

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

May 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 (Stages 1-4)	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.Graciejijitsu.co.za](http://www.Graciejijitsu.co.za)

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Monday	Tuesday	Thursday	Friday	Saturday
<b>30</b> <b>BLACKBELT CLUB</b> <b>5PM-5.45PM</b> SIDEMOUNT ESCAPES BUMP & SHOOT	<b>1 MAY</b> <b>CLOSED</b> <b>PUBLIC</b> <b>HOLIDAY</b>	<b>3</b> <b>L CHAMPS 4.30-5pm</b> CRAZY LEGS & CROCODILE CONTROL <b>J GRAPPLERS 5.15-6PM</b> TAKING THE BACK FROM MOUNT & RNC	<b>4</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> SIDEMOUNT SUBMISSION AMERICANA ARMLOCK	<b>5</b>
<b>7</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L3) POSITIONAL CONTROL MOUNT (L8) STRAIGHT ARMLOCK - STANDARD VARIATION -SIDE VARIATION REFLEX ADD LEG HOOK	<b>8</b> <b>L CHAMPS 4.30-5pm</b> SPIDERKID – SPIDER HANDS & SPIDER SWIM <b>J GRAPPLERS 5.15-6PM</b> (L1) TRAP&ROLL STD, PUNCHBLOCK, HEADLOCK & OPEN GUARD PASS	<b>10</b> <b>L CHAMPS 4.30-5pm</b> SHARK BITE – QUICK BITE & QUICK HUG <b>J GRAPPLERS 5.15-6PM</b> (L3) POSITIONAL CONTROL BULLYBATTLE WITH (L2)AMERICANA ARMLOCK	<b>11</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L14) HEADLOCK COUNTERS FROM THE MOUNT -PREVENT THE GETUP -BACKMOUNT FINISH -ARMLOCK FINISH REFLEX ADD BODY FOLD	<b>12</b>
<b>14</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L7) PUNCH BLOCK SERIES (1-4) REFLEX ADD PULL GUARD	<b>15</b> <b>LCHAMPS 4.30-5pm</b> BULLDOZER – BULLDOZER WALK & CRAZY ROLL <b>J GRAPPLERS 5.15-6PM</b> (L7) PUNCHBLOCK 1,3&4	<b>17</b> <b>L CHAMPS 4.30-5pm</b> CRAZY HORSE – BACKPACK & SNEAK ATTACK <b>J GRAPPLERS 5.15-6PM</b> (L8) STRAIGHTARMLOCK SIDE BULLY BATTLE, LEGHOOK, TOPMOUNT, ARMLOCK SIDE	<b>18</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (24) PUNCH BLOCK STAGE 5 -STAGE 5 -ROLLOVER TECHNIQUE REFLEX ADD PULL GUARD & PUNCHBLOCK 1-4	<b>19</b>
<b>21</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L9) ELEVATOR SWEEP STANDARD VARIATION REFLEX ADD POSITION CONTROL MOUNT	<b>22</b> <b>L CHAMPS 4.30-5pm</b> TACKLE THE GIANT – DUCK&SHOOT- CLAP&SHOOT <b>J GRAPPLERS 5.15-6PM</b> (L6)CLINCH AGGRESSIVE (L10) ELBOW SWEEP SHRIMP DRILL & STD VARIATION	<b>24</b> <b>L CHAMPS 4.30-5pm</b> CROCODILE CONTROL – SUPERBASE&SNEAKY MOUNT <b>J GRAPPLERS 5.15-6PM</b> (L11) POSITIONAL CONTROL SIDEMOUNT 3 SLICES	<b>25</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L10) ELBOW ESCAPES -STANDARD -FISH HOOK -HEEL DRAG REFLEX ADD ELEVATOR SWEEP	<b>26</b>
<b>28</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L17) STRAIGHT ARMLOCK FROM GUARD -LOW VARIATION -HIGH VARIATION REFLEX START WITH PUNCHBLOCK 1-4	<b>29</b> <b>L CHAMPS 4.30-5pm</b> BASE BATTLE – PUSH BASE & PULL BASE LEVEL 3 CRAZY COMBO <b>J GRAPPLERS 5.15-6PM</b> (L15) DOUBLE LEG TAKE DOWN CONSERVATIVE OPP BULLY BATTLE – ADD (L11)	<b>31</b> <b>L CHAMPS 4.30-5pm</b> SNAKE BITE – QUICK BITE & SNAKE SQUEEZE <b>J GRAPPLERS 5.15-6PM</b> (L12) BODYFOLD BULLYBATTLE –TOPMOUNT, ROLL TO SIDE ARMBAR	<b>1 JUNE</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> (L22) KIMURA ARMLOCK -BASIC APPLICATION -RIDER VARIATION -FORCED VARIATION	<b>2</b>