



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 choose how to split them up between Karate and Jiu-Jitsu, and on which days you would like to train!

Table with 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!

LEGEND section containing logos for Advance Book Only, Start Date TBD, Special Event, Closure, and various partner logos like Gracie Mat Munchkins, Gracie Little Champs, etc.

SET Martial Arts / Gracie Jiu-Jitsu Surprise - Unified Calendar Starting on: MAY 6th, 2026

Main calendar grid with columns for Monday through Sunday and rows for dates 27 through 31. Each cell contains class names and times for that day.

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