

Gracie BULLYPROOF®

Each week we will focus on one of eight Gracie Bullyproof chapters. All of the Jiu Jitsu they learn each week will be focused around either a situational or tactical lens suited to their age group.

Week of	Chapter Focus
2 Sep	Chapter 5: Stranger Danger
9 Sep	Chapter 6: Controls
16 Sep*	Chapter 7: Helping Others
23 Sep	Chapter 8: Submissions
30 Sep	Chapter 1: Boundary Setting

*Gracie Game Day will be on Saturday 21st September 10:00AM-11:00AM (see game day chart for details)

Gracie Bullyproof Weekly Schedule (Subject to Change)

Class	Monday	Tuesday	Wednesday	Thursday
3+ (With Parent) <i>Mat Munchkins</i>				17:00-17:30
6-9 Years <i>Little Champs</i>	17:00-17:45	17:30-18:15	16:45-17:30	17:30-18:15
10+ Years <i>Jr. Combatives</i>	17:45-18:30		17:30-18:15 +BBC (30 Mins)	

Lesson Attire: All members must wear a white Gi to every class with a black/navy t-shirt or a Gracie Rashguard/Dri-Fit underneath. No football shirts allowed.

Attendance: While we recommend routine, you are welcome to attend ANY day so long as you do not exceed your monthly allowance.

Stripes and Promotions: All students will receive a belt qualification card where their attendance will be tracked. We will award stripes approximately every 10 classes to start. Once your child receives 4 stripes, we will consider them from promotion to the next belt level.

Gracie Bullyproof Online: You will receive a free subscription to Gracie Bullyproof online while you are an active member. This can be used to help your child progress outside of class. Follow the linear format to get the most out of this resource.

Gracie Game Day: Your child must complete their Gracie Game Day chart that we will send out every couple of months in order to attend. If you have any questions about this, speak to your instructor.

Behaviour: We do our absolute best to provide the correct level of challenge and fun, combined with refined teaching methodologies to keep your child engaged and growing in a safe environment. If your child is having any problems in the class that we cannot resolve without negatively impacting other children, we will approach you to help us. If we are still having issues beyond this, we may offer alternative training solutions.

Promotion to Black Belt Club: We will invite children who meet our criteria to test for promotion to the black belt club, our advanced class for children. For more information, speak to your instructor.