

NOVEMBER 2021 SCHEDULE



character development chapter:
RESPONSIBILITY

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
1	2	3	4	5	6
CLOSED PUBLIC HOLIDAY	4.30pm Little Champs TACKLE THE GIANT 5.15pm Junior Grapplers L4		4.30pm Little Champs CROCODILE CONTROL 5.15pm Junior Grapplers L5	5pm Black Belt Club STANDING	
8	9	10	11	12	13
5pm Black Belt Club STANDING	4.30pm Little Champs BASE BATTLE 5.15pm Junior Grapplers L6		4.30pm Little Champs SNAKE BITE 5.15pm Junior Grapplers L7	5pm Black Belt Club STANDING	
15	16	17	18	19	20
5pm Black Belt Club STANDING	4.30pm Little Champs GUARD MONSTER 5.15pm Junior Grapplers L8		4.30pm Little Champs CRAZY LEGS 5.15pm Junior Grapplers L9	5pm Black Belt Club STANDING	
22	23	24	25	26	27
5pm Black Belt Club STANDING	4.30pm Little Champs SPIDER KID 5.15pm Junior Grapplers L10		4.30pm Little Champs SHARK BITE 5.15pm Junior Grapplers L11	5pm Black Belt Club STANDING	
29	30	1 DEC	2	3	4
5pm Black Belt Club STANDING	4.30pm Little Champs BULLDOZER 5.15pm Junior Grapplers L12		4.30pm Little Champs CRAZY HORSE 5.15pm Junior Grapplers L13	5pm Black Belt Club	11.30am-1pm GRACIE GAMES DAY

Watch all the lessons at www.GracieUniversity.com

Web: www.Graciejjujitsu.co.za

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

Email: admin@graciejujitsu.co.za

Phone or Whatsapp: 081 400 1130 to book your free class