

BULLYPROOF – JR GRAPPLERS/GRACIE TWEENS

Day/Week	Techniques
1(M/T)	Trap & Roll (Headlock) (GU 1) Clinch (Agg) (GU 6)
1.5 (W/Th)	Trap & Roll (Mount Transition) (GU 1) Leg Hook Takedown (GU 5)
2(M/T)	Positional Control (Hips & Hands/High/Low Swim) (GU 3) Clinch (Agg) (GU 6) Leg Hook Takedown (GU 5)
2.5 (W/Th)	Americana Armlock (Standard) (GU 2) Clinch (Agg) (GU 6) Leg Hook Takedown (GU 5)
3(M/T)	BULLY BATTLE
3.5(W/Th)	BULLY BATTLE

January 2025 – Mount Focus						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
30 Open Mat – 5:00pm CHRISTMAS BREAK NO CLASS	31 NEW YEARS BREAK NO CLASS	1 NEW YEARS BREAK NO CLASS	2 NEW YEARS BREAK NO CLASS	3	4	BBC- 10:00a
6 Class 1 – 5:00p	7 Class 1 – 4:00p Class 1 – 5:00p	8 Class 1.5 - 5:00p	9 Class 1.5 -4:00p Class 1.5 -5:00p	10	11	BBC- 10:00a
13 Class 2 – 5:00p	14 Class 2 – 4:00p Class 2 – 5:00p	15 Class 2.5 - 5:00p	16 Class 2.5 -4:00p Class 2.5 -5:00p	17	18	BBC- 10:00a
20 Class 3 – 5:00p	21 Class 3 – 4:00p Class 3 – 5:00p	22 Class 3.5 - 5:00p	23 Class 3.5 -4:00p Class 3.5 -5:00p	24	25	BBC- 10:00a
27 Class 4 – 5:00p	28 Class 4 – 4:00p Class 4 – 5:00p	29 Class 4.5 - 5:00p	30 Class 4.5 -4:00p Class 4.5 -5:00p	31	1	BBC- 10:00a
3 Class 1 – 4:00p Class 1 – 5:00p	4 Class 1 – 4:00p Class 1 – 5:00p	5 Class 1.5 - 5:00p	6 Class 1.5 -4:00p Class 1.5 -5:00p	7	8	BBC- 10:00a

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.

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.

BULLYPROOF - LITTLE CHAMPS

Classes	Gracie Games
1	Base Battle (GU 7) Spider Kid (GU 1)
2	Tackle the Giant (GU 5) Shark Bite (GU 2)
3	Base Battle (GU 7) Bulldozer (GU 3)
4	Tackle the Giant (GU 5) Crazy Horse (GU 4)
5	Base Battle (GU 7) Crocodile Control (GU 6)
6	Tackle the Giant (GU 5) Snake Bite (GU 7)
7	Base Battle (GU 7) Guard Monster (GU 8)
8	Tackle the Giant (GU 5) Crazy Legs (GU 9)

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JANUARY 2025					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Open Mat – 4:00pm NEW YEARS BREAK NO CLASS	31 NEW YEARS BREAK NO CLASS	1 NEW YEARS BREAK NO CLASS	2 NEW YEARS BREAK NO CLASS	3	4
6 Class 1 – 4:00p Level 1	7	8 Class 1 – 4:00p Level 2	9	10	11
13 Class 2 – 4:00p Level 1	14	15 Class 2 – 4:00p Level 2	16	17	18
20 Class 3 – 4:00p Level 1	21	22 Class 3 – 4:00p Level 2	23	24	25
27 Class 4 – 4:00p Level 1	28	29 Class 4 – 4:00p Level 2	30	31	1
3 Class 5 – 4:00p Level 1	4	5 Class 5 – 4:00p Level 2	6	7	8

Introduction

- Altogether, there are 10 Gracie Games and each game has 3 levels.
- Once you complete all 10 games, start over and do them again.
- Once all games are mastered, you will be ready to move on to the Jr. Combatives course.
- You will earn one stripe every 10 lessons.
- Once you have four stripes, you will test for your next belt performing a 3 minute Bully Battle.

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