

# January 2026



# GRACIE JIU-JITSU<sup>®</sup>

## SIOUX FALLS

Mat Munchkins: 3-5 yrs

Little Champs: 5-7 yrs

Jr. Grapplers: 8-13 yrs

Black Belt Club: 12-15 yrs

Women Empowered: 13+

Combatives: 14+

Reflex Development (invitation only)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	29 3:45-5:00 Game Day!!! 5:00-5:30 BBC 5:30-6:30 WE: 11 6:30-7:30 Combatives: 7	30	31	1 Happy New Year!	2	3
4	5 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 12 6:30-7:30 Combatives: 8	6	7 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 9 6:30-7:30 RD: Guard	8	9	10
11	12 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 13 6:30-7:30 Combatives: 10	13	14	15 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 11 6:30-7:30 RD: Side Mount	16 9:00 - 11:00 Free Women's Self-Defense Seminar!	17
18	19 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 14 6:30-7:30 Combatives: 12	20	21	22 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 13 6:30-7:30 RD: Standing	23	24
25	26 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 15 6:30-7:30 Combatives: 14	27	28	29 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 15 6:30-7:30 RD: Freestyle	30	31

23 classes	GC 36 essential techniques	15 classes	WE 20 Essential techniques
1	Trap & Roll Escape – Mount (GU 1)* Leg Hook Takedown (GU 6)	1	Combat Base (3 Variations) (GU 1)* Trap & Roll Escapes (1 & 2) (GU 4) (Standard   Hair Grab)
2	Americana Armlock – Mount (GU 2) Clinch (Aggressive Opponent) (GU 7)	2	Standard Wrist Releases (3 Variations) (GU 2) Trap & Roll Escapes (3, 4 & 5) (GU 4)
3	Positional Control – Mount (GU 3) Body Fold Takedown (GU 14)	3	Front Choke Defenses (3 Variations) (GU 5) Guard Get-ups (1 & 2) (GU 8) (Standard   False Surrender)
4	Take the Back + R.N.C. – Mount (GU 4 + 5) Clinch (Conservative Opponent) (GU 15)	4	Inverted Wrist Releases (4 Variations) (GU 3) Guard Get-ups (3 & 4) (GU 9) (Rider   Heavy Chest)
5	Punch Block Series (1-4) – Guard (GU 8) Guillotine Choke (Standing) (GU 23)	5	Super Slap (GU 6) Guard Get-ups (5 & 6) (GU 9) (Choke   Wrist Pin)
6	Armbar – Mount (GU 9) Guillotine Defense (GU 32)	6	Stop-Block-Frame (3 Variations) (GU 10) Punch Defense (GU 11) (Clinch Entry)
7	Triangle Choke – Guard (GU 10) Haymaker Punch Defense (GU 30)	7	Punch Block Series (GU 7) (Stages 1-5)
8	Elevator Sweep – Guard (GU 11) Rear Takedown (GU 29)	RD	Standing Reflex Development All standing techniques practiced in combination with one another.
9	Elbow Escape – Mount (GU 12) Pull Guard (GU 21)	8	Elbow Escape (GU 14) (Standard   Heel Drag   Face Down) Guillotine Choke (Guard) (GU 12)
10	Positional Control – Side Mount (GU 13) Double Leg Takedown (Aggressive) (GU 17)	9	Rear Choke Defenses (2 Variations) (GU 17) Drag Defenses (GU 19) (Wrist Drag   Ankle Drag)
11	Headlock Counters – Mount (GU 16) Standing Headlock Defense (GU 26)	10	Rear Bear Hug Defenses (2 Variations) (GU 17) Guillotine Choke (GU 16) (Standing   Guard Pull)
12	Headlock Escape 1 – Side Mount (GU 18) Standing Armbar (GU 34)	11	Hair Grab Defenses (GU 13) (Standing   Guard   Guard Pull   Hair Drag)
13	Armbar – Guard (GU 19) Cinch (Aggressive Opponent) (GU 7)	12	Weapon Defenses (GU 18) (Straight Armlock   Kimura Armlock)
14	Double Ankle Sweep – Guard (GU 20) Guillotine Choke (Guard Pull) (GU 23)	13	Shrimp Escape (GU 15) (Block & Shoot   Shrimp & Shoot   Rider) Shirt Choke (GU 12)
15	Headlock Escape 2 – Side Mount (GU 22) Cinch (Conservative Opponent) (GU 15)	14	Advanced Guard Get-ups (7, 8 & 9) (GU 20) (Direct Get-up   Knee Shield   Power Frame)
16	Shrimp Escape – Side Mount (GU 24) Body Fold Takedown (GU 14)	15	Rear Naked Choke (GU 16) Triangle Choke (GU 12) (Giant Killer   Stage 3)
17	Kimura Armlock – Guard (GU 25) Leg Hook Takedown (GU 6)	RD	Ground Reflex Development All ground techniques practiced in combination
18	4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 13 6:30-7:30 RD: Standing	19	
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