December 2025

GRACIE JIU-JITSU
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
30	1 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: Standing RD 6:30-7:30 Combatives: 23	2	3	4 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 1 6:30-7:30 RD: Standing	5	6
7	8 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 8 6:30-7:30 Combatives: 2	9	10	11 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 3 6:30-7:30 RD: Freestyle	12	13
14	15 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 9 6:30-7:30 Combatives: 4	16	17	18 4:00-4:45 Jr. Grapplers 4:45-5:30 BBC 5:30-6:30 Combatives: 5 6:30-7:30 RD: Mount	19	20
21	22 4:00-4:30 Mat Munchkins 4:30-5:15 Little Champs 5:30-6:30 WE: 10 6:30-7:30 Combatives: 6	23	24	25 Merry Christmas!	26	27
28	29 4:00-5:1:5 Game Day!!! 5:30-6:30 WE: 11 6:30-7:30 Combatives: 7	30	31 Happy New Year!	1	2	3

GC 36 essential techniques (23 classes)

#	Technique
1	**Trap & Roll Escape – Mount (GU 1)*** **Leg Hook Takedown (GU 6)**
2	**Americana Armlock – Mount (GU 2)** Clinch (Aggressive Opponent) (GU 7)
3	**Positional Control – Mount (GU 3)** Body Fold Takedown (GU 14)
4	**Take the Back + R.N.C. – Mount (GU 4 + 5)** Clinch (Conservative Opponent) (GU 15)
5	**Punch Block Series (1-4) – Guard (GU 8)** Guillotine Choke (Standing) (GU 23)
6	**Armbar – Mount (GU 9)** Guillotine Defense (GU 32)
7	**Triangle Choke – Guard (GU 10)** Haymaker Punch Defense (GU 30)
8	**Elevator Sweep – Guard (GU 11)** Rear Takedown (GU 29)
9	**Elbow Escape – Mount (GU 12)** Pull Guard (GU 21)
10	**Positional Control – Side Mount (GU 13)** Double Leg Takedown (Aggressive) (GU 17)
11	**Headlock Counters – Mount (GU 16)** Standing Headlock Defense (GU 26)
12	**Headlock Escape 1 – Side Mount (GU 18)** Standing Armbar (GU 34)
13	**Armbar – Guard (GU 19)** Clinch (Aggressive Opponent) (GU 7)
14	**Double Ankle Sweep – Guard (GU 20)** Guillotine Choke (Guard Pull) (GU 23)
15	**Headlock Escape 2 – Side Mount (GU 22)** Clinch (Conservative Opponent) (GU 15)
16	**Shrimp Escape – Side Mount (GU 24)** Body Fold Takedown (GU 14)
17	**Kimura Armlock – Guard (GU 25)** Leg Hook Takedown (GU 6)
18	**Punch Block Series (5) – Guard (GU 27)** Haymaker Punch Defense (GU 30)
19	**Hook Sweep – Guard (GU 28)** Guillotine Defense (GU 32)
20	**Take the Back – Guard (GU 31)** Standing Headlock Defense (GU 26)
21	**Elbow Escape – Side Mount (GU 33)** Pull Guard (GU 21)
22	**Twisting Arm Control – Mount (GU 35)** Rear Takedown (GU 29)
23	**Double Underhook Pass – Guard (GU 36)** Double Leg Takedown (Conservative) (GU 17)

WE 20 Essential techniques (15 classes)

#	Technique
1	**Combat Base (3 Variations) (GU 1)*** **Trap & Roll Escapes (1 & 2) (GU 4)** (Standard | Hair Grab)
2	**Standard Wrist Releases (3 Variations) (GU 2)** **Trap & Roll Escapes (3, 4 & 5) (GU 4)**
3	**Front Choke Defenses (3 Variations) (GU 5)** **Guard Get-ups (1 & 2) (GU 8)** (Standard | False Surrender)
4	**Inverted Wrist Releases (4 Variations) (GU 3)** **Guard Get-ups (3 & 4) (GU 9)** (Rider | Heavy Chest)
5	**Super Slap (GU 6)** **Guard Get-ups (5 & 6) (GU 9)** (Choke | Wrist Pin)
6	**Stop-Block-Frame (3 Variations) (GU 10)** **Punch Defense (GU 11)** (Clinch Entry)
7	**Punch Block Series (GU 7)** (Stages 1-5)
RD	**Standing Reflex Development** All standing techniques practiced in combination with one another.
8	**Elbow Escape (GU 14)** (Standard | Heel Drag | Face Down) **Guillotine Choke (Guard) (GU 12)**
9	**Rear Choke Defenses (2 Variations) (GU 17)** **Drag Defenses (GU 19)** (Wrist Drag | Ankle Drag)
10	**Rear Bear Hug Defenses (2 Variations) (GU 17)** **Guillotine Choke (GU 16)** (Standing | Guard Pull)
11	**Hair Grab Defenses (GU 13)** (Standing | Guard | Guard Pull | Hair Drag)
12	**Weapon Defenses (GU 18)** (Straight Armlock | Kimura Armlock)
13	**Shrimp Escape (GU 15)** (Block & Shoot | Shrimp & Shoot | Rider) **Shirt Choke (GU 12)**
14	**Advanced Guard Get-ups (7, 8 & 9) (GU 20)** (Direct Get-up | Knee Shield | Power Frame)
15	**Rear Naked Choke (GU 16)** **Triangle Choke (GU 12)** (Giant Killer | Stage 3)
RD	**Ground Reflex Development** All ground techniques practiced in combination