

APRIL 2021 SCHEDULE



character development chapter:
MANNERS

LITTLE CHAMPS 4yrs - 7yrs	JUNIOR GRAPPLERS 7yrs-13yrs
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BLACK BELT CLUB BY INVITE ONLY

Little Champs - Gracie Games			
Spiderkid		Crocodile Control	
Shark Bite		Base Battle	
Bulldozer		Snake Bite	
Crazy Horse		Guard Monster	
Tackle the Giant		Crazy Legs	
Junior 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	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	01-Apr	2	3
5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	4.30pm Little Champs CRAZY LEGS 5.15pm Junior Grapplers L21		4.30pm Little Champs SPIDER KID 5.15pm Junior Grapplers L22	CLOSED PUBLIC HOLIDAY	CLOSED PUBLIC HOLIDAY
5	6	7	8	9	10
CLOSED PUBLIC HOLIDAY	4.30pm Little Champs SHARK BITE 5.15pm Junior Grapplers L23		4.30pm Little Champs BULLDOZER 5.15pm Junior Grapplers L24	5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	
12	13	14	15	16	17
5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	4.30pm Little Champs CRAZY HORSE 5.15pm Junior Grapplers L25		4.30pm Little Champs TACKLE THE GIANT 5.15pm Junior Grapplers L26	5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	
19	20	21	22	23	24
5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	4.30pm Little Champs CROCODILE CONTROL 5.15pm Junior Grapplers L27		4.30pm Little Champs BASE BATTLE 5.15pm Junior Grapplers L28	5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	
26	27	28	29	30	01-May
5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	CLOSED PUBLIC HOLIDAY		4.30pm Little Champs SNAKE BITE 5.15pm Junior Grapplers L29	5pm Black Belt Club MOUNT & MODIFIED MOUNT DRILLS	CLOSED PUBLIC HOLIDAY

Watch all the lessons at www.GracieUniversity.com
Web: www.Graciejijitsu.co.za
Address: Shop 5, Parklands Centre, Link Road, Parklands
Email: admin@graciejijitsu.co.za.
Phone or Whatsapp: 081 400 1130 to book your free class