GRACIE JIU-JITSU
DÜSSELDORF II

Oktober 2026 – Jr. Grapplers

Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
			01. Oktober	02 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 03 & 12**	03	04
05 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 14 & 23** **Bring a Friend!**	06	07 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 26 & 32**	08	09 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 04 & 13**	10	11
12 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 31 & 16** **Bring a Friend!**	13	14 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 15 & 33**	15	16 **Jr. Grapplers** 18:00 – 19:00 | UG **Lesson 07 & 29**	17	18
Herbstferientraining | 19.10. – 31.10.2026						
19	20	21 **Jr. Grapplers** 18:00 – 19:00 | UG **Game Day | Technique Rev.**	22	23	24	25
26	27	28 **Jr. Grapplers** 18:00 – 19:00 | UG **Game Day | Technique Rev.**	29	30	31	**01. November**

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