

Gracie GAME DAY Manners

Good manners will open doors to unlimited opportunities,
and manners begin with an awareness of the feelings of others.



Start here!



Each crossed out Gracie Triangle is worth **10 Gracie Game Day Points**.

Gracie Handshake

When you see someone you know, or meet someone for the first time, use the Gracie Handshake: firm grip, eye contact, sincere greeting.



Table Manners

At the table, chew with your mouth closed, keep those elbows off, and don't talk with food in your mouth. And remember, no food left behind - eat up and enjoy every bite!

Age 5 = 500 Points



Age 4 = 400 Points



Age 3 = 300 Points



Score **'YOUR AGE x 100'** Points to qualify for Gracie Game Day.



Age 6 = 600 Points



Age 7 = 700 Points



Courtesy

When someone's talking to you, look them in the eyes and let them finish before you start talking.



Earn 10 Points (1 triangle crossed out) **if someone has to tell you to do it.**
Earn 20 Points (2 triangles crossed out) **if you do good without being told!**

Politeness

Say "Yes please" instead of "Yes" and "No thank you" instead of "No."

Age 10 = 1000 Points



Age 9 = 900 Points



Age 8 = 800 Points



Bonus Points = All the points you earn **beyond your age requirement.**



Age 11 = 1100 Points

Service

Teach that manners matter. Whether you're grown-up or just growing up, being kind, polite, and thoughtful never goes out of style.



Age 12 = 1200 Points



MANNERS

Request a Bonus Sheet to continue tracking beyond 1200 points!

GRAND PRIZE

Special Prize at Gracie Game Day!

Any points you score beyond the minimum qualification amount (Your Age x 100 Points) are considered Bonus Points. If you score the most Bonus Points in the class, you will be recognized in front of the entire group and qualify for a special prize at Gracie Game Day! While you should always score as many points as you can, each child is limited to earning the grand prize once per year so that other kids can have a chance.

HOW IT WORKS

The greatest value in martial arts training is not in learning how to fight, but rather in developing the best of your character and sharing it with others. To ensure that your child cultivates the highest level of discipline, integrity, and honor on their jiu-jitsu journeys, we have implemented the Gracie Character Development Program. The 12-month program is comprised of six chapters. During each jiu-jitsu class we spend a few minutes discussing the featured character trait and point out the simple things they can do to “activate the trait” in their daily lives.

CHARACTER DEVELOPMENT CHAPTERS

RESPONSIBILITY Jan - Feb	HEALTH Mar - Apr	RESPECT May - Jun	CITIZENSHIP Jul - Aug	MANNERS Sep - Oct	CARING Nov - Dec
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Qualifying for Gracie Game Day!

Every two months, we host an ultra-fun party called Gracie Game Day for all the kids who’ve shown significant progress in developing the featured character trait. To qualify for Gracie Game Day, your child must score AGE x 100 points (for example, a 7-year-old child must score 700 points, etc.). The best part about this one-and-a-half hour Saturday night party is that your child’s eligibility is based entirely on your approval and verification of their at-home character development progress during the two-month period. So, don’t be surprised if your child is overly excited about making their bed and doing their chores!

Parent Point Tracking

Track your child’s points on the other side of this sheet. Each time you cross out a triangle, it signifies 10 points. If your child surpasses the 1200-point mark, continue tracking their points on the Bonus Point Tracking Sheet. Obedience is critical. Anytime you ask your child to do something, and they obey you without any hassle, award them 10 points. The only thing better than an obedient child is one who behaves properly without being told. Any time your child completes one of the character development tasks on their own, award them 20 points. All points scored beyond the minimum qualification amount (AGE x 100) are considered bonus points. Add the regular points and the bonus points before turning in the tracking sheet at Gracie Game Day. The child who acquires the most bonus points will win a special prize!

Success Tips

Every child is different, so it is very important that you work with your child to help them succeed. But, do not award points so easily that your child stops trying to earn them. The sample behaviors we give your child will help them understand the character trait, but you can reward them for things they do that are not on the list. Discuss the featured character trait with your child, and give them ideas on things they can do to earn points every day!

Black Belt Club

Black Belt Club is the most advanced program in the Gracie Bullyproof system. To qualify, students must meet certain age and rank requirements. Additionally, they must embody the six essential traits of the Gracie Character Development Program. In recognition of their successful completion of each chapter, we will award each child a special character patch at the end of Gracie Game Day to be sewn on their gi as indicated below. Once a child earns all six patches, we will consider them for promotion to Black Belt Club. Along with other achievements and training requirements, a child must earn all six patches before they are considered for promotion to Black Belt Club.

