Gracie BULLYPROOF®

RULES OF ENGAGEMENT

1. Avoid the fight at all costs
2. If physically attacked, defend yourself
3. If verbally attacked, follow the 3 T-steps. Talk - Tell - Tackle
4. Never punch or kick the bully. Establish control and negotiate.
5. When applying submissions, use minimal force and negotiate.

KEEP IT R.E.A.L.

Respect everybody
Educate the bully
Assist the victim
Lead the way



November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 2 **Little Champs 4:30pm** **Jr. Grapplers 5:30pm**	3 **Black Belt Club** **5:30pm-6:30pm**	4 **Jr. Grapplers 4:30pm** **Little Champs 5:30pm**	5 Private Lessons Scheduled Times	6 **Little Champs 4:30p** **Jr. Grapplers 5:30pm**	7 **Jr. Grapplers 12:30pm** **Little Champs 12:30pm**
9 **Little Champs 4:30pm** **Jr. Grapplers 5:30pm**	10 **Black Belt Club** **5:30pm-6:30pm**	11 **Jr. Grapplers 4:30pm** **Little Champs 5:30pm**	12 Private Lessons Scheduled Times	13 **Little Champs 4:30p** **Jr. Grapplers 5:30pm**	14 **Jr. Grapplers 12:30pm** **Little Champs 12:30pm**
16 **Little Champs 4:30pm** **Jr. Grapplers 5:30pm**	17 **Black Belt Club No-Gi** **5:30pm-6:30pm**	18 **Jr. Grapplers 4:30pm** **Little Champs 5:30pm**	19 Private Lessons Scheduled Times	20 **Little Champs 4:30p** **Jr. Grapplers 5:30pm**	21 **Jr. Grapplers 12:30pm** **Little Champs 12:30pm**
23 **Little Champs 4:30pm** **Jr. Grapplers 5:30pm**	24 **Black Belt Club** **5:30pm-6:30pm**	25 ***Closed for Thanksgiving***	26	27	28
30 **Little Champs 4:30pm** **Jr. Grapplers 5:30pm**	**Dec 1** **Black Belt Club No-Gi** **5:30pm-6:30pm**	2 ***Closed for Instructor Training at Gracie University HQ***	3	4	5
7 ***Training at Gracie University***	8	9 **Jr. Grapplers 4:30pm** **Little Champs 5:30pm**	10 Private Lessons Scheduled Times	11 **Little Champs 4:30p** **Jr. Grapplers 5:30pm**	12 **Jr. Grapplers 12:30pm** **Little Champs 12:30pm**

•**Boundary setting**: Self-defense begins with boundary setting. The children will explore the importance of setting and respecting boundaries in all areas of life and techniques will be practiced in this context.
•**Defense**: Less talking and more doing with an emphasis on defense. Whatever makes sense for the age group, as long as they can practice it safely.
•**Comfort in chaos**: This week focuses on empowerment and the ability to remain calm and focused in otherwise uncomfortable situations (in and out of a fight). We the importance of the Rules of Engagement. Techniques are practiced with an emphasis on remaining calm and with the goal of building confidence in all areas of life.
•**Escapes**: Being able to escape from dangerous holds and positions is a core component of jiu jitsu. We teach the kids as many essential escapes as we can, but focus more on the "what" and "how" and less on the "why" of each technique.
•**Stranger Danger**: What is a stranger? Are all strangers bad? How can we tell the difference between good and bad strangers? We have the discussions that all children need but so many aren't getting at home. The context of techniques is skewed towards Stranger related situations.
•**Control:** In this chapter top priority is given to teaching the children the various positions of control in jiu-jitsu. Ample time is spent teaching them the names for each position as well as the core components of effectiveness.
•**Helping others**: The highest level of confidence is displayed when a child uses their skills to protect someone else. The emphasis is to give children the permission and the techniques to stand up for others when they feel empowered to do so. We also remind them that even when they have the opportunity to help, it's not a requirement, especially if they don't feel safe.
•**Submissions:** Focus on all the possible submission techniques in jiu jitsu that makes sense for kids in each age group. Default is catch-and-release in Little Champs and pressure application in Jr Grapplers. Incorporating the Rules of Engagement into the instruction and really emphasising the safety components of each submission will help the children for eventual advancement to Black Belt Club.

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