



- The Gracie Bullyproof 5 Rules Of Engagement
- 1) Avoid the fight at all costs.
 - 2) When physically attacked, defend yourself.
 - 3) When verbally attacked, follow the Three T-steps: Talk, Tell, Tackle!
 - 4) Never kick or punch the bully; establish control and negotiate.
 - 5) When applying submissions, use minimal force and negotiate.

Cross-Train For Free
We don't charge any extra for our members to train in both karate and Jiu-Jitsu. Your membership is based on the classes you want to attend a week; you chose how to split them up between Karate and Jiu-Jitsu, and on which days you would like to train!

5 Rules Of Karate	
1	98% of The Time Hips Rotate Left/Right
2	Shoulder, Elbow, Hip, Knee Follow
3	Turning Is Always Wide Stance
4	Turn, Foot Must Set 45° More Than Direction
5	Show Up To Class To Get Better!

LEGEND

*** ADVANCE BOOK ONLY**

**** START DATE TBD**

SPECIAL EVENT

CLOSURE

Gracie Mat Munchkins®
Kids w/ Parents ages 3-5
Gracie Little Champs®
LITTLE CHAMPS
Kids ages 5-8
Gracie Jr. Grapplers®
JR. GRAPPLERS
Kids ages 8-13

Gracie Master Cycle®
Advanced Teens & Adults 13+
Gracie Combatives®
Teens & Adults 13+
Gracie Blackbelt Club®
BLACK BELT CLUB
Kids ages 8-13

Shintani Wado Explorers
Ages 5-8
Shintani Wado Warriors
Ages 9-12
Shintani Wado Armour
Ages 13+
All Ages 13+

