



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.

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 <i>January - February</i>
Health <i>March - April</i>
Respect <i>May - June</i>
Citizenship <i>July - August</i>
Manners <i>September - October</i>
Caring <i>November - December</i>

OCTOBER 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Ch.5 Stranger Danger</i>	30 <u>Jr. Grapplers & Little Champs Combined Today!</u> Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Coach Kyle Teaches!</i>	1 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	2 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA	3	4 CLOSED COACH DON TRAINING @ GRACIE HQ IN TORRANCE, LA
6 Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Ch.6 Controls</i> <i>Bring a friend!</i>	7 Little Champs - 5:45PM	8	9 Jr Grapplers - 5:45PM <i>Bring a friend!</i>	10	11 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM <i>Bring a friend!</i>
13 Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Ch.7 Helping Others</i> <i>Bring a friend!</i>	14 Little Champs - 5:45PM <i>Bring a friend!</i>	15	16 Jr Grapplers - 5:45PM <i>Bring a friend!</i>	17	18 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM <i>Bring a friend!</i>
20 Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Ch.8 Submissions</i> <i>Bring a friend!</i>	21 Little Champs - 5:45PM <i>Bring a friend!</i>	22	23 Jr Grapplers - 5:45PM <i>Bring a friend!</i>	24	25 Mat Munchkins - 9:30AM Little Champs - 10AM Jr Grapplers - 10AM <i>Bring a friend!</i>
27 Little Champs - 5:45PM Jr Grapplers - 5:45PM <i>Ch.1 Boundary Setting</i> <i>Bring a friend!</i>	28 Little Champs - 5:45PM <i>Bring a friend!</i>	29 <i>Bring a friend!</i>	30 CLOSED HAPPY HALLOWEEN!	31	1
3	4	5	6	7	8
NOV SCHEDULE TO BE RELEASED MID-LATE OCT					

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

www.GracieJiuJitsuSurprise.com | 13430 N Dysart Rd., #180, Surprise, AZ 85373 | (480) 329-4281

If Your Friend Signs Up, Pick A Gi or 2 Rash Guards From GracieLifeStyle.com!