



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	Turns, Foot Must Set 45° More Than Direction
5	Show Up To Class To Get Better!

***: ADVANCE BOOK ONLY**

**** : START DATE TBD**

SPECIAL EVENT

CLOSURE

LEGEND

Gracie Mat Munchkins®
Kids w/ Parents ages 3-5
Gracie Little Champs®

MC MOUNTAIN
Kids ages 5-8
Gracie Jr. Grapplers®
Gracie Little Champs®

Gracie Master Cycle!
Advanced Teens & Adults 13+
Gracie Combatives®

Gracie Blackbelt Club®
Teens & Adults 13+
Gracie Little Champs®

Gracie Black Belt Club
Kids ages 8-13

Gracie Wado Explorers
Kids ages 5-8
Gracie Wado Explorers

Gracie Wado Explorers
Kids ages 5-8
Gracie Wado Explorers

SET Martial Arts / Gracie Jiu-Jitsu Surprise - Unified Calendar AUGUST 2026

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
27		28		29		30		31		1		2	
Karate (Combined) Wado Explorers & Wado Warriors - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:30AM		Wado Explorers - 4PM * (Pre-Book only) Little Champs - 5PM Jr. Grapplers - 6PM Combatives Class 3 - 7PM Combatives RD - Mount Focus - 8PM*		Combatives Class 23 - 9AM Mat Munchkins - 10:15AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:45AM Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)		Little Champs - 4PM Jr. Grapplers - 5PM MC Fundamentals - Back Focus (Advanced Teen/Adult) - 6PM Combatives Class 4 - 7PM		Combatives Class 1 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Mat Munchkins - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10AM Combatives Class 2 - 11AM			
Jr. Grapplers - 5PM Little Champs - 6PM				Mat Munchkins - 5PM Karate (Combined) Wado Explorers & Wado Warriors - 5:30PM Jr. Grapplers Black Belt Club - 6:30PM (Invite only) Gracie Teens - 6:30PM									
3		4		5		6		7		8		9	
Karate (Combined) Wado Explorers & Wado Warriors - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:30AM		Wado Explorers - 4PM * (Pre-Book only) Little Champs - 5PM Jr. Grapplers - 6PM Combatives Class 5 - 7PM Combatives RD - Guard Focus - 8PM*		Combatives Class 3 - 9AM Mat Munchkins - 10:15AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:45AM Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)		Combatives Class 4 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Combatives Class 4 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Mat Munchkins - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10AM Combatives Class 5 - 11AM *		MC Fundamentals - 12PM (Pre-Book Only) Mount Focus *	
Jr. Grapplers - 5PM Little Champs - 6PM				Mat Munchkins - 5PM Karate (Combined) Wado Explorers & Wado Warriors - 5:30PM Jr. Grapplers Black Belt Club - 6:30PM (Invite only) Gracie Teens - 6:30PM		Little Champs - 4PM Jr. Grapplers - 5PM MC Fundamentals - Standing Focus (Advanced Teen/Adult) - 6PM Combatives Class 6 - 7PM				Aravaipa Insomniac Run (White Tanks) https://www.aravaiparunning.com/			
10		11		12		13		14		15		16	
Karate (Combined) Wado Explorers & Wado Warriors - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:30AM		Wado Explorers - 4PM * (Pre-Book only) Little Champs - 5PM Jr. Grapplers - 6PM Combatives Class 7 - 7PM Combatives RD - S. Mount Focus - 8PM*		Combatives Class 6 - 9AM Mat Munchkins - 10:15AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:45AM Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)		Combatives Class 7 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Combatives Class 7 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Mat Munchkins - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10AM Combatives Class 8 - 11AM *		MC Fundamentals - 12PM (Pre-Book Only) S.Mount Focus *	
Jr. Grapplers - 5PM Little Champs - 6PM				Mat Munchkins - 5PM Karate (Combined) Wado Explorers & Wado Warriors - 5:30PM Jr. Grapplers Black Belt Club - 6:30PM (Invite only) Gracie Teens - 6:30PM		Little Champs - 4PM Jr. Grapplers - 5PM MC Fundamentals - Bonus Focus (Advanced Teen/Adult) - 6PM Combatives Class 8 - 7PM							
17		18		19		20		21		22		23	
Karate (Combined) Wado Explorers & Wado Warriors - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:30AM		Wado Explorers - 4PM * (Pre-Book only) Little Champs - 5PM Jr. Grapplers - 6PM Combatives Class 9 - 7PM Combatives RD - Standing Focus - 8PM*		Combatives Class 9 - 9AM Mat Munchkins - 10:15AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:45AM Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)		Combatives Class 10 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Combatives Class 10 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Mat Munchkins - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10AM Combatives Class 11 - 11AM *		MC Fundamentals - 12PM (Pre-Book Only) Guard Focus *	
Jr. Grapplers - 5PM Little Champs - 6PM				Mat Munchkins - 5PM Karate (Combined) Wado Explorers & Wado Warriors - 5:30PM Jr. Grapplers Black Belt Club - 6:30PM (Invite only) Gracie Teens - 6:30PM		Little Champs - 4PM Jr. Grapplers - 5PM MC Fundamentals - Mount Focus (Advanced Teen/Adult) - 6PM Combatives Class 10 - 7PM							
24		25		26		27		28		29		30	
Karate (Combined) Wado Explorers & Wado Warriors - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:30AM		Wado Explorers - 4PM * (Pre-Book only) Little Champs - 5PM Jr. Grapplers - 6PM Combatives Class 11 - 7PM Combatives RD - Freestyle - 8PM*		Combatives Class 12 - 9AM Mat Munchkins - 10:15AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10:45AM Age 5-13 Freeplay Time - 11:45AM-12:45PM (Unsupervised)		Combatives Class 13 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Combatives Class 13 - 9AM Karate (Combined) Wado Explorers & Wado Warriors - 10AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 11:15AM		Mat Munchkins - 9:30AM Bullyproof (Combined) Little Champs & Jr. Grapplers - 10AM Combatives Class 14 - 11AM *		MC Fundamentals - 12PM (Pre-Book Only) H.Guard Focus *	
Jr. Grapplers - 5PM Little Champs - 6PM				Mat Munchkins - 5PM Karate (Combined) Wado Explorers & Wado Warriors - 5:30PM Jr. Grapplers Black Belt Club - 6:30PM (Invite only) Gracie Teens - 6:30PM		Little Champs - 4PM Jr. Grapplers - 5PM MC Fundamentals - S. Mount Focus (Advanced Teen/Adult) - 6PM** Combatives Class 12 - 7PM		GRACIE GAMEDAY Jr. (Mat Munchkins) - 5PM-5:45PM GRACIE GAMEDAY! CITIZENSHIP - 6PM-8PM					

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!