SET Martial Arts / Gracie Jiu-Jitsu Surprise - Unified Calendar Starting on: APRIL 6th, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30	31	1	2	3	4	5
		<p>Combatives Class 8 - 9AM-10AM</p> <p>Mat Munchkins - 10:15AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:45AM-11:45AM</p> <p>Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)</p>		<p>Combatives Class 9 - 9AM-10AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 11:15AM-12:15PM</p>	<p>Mat Munchkins - 9:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10AM-11AM</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 11AM-12PM</p>	
<p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 5:45PM-6:45PM</p> <p>Combatives Class 11 - 7PM-8PM</p>	<p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 5:45PM-6:45PM</p> <p>Combatives Class 12 - 7PM-8PM</p> <p>Combatives RD - Freestyle Focus - 8PM-9PM*</p>	<p>Mat Munchkins - 5PM*</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 5:45PM-6:45PM</p>	<p>Jr. Grapplers - 5:45PM-6:45PM</p> <p>Wado Warriors - 6PM-7PM</p> <p>Combatives Class 13 - 7:55PM-8:55PM</p>	<p>SCRATCH CODING CAMP</p> <p>AGES 8+: 12:30PM-2:30PM</p>	<p>SCRATCH CODING CAMP</p> <p>AGES 8+: 12:15PM-2:15PM</p>	
6	7	8	9	10	11	12
<p>NEW SCHEDULE STARTS TODAY!</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 9:30AM-10:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:30AM-11:30AM</p>		<p>Combatives Class 10 - 9AM-10AM</p> <p>Mat Munchkins - 10:15AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:45AM-11:45AM</p> <p>Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)</p>		<p>Combatives Class 11 - 9AM-10AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 11:15AM-12:15PM</p>	<p>NO CLASSES TODAY</p> <p>SHINTANI WADO KAI KARATE</p> <p>MEMBERS ONLY</p> <p>TOURNAMENT (ALL AGES 5+)</p>	
<p>Jr. Grapplers - 5PM-6PM</p> <p>Little Champs - 6PM-7PM</p> <p>Combatives Class 14 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>	<p>Wado Explorers - 4PM-5PM</p> <p>Little Champs - 5PM-6PM</p> <p>Jr. Grapplers - 6PM-7PM</p> <p>Combatives Class 15 - 7PM-8PM</p> <p>Combatives RD - Mount Focus - 8PM-9PM*</p>	<p>Mat Munchkins - 5PM*</p> <p>Wado Explorers - 5:30PM-6:30PM</p> <p>Wado Warriors - 6:30PM-7:30PM</p> <p>Wado Warriors - 7:30PM-8:30PM</p>	<p>Little Champs - 4PM-5PM</p> <p>Jr. Grapplers - 5PM-6PM</p> <p>Gracie Blackbelt Club - 5PM-6PM**</p> <p>Wado Warriors - 6PM-7PM</p> <p>Combatives Class 16 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>	<p>KNOW ANYONE WHO HAS EVER WANTED TO TRY KARATE? FREE WADO KAI KARATE SEMINAR FOR BEGINNERS! 5:30PM</p>	<p>KNOW ANYONE WHO HAS EVER WANTED TO TRY KARATE? FREE WADO KAI KARATE SEMINAR FOR BEGINNERS! 5:30PM</p>	
13	14	15	16	17	18	19
<p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 9:30AM-10:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:30AM-11:30AM</p>		<p>Combatives Class 12 - 9AM-10AM</p> <p>Mat Munchkins - 10:15AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:45AM-11:45AM</p> <p>Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)</p>		<p>Combatives Class 13 - 9AM-10AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 11:15AM-12:15PM</p>	<p>Mat Munchkins - 9:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10AM-11AM</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 11AM-12PM</p> <p>Combatives Class 14 - 12PM-1PM</p> <p>Master Cycle (Adv. Teen/Adult) - 1PM-2PM**</p>	
<p>Jr. Grapplers - 5PM-6PM</p> <p>Little Champs - 6PM-7PM</p> <p>Combatives Class 17 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>	<p>Wado Explorers - 4PM-5PM</p> <p>Little Champs - 5PM-6PM</p> <p>Jr. Grapplers - 6PM-7PM</p> <p>Combatives Class 18 - 7PM-8PM</p> <p>Combatives RD - Guard Focus - 8PM-9PM*</p>	<p>Mat Munchkins - 5PM*</p> <p>Wado Explorers - 5:30PM-6:30PM</p> <p>Wado Warriors - 6:30PM-7:30PM</p> <p>Wado Warriors - 7:30PM-8:30PM</p>	<p>Little Champs - 4PM-5PM</p> <p>Jr. Grapplers - 5PM-6PM</p> <p>Gracie Blackbelt Club - 5PM-6PM**</p> <p>Wado Warriors - 6PM-7PM</p> <p>Combatives Class 19 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>			
20	21	22	23	24	25	26
<p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 9:30AM-10:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:30AM-11:30AM</p>		<p>Combatives Class 15 - 9AM-10AM</p> <p>Mat Munchkins - 10:15AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:45AM-11:45AM</p> <p>Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)</p>		<p>Combatives Class 16 - 9AM-10AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 11:15AM-12:15PM</p>	<p>GRACIE GAMEDAY DAY!!</p> <p>Mat Munchkins - 9:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10AM-11AM</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 11AM-12PM</p> <p>Combatives Class 17 - 12PM-1PM</p> <p>Master Cycle (Adv. Teen/Adult) - 1PM-2PM**</p> <p>GRACIE GAMEDAY JR. MAT MUNCHKINS EDITION 4:00PM-4:45PM*</p> <p>GRACIE GAMEDAY - HEALTH 5:00-7:00PM</p>	
<p>Jr. Grapplers - 5PM-6PM</p> <p>Little Champs - 6PM-7PM</p> <p>Combatives Class 20 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>	<p>Wado Explorers - 4PM-5PM</p> <p>Little Champs - 5PM-6PM</p> <p>Jr. Grapplers - 6PM-7PM</p> <p>Combatives Class 21 - 7PM-8PM</p> <p>Combatives RD - S. Mount Focus - 8PM-9PM*</p>	<p>Mat Munchkins - 5PM*</p> <p>Wado Explorers - 5:30PM-6:30PM</p> <p>Wado Warriors - 6:30PM-7:30PM</p> <p>Wado Warriors - 7:30PM-8:30PM</p>	<p>Little Champs - 4PM-5PM</p> <p>Jr. Grapplers - 5PM-6PM</p> <p>Gracie Blackbelt Club - 5PM-6PM**</p> <p>Wado Warriors - 6PM-7PM</p> <p>Combatives Class 22 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>			
27	28	29	30	1	2	3
<p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 9:30AM-10:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:30AM-11:30AM</p>		<p>Combatives Class 18 - 9AM-10AM</p> <p>Mat Munchkins - 10:15AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10:45AM-11:45AM</p> <p>Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)</p>		<p>Combatives Class 19 - 9AM-10AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 11:15AM-12:15PM</p>	<p>Mat Munchkins - 9:30AM</p> <p>Bullyproof (Combined) Little Champs</p> <p>Jr. Grapplers - 10AM-11AM</p> <p>Karate (Combined) Wado Explorers</p> <p>Wado Warriors - 11AM-12PM</p> <p>Combatives Class 20 - 12PM-1PM</p> <p>Master Cycle (Adv. Teen/Adult) - 1PM-2PM**</p>	
<p>Jr. Grapplers - 5PM-6PM</p> <p>Little Champs - 6PM-7PM</p> <p>Combatives Class 23 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>	<p>Wado Explorers - 4PM-5PM</p> <p>Little Champs - 5PM-6PM</p> <p>Jr. Grapplers - 6PM-7PM</p> <p>Combatives Class 1 - 7PM-8PM</p> <p>Combatives RD - Standing Focus - 8PM-9PM*</p>	<p>Mat Munchkins - 5PM*</p> <p>Wado Explorers - 5:30PM-6:30PM</p> <p>Wado Warriors - 6:30PM-7:30PM</p> <p>Wado Warriors - 7:30PM-8:30PM</p>	<p>Little Champs - 4PM-5PM</p> <p>Jr. Grapplers - 5PM-6PM</p> <p>Gracie Blackbelt Club - 5PM-6PM**</p> <p>Wado Warriors - 6PM-7PM</p> <p>Combatives Class 2 - 7PM-8PM</p> <p>Master Cycle (Adv. Teen/Adult) - 8PM-9PM**</p>			

Bring a Friend To Any Class And Get A Free T-Shirt!!
If Your Friend Signs Up, Pick A Gi or 2 Rash Guards from GracieLifeStyle.com!