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.

	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!

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2 Moms on the Mat Week!*	**3** Moms on the Mat Week!* Combatives Test Prep Combatives Students w/ 4 Stripes @ 8PM (No RD) *(Temporary, Ongoing Change)* GRACIE COMBATIVES	**4** Moms on the Mat Week!*	**5** Moms on the Mat Week!* First Day of Combatives Reflex Development Class @ 6PM! GRACIE COMBATIVES	**6** Moms on the Mat Week!*	**7** Moms on the Mat Week!* **GRACIE GAMEDAY!!** Mat Munchkins @ 4PM Little Champs @ 5PM Jr. Grapplers @ 6:30PM	**8** *: For Moms on the Mat Week: *Just fill out the particpation waiver and come to class wearing light, athletic clothing. Then join us on the mat!*
9 Dads on the Mat Week!**	**10** Dads on the Mat Week!**	**11** No Classes Today Thank You Veterans For Your Service! 	**12** Dads on the Mat Week!**	**13** Dads on the Mat Week!**	**14** Dads on the Mat Week!**	**15** **: For Dads on the Mat Week: *Just fill out the particpation waiver and come to class wearing light, athletic clothing. Then join us on the mat!*
16 Bring a Friend To Class Week!***	**17** Bring a Friend To Class Week!***	**18** Bring a Friend To Class Week!***	**19** Bring a Friend To Class Week!***	**20** Bring a Friend To Class Week!***	**21** No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**22** ***: For Bring a Friend To Class Week: *Your friend can train with you using one of our loaner gis! If possible, let us know in advance they are coming in. If not, bring them anyway!*
23 No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**24** No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**25** No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**26** No Classes Today 	**27** No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**28** No Classes Today Thanksgiving Break Please make up any classes anytime this month!	**29**
30 Bring a Friend To Class Week!***	**1** Bring a Friend To Class Week!***	**2** Bring a Friend To Class Week!***	**3** Bring a Friend To Class Week!***	**4** Bring a Friend To Class Week!***	**5** Bring a Friend To Class Week!***	**6** ***: For Bring a Friend To Class Week: *Your friend can train with you using one of our loaner gis! If possible, let us know in advance they are coming in. If not, bring them anyway!*

Bring a Friend To Any Class And Get A Free T-Shirt!!