



Bullyproof February 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan 26 Closed	27 Little Champs @ 4pm	28 Junior Grapplers @ 4pm	29 Little Champs @ 4pm	30 Junior Grapplers @ 4pm	31 Black Belt Club @ 4pm	Feb 1 Bullyproof All Ages @ 9am
2 Closed	3 Little Champs @ 4pm	4 Junior Grapplers @ 4pm	5 Little Champs @ 4pm	6 Junior Grapplers @ 4pm	7 Black Belt Club @ 4pm	8 Bullyproof All Ages @ 9am
9 Closed	10 Little Champs @ 4pm	11 Junior Grapplers @ 4pm	12 Little Champs @ 4pm	13 Junior Grapplers @ 4pm	14 Black Belt Club @ 4pm	15 Bullyproof All Ages @ 9am
16 Closed	17 Little Champs @ 4pm	18 Junior Grapplers @ 4pm	19 Little Champs @ 4pm	20 Junior Grapplers @ 4pm	21 Black Belt Club @ 4pm	22 Bullyproof All Ages @ 9am ***Gracie*** ***Game Day***
23 Closed	24 Little Champs @ 4pm	25 Junior Grapplers @ 4pm	26 Little Champs @ 4pm	27 Junior Grapplers @ 4pm	28 Black Belt Club @ 4pm	Mar 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](mailto: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