

BULLYPROOF – JR & TWEEN GRAPPLERS

Day/Week	Techniques
1(M/T)	Positional Control (Hips & Hands) (GU 3) Clinch (Aggressive) (GU 6)
1.5 (W/Th)	Positional Control (High/Low) (GU 3) Body Fold Takedown (GU 15)
2(M/T)	Trap & Roll Escape (Headlock Variation) (GU 1) Clinch (A) (GU 6) Body Fold Takedown (GU 15)
2.5 (W/Th)	Trap & Roll Escape (Mount Transition) (GU 1) Clinch (A) (GU 6) Body Fold Takedown (GU 15)
3(M/T)	Americana (Standard) (GU 2) Clinch (A) (GU 6) Body Fold Takedown (GU 15)
3.5(W/Th)	BULLY BATTLE
4(M/T)	BULLY BATTLE / SPECIFIC TRAINING / SUMO
4.5(W/Th)	BULLY BATTLE / SPECIFIC TRAINING / SUMO
5 (M/T/W)	BULLY BATTLE / SPECIFIC TRAINING / SUMO

Rules of Engagement Overview

School Policies

- Most schools have implemented zero-tolerance bullying policies.
- These policies reduce the number of physical fights, but do not prevent verbal harassment.
- Verbal harassment is often more damaging than physical harassment.

The Three T-steps

- Talk: Respectfully and confidently ask the bully to stop.
- Tell: If the bully won't stop, ask your teachers and parents to help.
- Tackle: If the grownups can't solve it, tackle the bully mentally with Verbal Jiu-Jitsu, and then, if they become physically aggressive, tackle them physically with Gracie Jiu-Jitsu.

Rules of Engagement

- Rule 1: Avoid the fight at all costs.
- Rule 2: If physically attacked, defend yourself.
- Rule 3: If verbally attacked, follow the Three T-steps (talk, tell, tackle).
- Rule 4: Never punch or kick the bully, establish control and negotiate.
- Rule 5: When applying submissions use minimal force and negotiate.

The Critical Conversation

- Regardless of how the fight starts, you will go to the principal's office.
- Following the Rules of Engagement will make it easier to explain your reaction to the bully's aggression.
- Explain all the steps you took to get help and how they did not solve the problem.
- Explain how when the bully attacked you, you purposely tried not to cause injury.

Violation of the Rules

- If you follow the Rules of Engagement, you will not get in trouble at home.
- If you violate the Rules of Engagement, at-home training must stop for a period of time.
- If you abuse your power, we will remove your name from the list of BULLYPROOF belt holders.
- Your confidence in the Rules of Engagement will reduce the likelihood of fights.

October 2024 – Mount Focus					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Class 1 – 4:00p Class 1 – 5:00p	1 Class 1 – 4:00p Class 1 – 5:00p	2 Class 1.5 - 5:00p	3 Class 1.5 -4:00p Class 1.5 -5:00p	4	5 BBC- 10:00a
7 Class 2 – 5:00p	8 Class 2 – 4:00p Class 2 – 5:00p	9 Class 2.5 - 5:00p	10 Class 2.5 -4:00p Class 2.5 -5:00p	11	12 BBC- 10:00a
14 Columbus Day No Class	15 Class 3 – 4:00p Class 3 – 5:00p	16 Class 3 & 3.5 - 5:00p	17 Class 3.5 -4:00p Class 3.5 -5:00p	18	19 GRACIE GAME DAY! Time 9am-11am No Class
21 Class 4 – 5:00p	22 Class 4 – 4:00p Class 4 – 5:00p	23 Class 4.5 - 5:00p	24 Class 4.5 -4:00p Class 4.5 -5:00p	25	26 BBC- 10:00a
28 Class 5– 5:00p	29 Class 5 & 5.5 – 4:00p Class 5 & 5.5 – 5:00p	30 Class 5.5 - 5:00p	31 Halloween No Class	Nov 1	2 BBC- 10:00a
4 Class 2 – 4:00p Class 2 – 5:00p	5 Class 2 – 4:00p Class 2 – 5:00p	6 Class 2.5 - 5:00p	7 Class 2.5 -4:00p Class 2.5 -5:00p	8	9 BBC- 10:00a

Overview

- Altogether, there are 33 Jr. Grapplers lessons each of which features one technique.
- Cycle through each group of 3 lessons twice before moving on to the next group.
- Track all progress in your Jiu-Jitsu Journal to continue earning belt promotions.
- Once all techniques are mastered, you will be ready to move on to the Gracie Combatives adult course.

Log-on & Boost Progress!

As a student of the *Gracie Bullyproof* program, you qualify for a free subscription to GracieUniversity.com. To optimize learning, use your online access to review past techniques or prepare for upcoming lessons on your computer or mobile device! If you have trouble accessing your lessons online, please speak to a student services representative.