



Bullyproof August 2024						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
July 28 Closed	29 Little Champs @ 4pm	30 Junior Grapplers @ 4pm	31 Little Champs @ 4pm	Aug 1 Junior Grapplers @ 4pm	2 Black Belt Club @ 4pmClass	3 Bullyproof All Ages @ 9am
4 Closed	5 Little Champs @ 4pm	6 Junior Grapplers @ 4pm	7 Little Champs @ 4pm	8 Junior Grapplers @ 4pm	9 Black Belt Club @ 4pm	10 Bullyproof All Ages @ 9am
11 Closed	12 Little Champs @ 4pm	13 Junior Grapplers @ 4pm	14 Little Champs @ 4pm	15 Junior Grapplers @ 4pm	16 Black Belt Club @ 4pm	17 Bullyproof All Ages @ 9am
18 Closed	19 Little Champs @ 4pm	20 Junior Grapplers @ 4pm	21 Little Champs @ 4pm	22 Junior Grapplers @ 4pm	23 Black Belt Club @ 4pm	24 *** Gracie *** *** Game Day ***
25 Closed	26 Little Champs @ 4pm	27 Junior Grapplers @ 4pm	28 Little Champs @ 4pm	29 Junior Grapplers @ 4pm	30 Black Belt Club @ 4pm	Sept 1 Bullyproof All Ages @ 9am

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