



Gracie BULLYPROOF®

Prepare Your Child For Life

LEGEND
Mat Munchkins: Ages 3-5 Parent-Tot Class
Little Champs: Ages 5-7
Jr. Grapplers: Ages 8-12
Combatives: Ages 13+ (Teen & Adult)
Karate Family Friendly: Ages 5+

The 8 Chapters Of Bullyproof
Chapter 1: Boundary Setting
Chapter 2: Defenses
Chapter 3: Comfort in Chaos
Chapter 4: Escapes
Chapter 5: Stranger Danger
Chapter 6: Controls
Chapter 7: Helping Others
Chapter 8: Submissions

Character Development Chapters
Responsibility January - February
Health March - April
Respect May - June
Citizenship July - August
Manners September - October
Caring November - December

The 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.

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!](http://GracieLifeStyle.com)

FEBRUARY 2026							
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY	
	26	27	28	29	30	31	1
Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.4 Escapes Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM	Karate Family Friendly - 11AM	
Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.5 Stranger Danger Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM		8
Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.6 Controls Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM	VALENTINES KID'S MOVIE NIGHT Karate Family Friendly - 11AM	15
CLOSED FOR THE HOLIDAY	16	17	18	19	20	21	22
Ch.7 Helping Others Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM	Karate Family Friendly - 11AM	
Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.8 Submissions Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	GRACIE GAMEDAY - RESPONSIBILITY 5:45PM - 7:45PM	Karate Family Friendly - 11AM	1
Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.1 Boundary Setting Bring a friend!	Little Champs - 5:45PM Jr Grapplers - 5:45PM	Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	Jr Grapplers - 5:45PM	Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM	Karate Family Friendly - 11AM	
	2	3	4	5	6	7	8

The Three T-steps:

Talk – The child should first use confident verbal assertiveness to communicate clear boundaries and attempt to de-escalate the situation without physical contact.

Tell – If verbal efforts fail or the situation continues, the child should immediately seek help by informing a trusted adult such as a parent, teacher, or coach.

Tackle – Only if the bullying becomes physical and the child cannot safely escape or get help, they are authorized to use their Gracie Jiu-Jitsu® techniques to neutralize the threat and defend themselves without causing harm.

These three steps emphasize **safety**, **communication**, and **responsibility**, ensuring that physical self-defense is always a **last resort**, aligned with Gracie University's® principles of non-violence and confidence through control.