

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

August 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

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

Email: admin@graciejijitsu.co.za Phone: 0215567830

Monday	Tuesday	Thursday	Friday	Saturday
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 (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
6 BLACKBELT CLUB 5PM-6PM TRIANGLE CHOKE GIANT KILLER VARIATION REFLEX ADD PUNCH BLOCK SERIES 1-4	7 L CHAMPS 4.30-5pm BASE BATTLE – PUSH&PULL LEVEL 3 CRAZY COMBO J GRAPPLERS 5.15-6PM (L1) TRAP&ROLL STD, PUNCHBLOCK, HEADLOCK & OPEN GUARD PASS	9 CLOSED PUBLIC HOLIDAY	10 BLACKBELT CLUB 5PM-6PM (L17) STRAIGHT ARMLOCK FROM GUARD-LOW VARIATION -HIGH VARIATION & TRIANGLE TRANSITION	11
13 BLACKBELT CLUB 5PM-6PM (L27) HAYMAKER PUNCH DEFENCE (L26) REAR TAKE DOWN	14 LCHAMPS 4.30-5pm SPIDERKID – SPIDER HANDS & SPIDER SWIM J GRAPPLERS 5.15-6PM (L7) PUNCHBLOCK 1,3&4	16 L CHAMPS 4.30-5pm SHARK BITE – QUICK BITE & QUICK HUG J GRAPPLERS 5.15-6PM (L8) STRAIGHT ARMLOCK SIDE BULLY BATTLE, LEGHOOK, TOPMOUNT, ARMLOCK SIDE	17 BLACKBELT CLUB 5PM-6PM (L9) ELEVATOR SWEEP STANDARD VARIATION REFLEX ADD POSITION CONTROL MOUNT	18
20 BLACKBELT CLUB 5PM-6PM (L22) KIMURA ARMLOCK -BASIC APPLICATION -RIDER VARIATION -FORCED VARIATION	21 L CHAMPS 4.30-5pm BULLDOZER – BULLDOZER WALK & CRAZY ROLL J GRAPPLERS 5.15-6PM (L6) CLINCH AGGRESSIVE (L10) ELBOW SWEEP SHRIMP DRILL & STD VARIATION	23 L CHAMPS 4.30-5pm CRAZY HORSE – BACKPACK & SNEAK ATTACK J GRAPPLERS 5.15-6PM (L11) POSITIONAL CONTROL SIDEMOUNT 3 SLICES	24 BLACKBELT CLUB 5PM-6PM (L15) DOUBLE LEG TAKEDOWN CONSERVATIVE OPPONENT	25
27 BLACKBELT CLUB 5PM-6PM (L10) ELBOW ESCAPES -STANDARD -FISH HOOK -HEEL DRAG REFLEX ADD ELEVATOR SWEEP	28 L CHAMPS 4.30-5pm TACKLE THE GIANT – DUCK & SHOOT CLAP&SHOOT J GRAPPLERS 5.15-6PM (L18) DOUBLE ANKLE SWEEP REFLEX ADD AMERICANA	30 L CHAMPS 4.30-5pm CROCODILE CONTROL – SUPERBASE&SNEAKY MOUNT J GRAPPLERS 5.15-6PM (L22) KIMURA ARMLOCK REFLEX ADD PULL GUARD	31 BLACKBELT CLUB 5PM-6PM SIDEMOUNT SUBMISSION AMERICANA ARMLOCK REFLEX ADD (L11) POSITIONAL CONTROL SIDE MOUNT	1