

# JANUARY 2025 SCHEDULE



**GRACIE GAMES DAY  
HEALTH  
SATURDAY 15 MARCH 2025**

<b>LITTLE CHAMPS</b> 5yrs - 7yrs	<b>JUNIOR GRAPPLERS</b> 8yrs-12yrs
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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		

WEEKLY CHAPTER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	13 January 2025	14	15	16	17
<b>BOUNDARY SETTING</b> Self-defence begins with boundary setting	5pm BLACK BELT CLUB	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm WE TWEENS GIRLS AGE 9-14	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm BLACK BELT CLUB
	20	21	22	23	24
<b>DEFENCES</b> If physically attacked, defend yourself	5pm BLACK BELT CLUB	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm WE TWEENS GIRLS AGE 9-14	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm BLACK BELT CLUB
	27	28	29	30	31
<b>COMFORT IN CHAOS</b> Getting comfortable with the uncomfortable	5pm BLACK BELT CLUB	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm WE TWEENS GIRLS AGE 9-14	4PM MAT MUNCHKINS 4.30PM LITTLE CHAMPS 5.15PM JUNIOR GRAPPLERS	5pm BLACK BELT CLUB

**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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