

# MAY 2022 SCHEDULE



character development chapter:  
**RESPECT**

<b>LITTLE CHAMPS</b> 4yrs - 6yrs	<b>JUNIOR GRAPPLERS</b> 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
2	3	4	5	6	7
<b>CLOSED PUBLIC HOLIDAY</b>	4.30pm Little Champs 5.15pm Junior Grapplers WORKSHOP DAY 1		4.30pm Little Champs 5.15pm Junior Grapplers WORKSHOP DAY 2	5pm Black Belt Club MOUNT	
9	10	11	12	13	14
5pm Black Belt Club MOUNT	4.30pm Little Champs 5.15pm Junior Grapplers WORKSHOP DAY 3		4.30pm Little Champs 5.15pm Junior Grapplers WORKSHOP DAY 4	5pm Black Belt Club MOUNT	
16	17	18	19	20	21
5pm Black Belt Club MOUNT	4.30pm Little Champs BASE BATTLE 5.15pm Junior Grapplers L10		4.30pm Little Champs SNAKE BITE 5.15pm Junior Grapplers L11	5pm Black Belt Club MOUNT	
23	24	25	26	27	28
5pm Black Belt Club MOUNT	4.30pm Little Champs GUARD MONSTER 5.15pm Junior Grapplers L12		4.30pm Little Champs CRAZY LEGS 5.15pm Junior Grapplers L13	5pm Black Belt Club MOUNT	
30	31				
5pm Black Belt Club MOUNT	4.30pm Little Champs SPIDER KID 5.15pm Junior Grapplers L14				

**Watch all the lessons at [www.GracieUniversity.com](http://www.GracieUniversity.com)**  
**Web:** [www.Graciejijitsu.co.za](http://www.Graciejijitsu.co.za)  
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**Phone or Whatsapp:** 081 400 1130 to book your free class