

## Juni 2026 – Jr. Grapplers

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
01 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 19 & 30  Bring a Friend!	02	03 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 26 & 9	04. Mai <b>CLOSED</b>	05 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 13 & 20	06	07
08 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 26 & 32  Bring a Friend!	09	10 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 19 & 10	11	12 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 12 & 21	13	14
15 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 15 & 33  Bring a Friend!	16	17 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 15 & 11	18	19 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 5 & 22	20	21
22 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 5 & 1  Bring a Friend!	23	24 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 23 & 14	25	26 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Lesson 27 & 24	27	28
29 <b>Jr. Grapplers</b> 18:00 – 19:00   UG Game Day   Technique Rev.  Bring a Friend!	30					

	
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