

Gracie BULLYPROOF®

Week of	Little Champs & Jr. Grappler Chapter Focus	Black Belt Club
APR 1 – 4	Escapes	6.2 Toe Hold Foot Locks
APR 8 – 12	Stranger Danger	6.3 Knee Locks
APR 15 – 19	Controls	6.3 Knee Locks
APR 22 – 26	Helping Others	6.4 Heel Hooks
APR 29 – MAY 3	Submissions	6.4 Heel Hooks

Monday	Tuesday	Wednesday	Thursday	Friday
Little Champs 5:15p – 6:00p Jr. Grapplers 6:00p – 7:00p		Mat Munchkins 5:30p – 6:00p Black Belt Club 6:00p – 7:00p		Little Champs 5:15p – 6:00p Jr. Grapplers 6:00p – 7:00p

*Class schedule subject to change based on holidays and special events.



Mat Munchkins (3-5 Years Old)

The Mat Munchkins program is the perfect introduction to jiu-jitsu for preschoolers, ages 3-5. In these playful classes, parents join us on the mat as we guide the little ones through fun games designed to help them develop "comfort with closeness." Once they learn the basic techniques and build their confidence in Mat Munchkins they'll be ready to transition into Little Champs (ages 5-7) classes.

Little Champs (5-7 Years Old)

The Little Champs program is for kids 5-7 years old. Using our time-tested "Gracie Games," we teach the Little Champs basic self-defense techniques while instilling the foundational principles of leverage and control. The secret to the success of this program is that we make the lessons so fun that the kids beg for more! Once a child masters the ten core Gracie Games, they advance to the Jr. Grapplers program.

Jr. Grapplers (7-12 Years Old)

In the Jr. Grapplers program, we focus on 33 non-violent self-defense techniques that teach children to "neutralize and negotiate" with the bullies. Verbal assertiveness strategies are a major portion of this curriculum. A child needs absolutely no experience to start, and we guarantee a noticeable increase in your child's confidence within a few weeks!

Black Belt Club (Invitation Only)

We invite children who excel in the Jr. Grapplers program to join the Black Belt Club. This is our most advanced youth jiu-jitsu program and joining the Black Belt Club is the highest honor for any youth Gracie Jiu-Jitsu practitioner. Kids in this program possess all the traits necessary for success on the path to black belt: discipline, respect, courage, leadership, loyalty, and compassion.