM SIDEMOUNT CONTROLS CONTROL FLOW	21
23 BLACKBELT CLUB 5PM-5.45PM SIDEMOUNT CONTROLS KNEE ON STOMACH	24 LITTLE CHAMPS 4.15-4.45pm BASE BATTLE JUNIOR GRAPPLERS 5-6PM LEG HOOK TAKE DOWN & AMERICANA ARMBAR	26 LITTLE CHAMPS 4.15-4.45pm SNAKE BITE & SPIDER KID JUNIOR GRAPPLERS 5-6PM PULLING GUARD & KIMURA	27 CLOSED PUBLIC HOLIDAY	28
30 BLACKBELT CLUB 5PM-5.45PM SIDEMOUNT ESCAPES BUMP & SHOOT	1 MAY CLOSED PUBLIC HOLIDAY	3 LITTLE CHAMPS 4.15-4.45pm CROCODILE CONTROL & BULLDOZER JUNIOR GRAPPLERS 5-6PM TAKING THE BACK FROM MOUNT & RNC	4 BLACKBELT CLUB 5PM-5.45PM SIDEMOUNT SUBMISSION AMERICANA ARMLOCK	5