



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

FEBRUARY 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	SUNDAY
26 Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.4 Escapes Bring a friend!	27 Little Champs - 5:45PM Jr Grapplers - 5:45PM	28 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	29 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	30 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	31 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM Karate Family Friendly - 11AM	1
2 Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.5 Stranger Danger Bring a friend!	3 Little Champs - 5:45PM Jr Grapplers - 5:45PM Bring a friend!	4 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	5 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	6 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	7 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM	8
9 Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.6 Controls Bring a friend!	10 Little Champs - 5:45PM Jr Grapplers - 5:45PM Bring a friend!	11 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	12 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	13 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	14 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM VALENTINES KID'S MOVIE NIGHT Karate Family Friendly - 11AM	15
16 CLOSED FOR THE HOLIDAY Ch.7 Helping Others	17 Little Champs - 5:45PM Jr Grapplers - 5:45PM Bring a friend!	18 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	19 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	20 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	21 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM Karate Family Friendly - 11AM	22
23 Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.8 Submissions Bring a friend!	24 Little Champs - 5:45PM Jr Grapplers - 5:45PM Bring a friend!	25 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	26 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	27 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM GRACIE GAMEDAY - RESPONSIBILITY 5:45PM - 7:45PM	28 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM Karate Family Friendly - 11AM	1
2 Little Champs - 5:45PM Jr Grapplers - 5:45PM Ch.1 Boundary Setting Bring a friend!	3 Little Champs - 5:45PM Jr Grapplers - 5:45PM Bring a friend!	4 Mat Munchkins - 10:15AM Homeschool - Little Champs - 10:45AM Homeschool - Jr Grapplers - 10:45AM HOMESCHOOL FREE PLAY - 11:45AM Karate Family Friendly - 5:45PM	5 Jr Grapplers - 5:45PM Karate Ages 8+ - 6:50PM	6 Homeschool - Little Champs - 11:15AM Homeschool - Jr Grapplers - 11:15AM	7 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM Karate Family Friendly - 11AM	8

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!

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.