



| Bullyproof November 2024 | | | | | | |
|--------------------------|----------------------------------|-------------------------------------|----------------------------------|-------------------------------------|---------------------------------------|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Oct 27 Closed | 28 Little Champs @ 4pm | 29 Junior Grapplers @ 4pm | 30 Little Champs @ 4pm | 31 | Nov 1 Black Belt Club @ 4pm | 2 Bullyproof All Ages @ 9am |
| 3 Closed | 4 Little Champs @ 4pm | 5 Junior Grapplers @ 4pm | 6 Little Champs @ 4pm | 7 Junior Grapplers @ 4pm | 8 Black Belt Club @ 4pm | 9 Bullyproof All Ages @ 9am |
| 10 Closed | 11 Little Champs @ 4pm | 12 Junior Grapplers @ 4pm | 13 Little Champs @ 4pm | 14 Junior Grapplers @ 4pm | 15 Black Belt Club @ 4pm | 16 Bullyproof All Ages @ 9am |
| 17 Closed | 18 Little Champs @ 4pm | 19 Junior Grapplers @ 4pm | 20 Little Champs @ 4pm | 21 Junior Grapplers @ 4pm | 22 Black Belt Club @ 4pm | 23 Bullyproof All Ages @ 9am **Bring Your ** ***Parent Day*** |
| 24 Closed | 25 Little Champs @ 4pm | 26 Junior Grapplers @ 4pm | 27 Little Champs @ 4pm | 28 Closed | 29 Closed | 30 Closed |

Log-on & Boost Progress!

As a student of the Gracie Combatives 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! The online lessons that correspond with each group on the schedule are indicated in parenthesis next to each lesson in the list provided.

Need a help logging in? Email (david@graciegoodlettsville.com)

Little Champs = Ages 5-9

Junior Grapplers = Ages 10-14

Black Belt Club = Invitation Only

Gracie

BULLYPROOF®

Rules of Engagement

- 1) Avoid the fight at all cost
- 2) If physically attacked, defend yourself
- 3) If verbally attacked, follow the three 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