

Gracie BULLYPROOF®

Technique Focus		
<i>Each week we will focus on one specific variation from the curriculum and strategically scramble this with previously learnt techniques. Use this plan to help your child at home via Gracie University Online.</i>		
Week of	Little Champs	Jr. Combatives
1 April**	Crazy Horse (Back Mount Control)	Elbow Escape (Mount)
8 April	Tackle the Giant (Double Leg Takedown)	Side Mount
15 April	Crocodile Control (Side Mount Control)	Body Fold Takedown
22 April	Base Battle (Combat Base)	Clinching
29 April	Snake Bite (Trap and Roll Escape)	Headlock Counters (Mount)

** No classes on 1 April Bank Holiday Monday. Please attend another day.

Gracie Bullyproof Weekly Schedule (Subject to Change)				
Class	Monday	Tuesday	Wednesday	Thursday
2-5 Years <i>Mat Munchkins</i>				17:00 Coming Soon! (With Parent)
6-9 Years <i>Little Champs</i>	17:00-17:45	17:30-18:15	17:00-17:45	17:30-18:15
10-13 Years <i>Jr. Combatives</i>	17:45-18:30		17:45-18:30 +BBC (30 Mins)	

Lesson Attire: All members must wear a white Gi to every class.

Attendance: While we recommend routine, you are welcome to attend ANY day so long as you do not exceed your monthly allowance.

Stripes and Promotions: All students will receive a belt qualification card where their attendance will be tracked. We will award stripes approximately every 10 classes to start. Once your child receives 4 stripes, we will consider them from promotion to the next belt level.

Gracie Bullyproof Online: You will receive a free subscription to Gracie Bullyproof online while you are an active member. This can be used to help your child progress outside of class. Use the class calendar above to decide what to focus on.

Gracie Game Day: Your child must complete their Gracie Game Day chart that we will send out every couple of months in order to attend. If you have any questions about this, speak to your instructor.

Behaviour: We do our absolute best to provide the correct level of challenge and fun, combined with refined teaching methodologies to keep your child engaged and growing in a safe environment. If your child is having any problems in the class that we cannot resolve without negatively impacting other children, we will approach you to help us. If we are still having issues beyond this, we may offer alternative training solutions.

Promotion to Black Belt Club: We will invite children who meet our criteria to test for promotion to the black belt club, our advanced class for children. For more information, speak to your instructor.