

Introduction

- 160,000 kids miss school every day because they fear bullies.
- Bullying causes depression and lowers self-esteem.
- To “Bullyproof” your child, you must build their confidence by teaching them self-defense.
- Fathers in the Gracie Family have been “Bullyproofing” their kids for three generations.
- This program will enable you to “Bullyproof” your child from home.

The Curriculum

- **Gracie Games:** Introduce your child to the fundamental principles of Gracie Jiu-Jitsu by playing these fun games with them.
- **Rules of Engagement:** Before introducing your child to the Jr. Combatives techniques, teach them the Rules of Engagement so they know precisely when they can and can't use the techniques.
- **Jr. Combatives:** This course features all the Gracie Combatives techniques (except for the chokes) formatted for children. Once your child perfects these techniques, their confidence will skyrocket.

The Golden Rule

- The Golden Rule: Expect nothing, praise everything.
- When your expectations are too high, kids will associate jiu-jitsu with their inadequacy.
- As soon as your expectations exceed your child's abilities, they will quit.
- Kids don't want to learn from you, they want to play with you.
- Nothing matters more than having your child start and end each lesson with a smile.

Transfer Teaching

- Stimulate growth through positive reinforcement.
- Use the Transfer Teaching process to gradually introduce a child to a technique.
- Patience is the key to success in the early stages of learning.
- Trust that, in time, the system will take its course and the child will learn.

The Most Common Mistake

- How you correct your child's mistakes will determine the success of the program.
- Use the “Perfect Adjustment” to correct mistakes without negativity.
- Verbal mistake correction will almost always lead to confusion and frustration.
- The key is to correct mistakes without the mistake ever registering in the child's mind.

The Critical Challenge

- Keeping your child engaged for several years will be your challenge.
- Level 3 intensity is different for every child, and it will change as the child gets older.
- Use strategic sacrifices to get the child excited about the technique.
- The possibility of defeat sweetens the taste of victory.

Safety Considerations

- If your child injures themselves while playing (training), they might quit.
- You must become a master at controlling your weight during the techniques.
- Pay particularly close attention to the safety tips in each lesson.

Preserving the Privilege

- If you can make Gracie Jiu-Jitsu training a privilege, you win.
- To make it a privilege, make them “earn” the daily training sessions.
- Never make Gracie Jiu-Jitsu mandatory because their heart won't be in it.
- If they lose interest, give it a break then bring them back with the Gracie Games.

Getting Started

- With the Gracie Games use a linear training schedule.
- With Jr. Combatives use the “Tricycle Training Schedule.”
- Be sure to end each training session before they get overwhelmed.
- Grappling mats and jiu-jitsu uniforms can be purchased in the online store.

The Belt Testing Process

- Your child will start as a white belt and document every class they take.
- You will award your child a stripe every 20 classes.
- Once they have earned four stripes, you will film their belt test and upload it to the Internet.
- If your child passes, we will mail their belt to your house.
- There is no correlation between belt promotions and training courses.

The Critical Connection

- Kids naturally rebel against parental authority in their teenage years.
- One way to undermine the rebellion is to become a source of positivity for your child.
- Use this program to increase the positivity and strengthen the bond with your child.

The Gracie Diet

- If your child learns to live healthily at an early age, then avoiding life’s temptations will be much easier.
- Leading by example is the most powerful way to influence your child.
- To Grand Master Helio Gracie, the only thing more important than jiu-jitsu was the Gracie Diet.