

September 2026 – Jr. Grapplers

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	01. September	02 Jr. Grapplers 18:00 – 19:00 UG Lesson 24 & 27	03	04 CLOSED ----- SEMINAR RENER GRACIE	05	06
07 Jr. Grapplers 18:00 – 19:00 UG Lesson XX & 27 Bring a Friend!	08	09 Jr. Grapplers 18:00 – 19:00 UG Lesson 25 & 29	10	11 Jr. Grapplers 18:00 – 19:00 UG Lesson 33 & 15	12	13
14 Jr. Grapplers 18:00 – 19:00 UG Lesson 9 & 26 Bring a Friend!	15	16 Jr. Grapplers 18:00 – 19:00 UG Lesson 28 & 23	17	18 Jr. Grapplers 18:00 – 19:00 UG Lesson 1 & 5	19	20
21 Jr. Grapplers 18:00 – 19:00 UG Lesson 10 & 19 Bring a Friend!	22	23 Jr. Grapplers 18:00 – 19:00 UG Lesson 30 & 33	24	25 Jr. Grapplers 18:00 – 19:00 UG Lesson 2 & 6	26	27
28 Jr. Grapplers 18:00 – 19:00 UG Lesson 11 & 18 Bring a Friend!	29	29 Jr. Grapplers 18:00 – 19:00 UG Game Day Technique Rev.	30	01. Oktober Jr. Grapplers 18:00 – 19:00 UG Lesson 3 & 12 Bring a Friend!	02	03

Gracie BULLYPROOF JR. GRAPPLERS	
Lessons	Techniques
1	Trap & Roll Escape
2	Americana Armlock
3	Positional Control – Mount
4	Take the Back – Mount
5	Leg Hook Takedown
6	Clinch (Aggressive Opponent)
7	Punch Block Series (Stages 1-4)
8	Armbar – Mount
9	Elevator Sweep
10	Elbow Escape – Mount
11	Positional Control – Side Mount
12	Body Fold Takedown
13	Clinch (Conservative Opponent)
14	Headlock Counters
15	Double Leg Takedown
16	Headlock Escape 1
17	Armbar – Guard
18	Double Ankle Sweep
19	Pull Guard
20	Headlock Escape 2
21	Shrimp Escape
22	Kimura Armlock
23	Standing Headlock Defense
24	Punch Block Series (Stage 5)
25	Hook Sweep
26	Rear Takedown
27	Haymaker Punch Defense
28	Take the Back – Guard
29	Guillotine Defense
30	Elbow Escape – Side Mount
31	Standing Armbar
32	Twisting Arm Control
33	Double Underhook Guard Pass