

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

June 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	

Monday	Tuesday	Thursday	Friday	Saturday
<b>28</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L17) STRAIGHT</b> <b>ARMLOCK - GUARD</b> <b>-LOW VARIATION</b> <b>-HIGH VARIATION</b>	<b>29</b> <b>L CHAMPS 4.30-5pm</b> <b>BASE BATTLE – PUSH BASE &amp;</b> <b>PULL BASE</b> <b>LEVEL 3 CRAZY COMBO</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L15) DOUBLE LEG TAKE</b> <b>DOWN CONSERVATIVE OPP</b> <b>BULLY BATTLE – ADD (L11)</b>	<b>31</b> <b>L CHAMPS 4.30-5pm</b> <b>SNAKE BITE – QUICK BITE &amp;</b> <b>SNAKE SQUEEZE</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L12) BODYFOLD</b> <b>BULLYBATTLE –TOPMOUNT,</b> <b>ROLL TO SIDE ARMBAR</b>	<b>1 JUNE</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L22) KIMURA ARMLOCK</b> <b>-BASIC APPLICATION</b> <b>-RIDER VARIATION</b> <b>-FORCED VARIATION</b>	<b>2</b>
<b>4</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L5) LEG HOOK TAKE</b> <b>DOWN</b> <b>(L1) TRAP &amp; ROLL</b> <b>ESCAPES</b>	<b>5</b> <b>L CHAMPS 4.30-5pm</b> <b>GUARD MONSTER</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L5) LEG HOOK TAKE DOWN</b> <b>(L2) AMERICANA ARMLOCK</b>	<b>7</b> <b>L CHAMPS 4.30-5pm</b> <b>CRAZY LEGS &amp; CROCODILE</b> <b>CONTROL</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L14) HEADLOCK COUNTERS</b> <b>BASIC &amp; ARMLOCK FINISH</b>	<b>8</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L6) CLINCH</b> <b>AGGRESSIVE</b> <b>(L2) AMERICANA</b> <b>ARMLOCK</b>	<b>9</b>
<b>11</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L12) BODYFOLD TAKE</b> <b>DOWN</b> <b>(L3) POSITIONAL</b> <b>CONTROL MOUNT</b>	<b>12</b> <b>LCHAMPS 4.30-5pm</b> <b>SPIDERKID – SPIDER HANDS</b> <b>&amp; SPIDER SWIM</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L16) HEADLOCK ESCAPE 1</b> <b>REFLEX (L11) SIDE CONTROL</b>	<b>14</b> <b>L CHAMPS 4.30-5pm</b> <b>SHARK BITE – QUICK BITE &amp;</b> <b>QUICK HUG</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L19) PULL GUARD</b> <b>(L17) STRAIGHTARMLOCK</b> <b>GUARD</b>	<b>15</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L5) LEG HOOK TAKE</b> <b>DOWN</b> <b>(L4) TAKE THE BACK &amp;</b> <b>REAR NAKED CHOKE</b>	<b>16</b>
<b>18</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L31) STANDING</b> <b>ARMLOCK</b> <b>(L8) STRAIGHT</b> <b>ARMLOCK – MOUNT &amp;</b> <b>SIDE VARIATION</b>	<b>19</b> <b>L CHAMPS 4.30-5pm</b> <b>BULLDOZER – BULLDOZER</b> <b>WALK &amp; CRAZY ROLL</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L18) DOUBLE ANKLE SWEEP</b> <b>REFLEX ADD AMERICANA</b>	<b>21</b> <b>L CHAMPS 4.30-5pm</b> <b>CRAZY HORSE – BACKPACK</b> <b>&amp; SNEAK ATTACK</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L20) HEADLOCK ESCAPE 2</b> <b>REFLEX ADD ARMBAR</b>	<b>22</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L27) HAYMAKER PUNCH</b> <b>DEFENCE</b> <b>(L26) REAR TAKE DOWN</b>	<b>23</b>
<b>25</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L19) PULL GUARD</b> <b>TRIANGLE CHOKE</b> <b>GIANT KILLER</b>	<b>26</b> <b>L CHAMPS 4.30-5pm</b> <b>TACKLE THE GIANT –</b> <b>DUCK&amp;SHOOT-</b> <b>CLAP&amp;SHOOT</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L21) SHRIMP ESCAPE</b> <b>REFLEX ADD DOUBLE ANKLE</b> <b>SWEEP</b>	<b>28</b> <b>L CHAMPS 4.30-5pm</b> <b>CROCODILE CONTROL –</b> <b>SUPERBASE&amp;SNEAKY MOUNT</b> <b>J GRAPPLERS 5.15-6PM</b> <b>(L22) KIMURA ARMLOCK</b> <b>REFLEX ADD PULL GUARD</b>	<b>29</b> <b>BLACKBELT CLUB</b> <b>5PM-6PM</b> <b>(L15) DOUBLE LEG</b> <b>TAKEDOWN</b> <b>(L11) POSITIONAL</b> <b>CONTROL SIDEMOUNT</b>	<b>30</b>

Watch all the lessons at  
[www.GracieKids.com](http://www.GracieKids.com)

Web: [www.Graciejijitsu.co.za](http://www.Graciejijitsu.co.za)

Address: Shop 5, Parklands Centre, Link Road, Parklands, Cape Town

Email: [admin@graciejijitsu.co.za](mailto:admin@graciejijitsu.co.za) Phone: 0215567830