

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

July 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	

Monday	Tuesday	Thursday	Friday	Saturday
2 BLACKBELT CLUB 5PM-6PM (L32) TWISTING ARM CONTROL-ARMLOCK FINISH REFLEX START FROM ELBOW ESCAPE SIDE MOUNT	3 L CHAMPS 4.30-5pm BASE BATTLE – PUSH&PULL LEVEL 3 CRAZY COMBO J GRAPPLERS 5.15-6PM (L25) HOOK SWEEP REFLEX ADD POSITIONAL CONTROL SIDE MOUNT	5 L CHAMPS 4.30-5pm SNAKE BITE – QUICK BITE & SNAKE SQUEEZE J GRAPPLERS 5.15-6PM (L26) REAR TAKEDOWN BULLYBATTLE – ADD SIDE VARIATION ARMLOCK	6 BLACKBELT CLUB 5PM-6PM (L7) PUNCH BLOCK STAGE 1-4	7
HOLIDAY CAMP 10-12 JULY 9AM-11AM				
9 BLACKBELT CLUB 5PM-6PM (L9) ELEVATOR SWEEP REFLEX ADD PUNCHBLOCK1-4	10 L CHAMPS 4.30-5pm GUARD MONSTER J GRAPPLERS 5.15-6PM (L31) STANDING ARMLOCK (L28) TAKE BACK FROM THE GUARD	12 L CHAMPS 4.30-5pm CRAZY LEGS & CROCODILE CONTROL J GRAPPLERS 5.15-6PM (L30) ELBOW ESCAPE – SHRIMP DRILL & STD ELBOW	13 BLACKBELT CLUB 5PM-6PM (L10) ELBOW ESCAPE REFLEX WITH KIMURA ARMLOCK	14
16 BLACKBELT CLUB 5PM-6PM (L4) TAKE THE BACK FROM THE MOUNT & REAR NAKED CHOKE	17 LCHAMPS 4.30-5pm SPIDERKID – SPIDER HANDS & SPIDER SWIM J GRAPPLERS 5.15-6PM (L32) TWISTING ARM CONTROL – ARMLOCK FINISH	19 L CHAMPS 4.30-5pm SHARK BITE – QUICK BITE & QUICK HUG J GRAPPLERS 5.15-6PM (L33) DOUBLE UNDERHOOK GUARD PASS REFLEX ADD TRAP&ROLL	20 BLACKBELT CLUB 5PM-6PM (L16) HEADLOCK ESCAPE 1 FRAME ESCAPE, SCISSOR FAILURE SUPER LOCK WITH ARMLOCK FINISH	21
23 BLACKBELT CLUB 5PM-6PM (L28) TAKE THE BACK FROM THE GUARD & REAR NAKED CHOKE	24 L CHAMPS 4.30-5pm BULLDOZER – BULLDOZER WALK & CRAZY ROLL J GRAPPLERS 5.15-6PM (L3) POSITIONAL CONTROL BATTLE ADD(L2)AMERICANA	26 L CHAMPS 4.30-5pm CRAZY HORSE – BACKPACK & SNEAK ATTACK J GRAPPLERS 5.15-6PM (L11) POSITIONAL CONTROL SIDEMOUNT 3 SLICES	27 BLACKBELT CLUB 5PM-6PM (BBS1 L40) BACK MOUNT SUBMISSION COUNTERS – EARLY ESCAPE	28 12.30-2PM GRACIE GAMES DAY
30 BLACKBELT CLUB 5PM-6PM (BBS1 L41) BACK MOUNT SUBMISSION COUNTERS – FRAME ESCAPE	31 L CHAMPS 4.30-5pm TACKLE THE GIANT – DUCK & SHOOT CLAP&SHOOT J GRAPPLERS 5.15-6PM (L15) DOUBLE LEG CONSERVATIVE, BULLY BATTLE ADD (L11) POSITIONAL CONTROL SIDE	2 AUGUST L CHAMPS 4.30-5pm CROCODILE CONTROL – SUPERBASE&SNEAKY MOUNT J GRAPPLERS 5.15-6PM (L12) BODYFOLD, BULLYBATTLE-TOPMOUNT, ROLL TO SIDE ARMLOCK	3 BLACKBELT CLUB 5PM-6PM (L33) DOUBLE UNDERHOOK GUARDPASS REFLEX ADD TRAP&ROLL ESCAPE	4

Watch all the lessons at
www.GracieKids.com

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