



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 OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28	29	30	1	2	3	4
5	6	7	8	9	10	11
		12PM FREE PLAY TIME CANCELLED TODAY ALL EVENING CLASSES CANCELLED TODAY		12PM FREE PLAY TIME CANCELLED TODAY	ALL CLASSES CANCELLED TODAY	
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1
					HAPPY HALLOWEEN	

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

www.SETMartialArts.com / www.GracieJiuJitsuSurprise.com | 15571 N Litchfield Rd #104, Surprise, AZ 85379 | (480) 329-4281